

Beginners workout

Day 3

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

https://youtu.be/j4A-aSdhJT8	5 minutes	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/Rz-pD1_b5uU Alternative exercise https://youtu.be/Vr1WwY_Xkog	sets 3 reps 12-12-10 weight	Leg Leg press machine
https://youtu.be/6LyXzitv30E Alternative exercise https://youtu.be/bM3ugdCBjtQ	Sets 3 reps 10-10-10 weight	Leg Leg Curl
https://youtu.be/Gy2nibXyOt4	Sets 3 reps 10-10-10	Leg Leg Extension
https://youtu.be/xg8anylcq5c	Sets 3 reps 15-12 -10 weight	Leg Hip Thrust
https://youtu.be/yME3v357Wdk	Sets 4 reps 15-12-12 -10	Calf Calf raise

	weight	
https://youtu.be/h4bo6S02BWY	Sets 3 reps 15-12-10	Abs Abs Crunch
https://youtu.be/O86o1L8JX-M	Sets 3 reps 10-10-10	Abs Leg raise
https://youtu.be/RvGutEgCk5M	Sets 3 20 seconds each set	Abs Heels Touches
https://youtu.be/meQ_mIIZ4vQ	Sets 2 30 seconds each set	Abs Plank