

# BEGINNER LEVEL-3

## DAY-1 CHEST+BACK

TRAINING DURATION-4 month-6 month

EXERCISE

TIME

REP

SET

Treadmill/cross trainer	15min		
Full push up		10	3
Pull up /Assisted pull up		10	3
Incline press		15	3
Seated row		15	3
Pec fly		15	3
Lat pull down		15	3
Bicep curl		15	3
Tricep extension		15	3
Cool down	15min		

**Cool-down**-spinning/treadmill/crosstrainer

# BEGINNER LEVEL-3

## DAY-2 LEGS+ABS

TRAINING DURATION-4 month-6 month

### EXERCISE

### TIME

### REP

### SET

Warm up	15min		
Body weight squats		100	
Weighted squats (D/B or bar)		15	3
Leg curl		15	3
Sumo squats (D/B or bar)		15	3
Leg extension		15	3
Weighted sit up		20	3
Leg raises		20	3
Plank	1:30min		3
Cool down	15min		

**Cool-down-spinning**

# BEGINNER LEVEL-3

**DAY-3 SHOULDER+ARMS**

**TRAINING DURATION**-4 month-6 month

**EXERCISE**

**TIME**

**REP**

**SET**

Running	15min		
Over head press (D/B or bar)		15	3
Alternate lateral raises		15	3
Shrugs(bar/plate)		15	3
Bicep curl		15	3
Tricep single arm		15	3
Preacher curl		15	3
Cable Tricep with rope		15	3
Cool down	15min		

**Cool-down**-spinning/ cross trainer/ incline walk

# BEGINNER LEVEL-3

## DAY-4 CHEST+BACK

TRAINING DURATION-4 month-6 month

EXERCISE

TIME

REP

SET

Treadmill/cross trainer	15min		
Full push up		10	3
Pull up /Assisted pull up		10	3
Incline press		15	3
Seated row		15	3
Pec fly		15	3
Lat pull down		15	3
Bicep curl		15	3
Tricep extension		15	3
Cool down	15min		

**Cool-down**-spinning/treadmill/crosstrainer

# BEGINNER LEVEL-3

**DAY-5 LEGS+ABS**

**TRAINING DURATION**-4 month-6 month

**EXERCISE**

**TIME**

**REP**

**SET**

Warm up	15min		
Body weight squats		100	
Weighted squats (D/B or bar)		15	3
Leg curl		15	3
Sumo squats (D/B or bar)		15	3
Leg extension		15	3
Weighted sit up		20	3
Leg raises		20	3
Plank	1:30min		3
Cool down	15min		

**Cool-down-spinning**

# BEGINNER LEVEL-3

**DAY-6 SHOULDER+ARMS**

**TRAINING DURATION-4 month-6 month**

**EXERCISE**

**TIME**

**REP**

**SET**

Running	15min		
Over head press (D/B or bar)		15	3
Alternate lateral raises		15	3
Shrugs(bar/plate)		15	3
Bicep curl		15	3
Tricep single arm		15	3
Preacher curl		15	3
Cable Tricep with rope		15	3
Cool down	15min		

**Cool-down-spinning/ cross trainer/ incline walk**

