

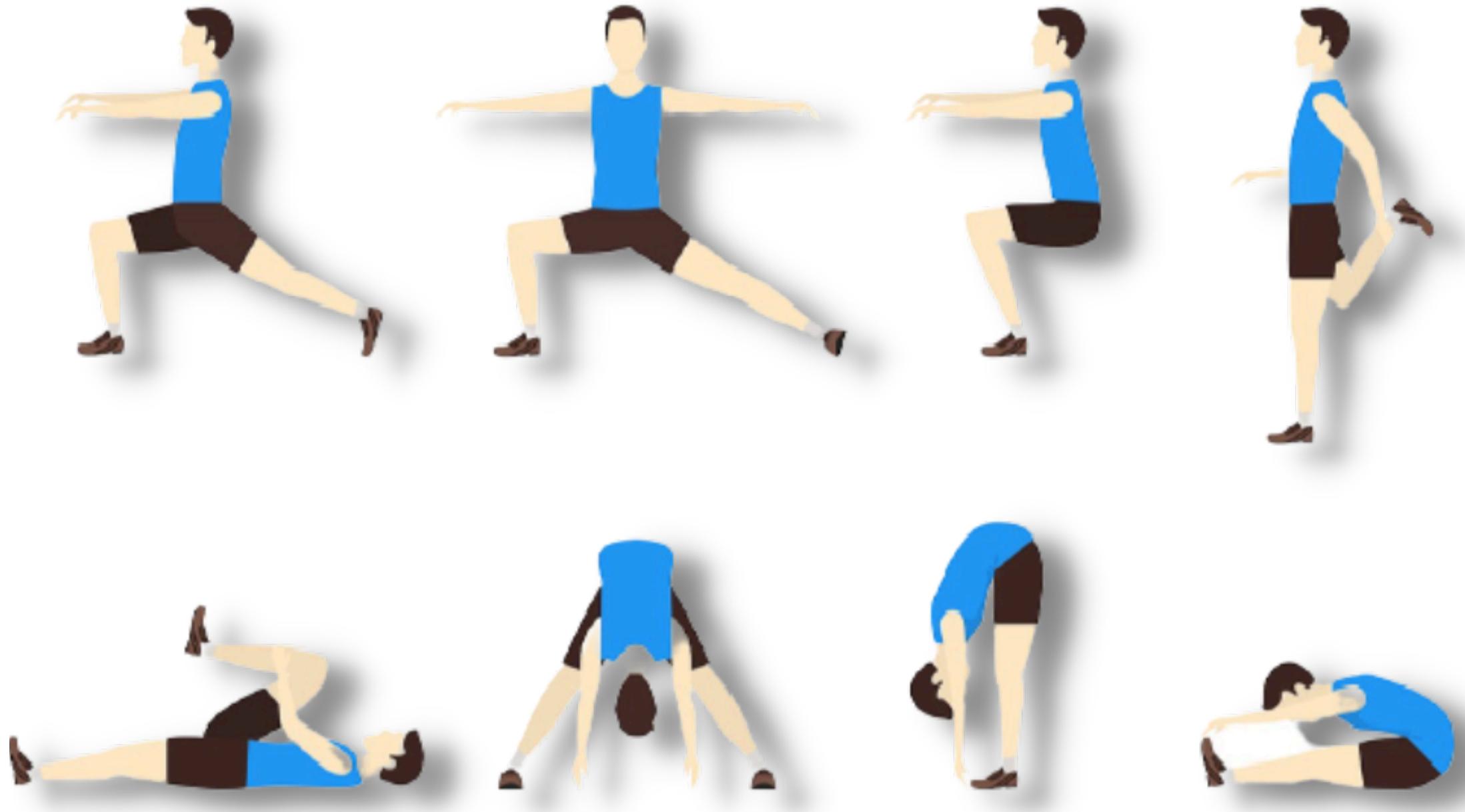


LIGHT

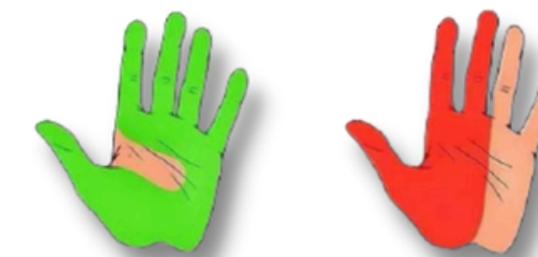
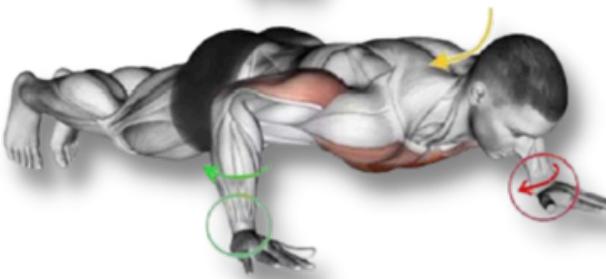
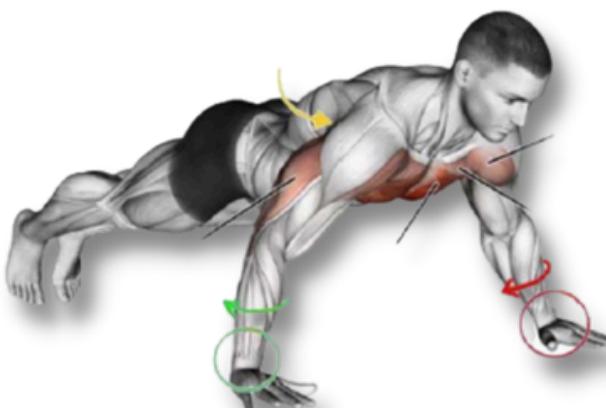


DAY - 3

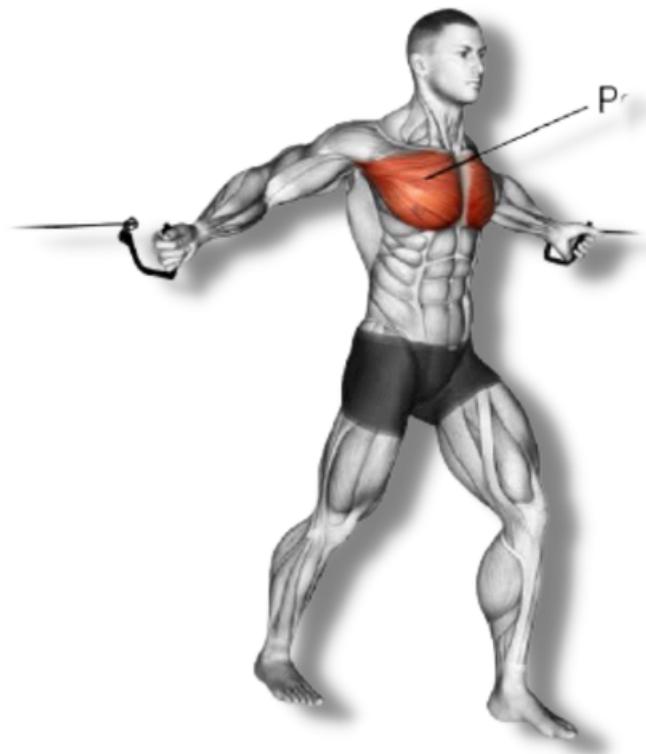
- **DYNAMIC STRETCHES**



- **KNEE PUSHUPS /
PUSHUPS
(3*15)**



- CABEL CROSSOVER / BUTTERFLIES
(3*15)



- DUMBBELL ROWS
(3*15)



- DUMBBELL REAR DELT FLIES / MACHINE REAR DELT FLIES
(3*15)



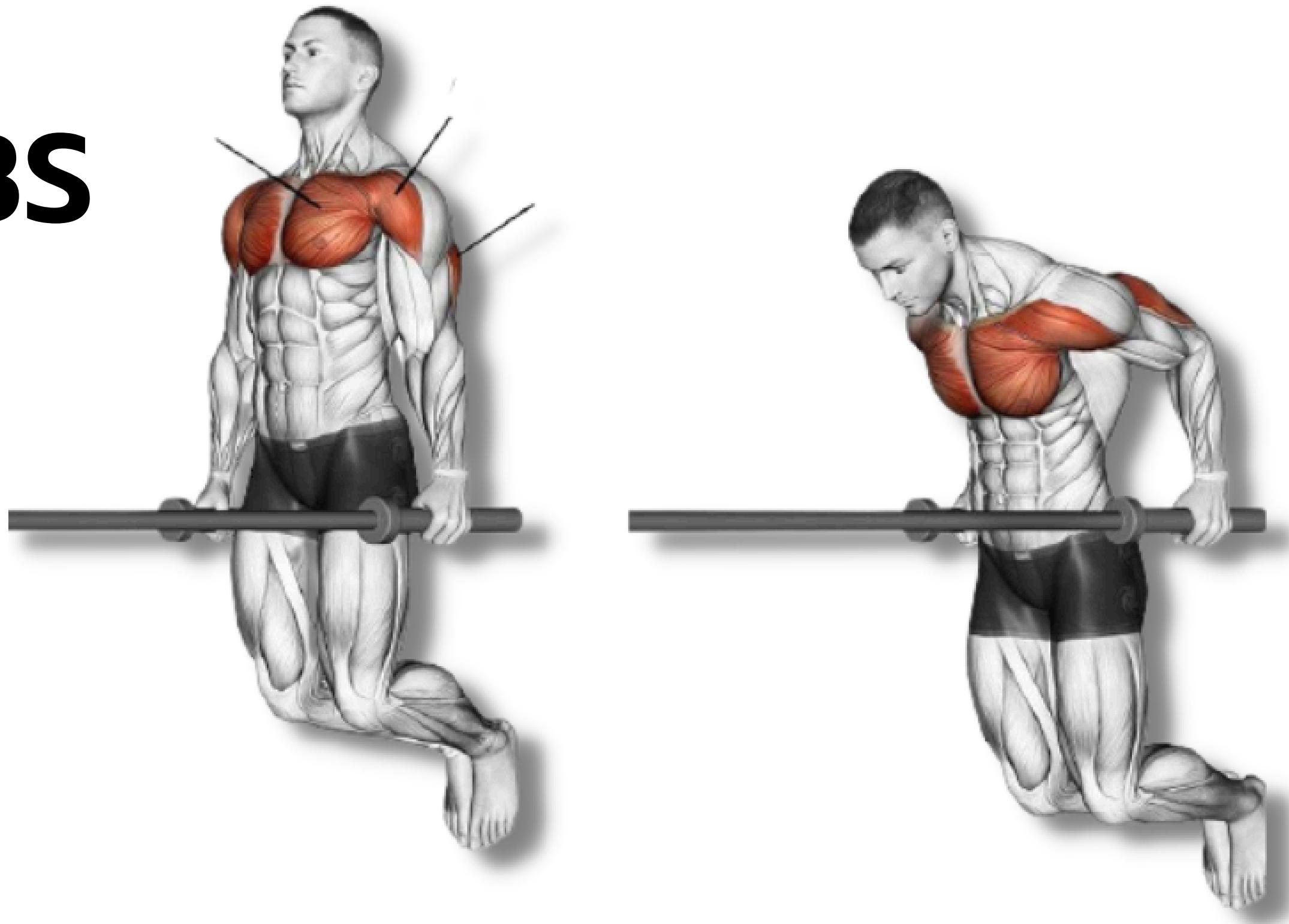
- **DUMBBELL SHRUG
(3*15)**



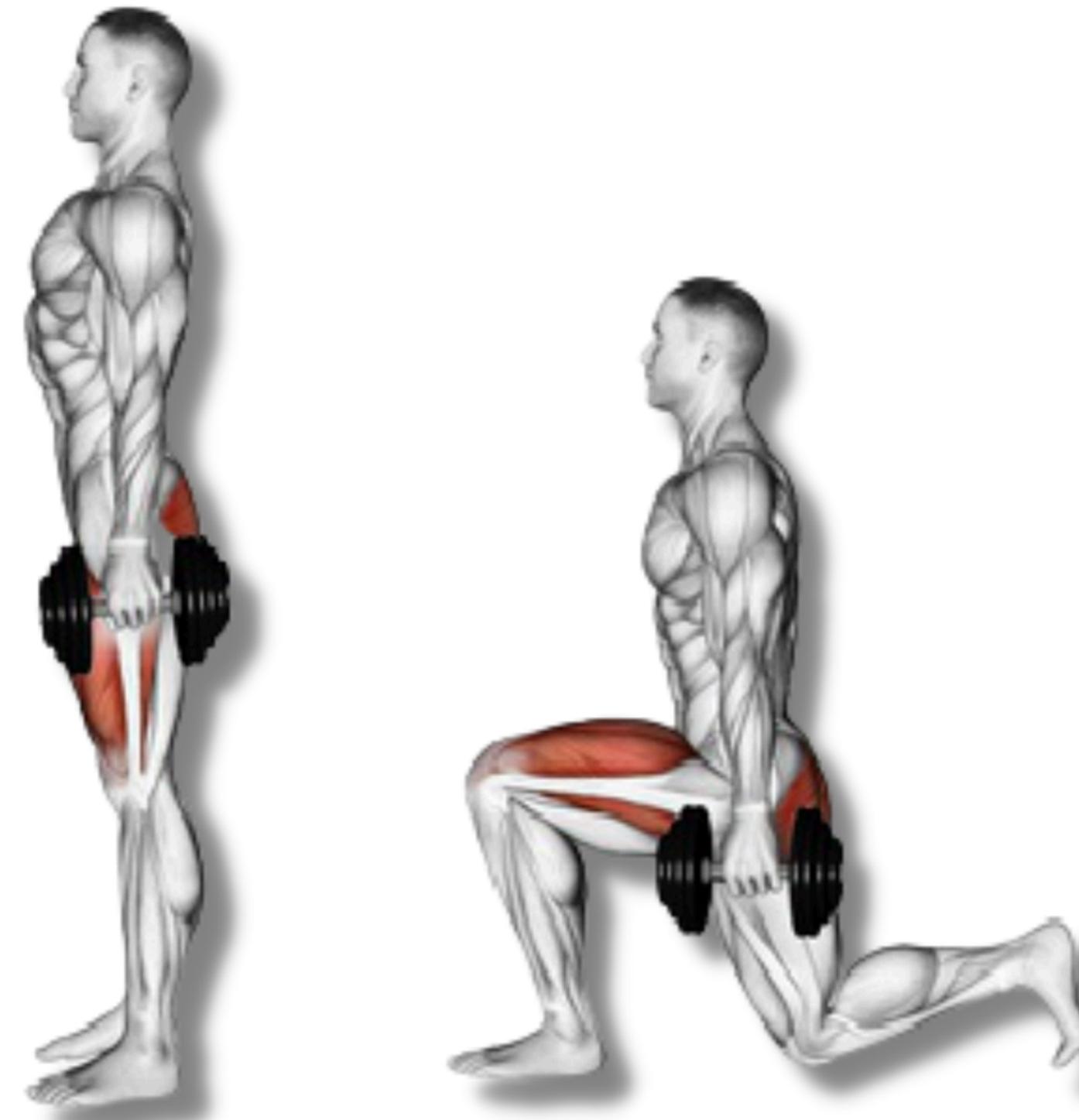
- **HAMMER CURLS**
(3*15)



- **TRICEPS DIBS
(3*12-15)**



- **LUNGES / DUMBBELL LUNGES**
(3*12-15)



-

WALL SIT (3* FAILURE)



- **AB CRUNCHES
(3*15)**



- **LEG RAISES
(3*15)**

