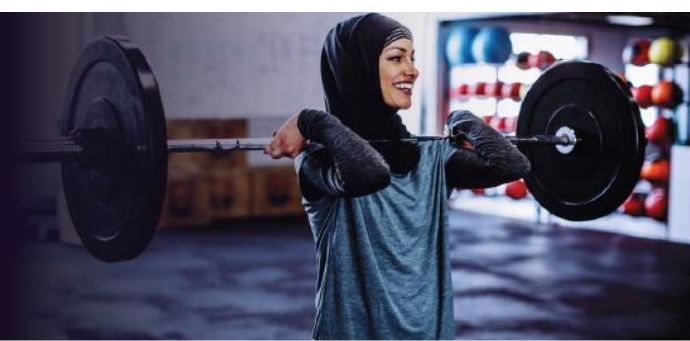


BUILD OR BURN

8 WEEK TRANSFORMATION



BUILD @ GYM

10 min warm up walk treadmill
 10 x KB Squats
 10 x KB deadlifts
 10 x DB Overhead press
 10 x DB Bent over rows
 20 x bicycle crunch
3x round

10 min warm up walk treadmill
 12 x bicep curl to shoulder press
 12 x leg press machine
 10 x slow squat hold 5kg plate
 8 x box step up R then L (slow & controlled)
 12 x laying leg raises
3x round

10 min warm up walk treadmill
 12 x DB snatch R then L (not too fast)
 12 x Assisted pull up machine
 10 x Seated shoulder press machine
 20 x Seated/ Laying leg curl machine
 12 x hyper extension (back lift)
3x round

BUILD @ HOME

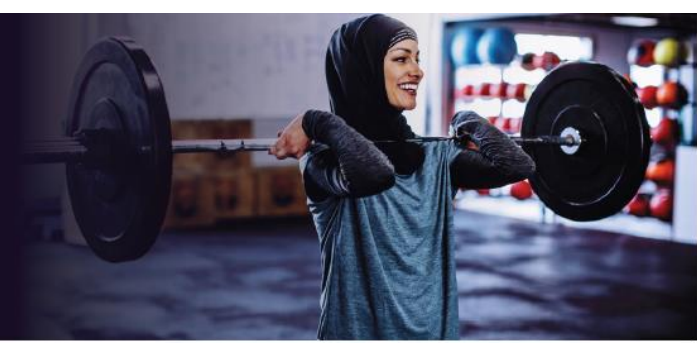
1 min jumping jacks
 15x push ups
 20x bodyweight squats
 20x Hip thrusts
 15x lunges R&L
 10x tricep push ups
 15x leg raises
x 3 round

15x air squat to calf raise
 10x push up with side plank rotation R&L
 15x reverse lunge R then L
 10x walk outs
 10x side lunge R then L
 20x bicycle crunch
x3 round

10x single leg step up R then L
 10x bench dips/ tricep dips
 8x push ups R hand higher
 8x push ups L hand higher
 8x Bulgarian split squat R then L (on bench)
 20x slow mountain climbers
 8x V- sits
3x round

BUILD OR BURN

8 WEEK TRANSFORMATION



BURN @ GYM

10 min warm up walk treadmill
10 x Box step ups
10 x DB chest press
10 x DB tricep kickback R then L
10 x Leg extension machine
20 x bicycle crunch
3x rounds

10 min warm up walk treadmill
12 x lateral DB raise
12 x leg press machine
10 x squat to press + 5kg plate
20x alternating KB Gorilla rows
12 x laying leg raises
3x rounds

10 min warm up walk treadmill
12 x DB snatch R then L (not too fast)
12 x Assisted pull up machine
10 x Seated shoulder press machine
20 x Seated/ Laying leg curl machine
12 x hyper extension (back lift)
3x rounds

BURN @ HOME

1 min jumping jacks
15 push ups
20 bodyweight squats
20 Hip thrusts
1 min plank
15 lunges R&L
10 tricep push ups
15 leg raises
x 3 rounds

1 min mountain climbers
20 air squats
10 burpees / step backs
20 roman twist
1 min high knees on spot
X4 rounds

10x single leg step up R then L
10x bench dips/ tricep dips
8x push ups R hand higher
8x push ups L hand higher
8x Bulgarian split squat R then L (on bench)
20x slow mountain climbers
8x V- sits
3x rounds