

Intermediate / workout

Day 1 / Monday

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

You can change the cardio if you like to walking or jogging

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| https://youtu.be/4XfB4jlhfMY | 5 minutes | warm up |
| https://youtu.be/zh9jYIKL5r4 | 1 minute | Stretch |
| https://youtu.be/WXUVy5gubKw | sets 4 reps 15-12-10-8 weight | Chest Dm Chest Press |
| https://youtu.be/8OUin1qpcuo | Sets 4 reps 12-10-10-8 weight | Chest Incline chest press smith machine |
| https://youtu.be/MOn8fYlv7bk | Sets 3 reps 10-10-10 weight | Chest Decline chest fly |
| https://youtu.be/4qFkgxB4r-4 | Sets 3 reps 10-10-10 weight 8-10-12 kg | Chest Dm Chest fly |

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|---|--|--|
| https://youtu.be/r4QPLgJHhFQ | Sets 3 reps 20-20 -15 | Chest Push ups |
| https://youtu.be/t_FEJGcVrDY | Sets 3 reps 12-10-10 weight | Biceps Close Grip Seated Biceps Curl |
| https://youtu.be/qGdkF18f0fU | Sets 3 reps 10-10-10 weight | Biceps Hammar |
| https://youtu.be/FdaYfk005AE | Sets 3 reps 10-10-10 weight | Biceps Overhead cable curl |
| https://youtu.be/V67aBYatQok | Sets 3 reps 20-20-20 weight / 2.5 kg | forearm Wrist curl |