

Intermediate 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

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

https://youtu.be/j4A-aSdhJT8	5 minutes	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/FsjZBj7wMXY	Sets 3 reps 20-15-15	Abs Abs Crunch
https://youtu.be/YiFHIHuzUYs	Sets 3 reps 20 seconds each set	Abs Flutter kicks
https://youtu.be/3jt1ZrVH4Gk	Sets 3 20 seconds each set weight 5 kg	Abs Standing core stabilizer

https://youtu.be/s1kyI9MdtFU	Sets 3 20 seconds each set weight 5 kg ball	Abs Russian Twist
https://youtu.be/meQ_mIIz4vQ	Sets 2 30 seconds each set	Abs Plank
https://youtu.be/91wPNPz0FZ4 Alternative cardio https://youtu.be/4XfB4jlhfMY	20 minutes	Cardio Stairmaster or Jogging speed 9 km/h