



Home Workout



01 Push-up

Muscle: [Chest](#)

Video Link: <https://www.youtube.com/embed/v6PNEplozil>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

02 Incline Push-up

Muscle: [Chest](#)

Video Link: <https://www.youtube.com/embed/XsMStTeX0Fo>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

03 Dumbbell Bent Over Row

Muscle: [Back](#)

Video Link: <https://www.youtube.com/embed/XqgdZrcLwtA>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 - 20 Reps	45 Secs
Standard Set 2	15 - 20 Reps	45 Secs
Standard Set 3	15 - 20 Reps	45 Secs
Standard Set 4	15 - 20 Reps	45 Secs

04 Dumbbell Shoulder Press

Muscle: [Shoulder](#)

Video Link: <https://www.youtube.com/embed/1EMeK0k7ZjY>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

05 One Arm Dumbbell Row - (Bent Over)

Muscle: [Back](#)

Video Link: <https://www.youtube.com/embed/9wC4ujK-yDc>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

06 Dumbbell Raise

Muscle: [Shoulder](#)

Video Link: <https://www.youtube.com/embed/ctmolTwb0cg>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

07 Dumbbell Curl

Muscle: [Upper Arms](#)

Video Link: <https://www.youtube.com/embed/jW4HdeqPL3o>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 - 20 Reps	45 Secs
Standard Set 2	15 - 20 Reps	45 Secs
Standard Set 3	15 - 20 Reps	45 Secs
Standard Set 4	15 - 20 Reps	45 Secs

08 Dumbbell Lying Tricep Extension

Muscle: [Upper Arms](#)

Video Link: https://www.youtube.com/embed/pmAo7__QsE4



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 - 20 Reps	45 Secs
Standard Set 2	15 - 20 Reps	45 Secs
Standard Set 3	15 - 20 Reps	45 Secs
Standard Set 4	15 - 20 Reps	45 Secs

01 Split Squat

Muscle: [Thighs](#)

Video Link: https://www.youtube.com/embed/_XeTWT-PhrU

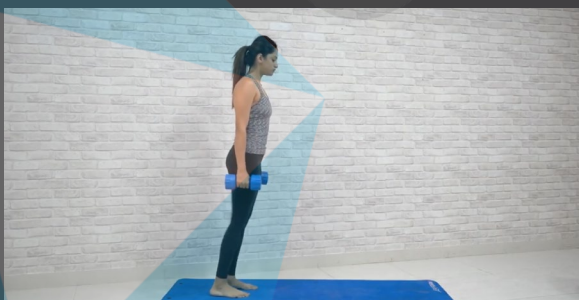


Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

02 Lunges

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/9eP7VBwGeq0>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

03 One Legged Deadlifts

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/HNG7UTyzTQE>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

04 Sumo Goblet Squat

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/GvhfDZJRDQM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

05 Barbell Glute Bridge

Muscle: [Thighs](#)

Video Link: https://www.youtube.com/embed/N_Jqm04_Nw8



Number of Sets	Reps	Rest between Sets
Standard Set 1	20 - 30 Reps	45 Secs
Standard Set 2	20 - 30 Reps	45 Secs
Standard Set 3	20 - 30 Reps	45 Secs
Standard Set 4	20 - 30 Reps	45 Secs

06 Single Leg Calf Raise

Muscle: [Calves](#)

Video Link: https://www.youtube.com/embed/_nCkGUEvZtw



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

07 Plank

Muscle: [Waist](#)

Video Link: <https://www.youtube.com/embed/oEH6dB6Gn34>



Number of Sets	Reps	Rest between Sets
Standard Set 1	Max Possible	45 Secs
Standard Set 2	Max Possible	45 Secs

08 Crunch

Muscle: [Waist](#)

Video Link: https://www.youtube.com/embed/yg_nldbldX4



Number of Sets	Reps	Rest between Sets
Standard Set 1	20 - 30 Reps	45 Secs
Standard Set 2	20 - 30 Reps	45 Secs

Day 7: Rest Day

