

Advanced workout

Day 6 / Sunday

notes :

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

rest time between sets 1 minute

rest time between exercises 2 minutes

https://youtu.be/j4A-aSdhJT8	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	30 sec	Stretch
https://youtu.be/Vk0WrGAxofE	sets 3 30 seconds each set weight 15-20-20 kg	Leg Walking lunges
https://youtu.be/L54rLmyMu4E	Sets 4 reps 12-10-10-10 weight	Leg Sumo squat
https://youtu.be/Gy2nibXyOt4	Sets 4 reps 12-10-10-10 weight	Leg Leg Extension
https://youtu.be/bM3uqdCBjtQ	Sets 3 reps 12-10-10 weight	Leg Leg Curl

https://youtu.be/u1QMjVWhTe0	Sets 3 reps 10-10-10 weight	Leg Hip Abduction
https://youtu.be/UxiNacDZl1I	Sets 4 reps 20-15-12-10 weight	Calf Calf raise machine
https://youtu.be/F1BbWBBWWG4	Sets 3 reps 15-15-12 weight	Abs rope Crunch
https://youtu.be/Dws4icDb5fQ	Sets 3 30 seconds each set weight 5kg	Abs Leg raise
https://youtu.be/yMRnZKQuYdM	Sets 3 20-30 seconds each set	Abs Hanging leg raise
https://youtu.be/RvGutEgCk5M	Sets 2 30 seconds each set	Abs Heels touches
https://youtu.be/j4A-aSdhJT8	30 minutes	Cardio Walking speed 6 km/h