

BEGINNER LEVEL-2

DAY-1 UPPER BODY

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Cross trainer/spinning
cycle

15min

Stick movement

15

3

Push up (knees bend)

15

3

Incline pushup (wall/bar)

15

3

Pull up (assisted)

15

3

Bench press (bar)

15

3

Lat pulldown

15

3

Over head (stick/bar)

15

3

Bicep curl (stick/bar)

15

3

Tricep overhead

15

3

Cool down

15min

BEGINNER LEVEL-2

DAY-2 LOWER BODY

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Warmup	15min		
Body weight squats		15	3
Body weight Sumo squats		15	3
Squats (smith machine)		15	3
Leg extension		15	3
Leg Curl		15	3
Standing calf		15	3
Plank	1min		3
Cool down	15min		

Cool-down-spinning/treadmill/crosstrainer

BEGINNER LEVEL-2

DAY-3 CARDIO+ABS

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Running

20min

Cross trainer

20min

Crunches

20

3

Leg raises

20

3

Weighted sides

20

3

Bicycle crunches

20

3

Cool down

15min

Cool-down-spinning/treadmill

BEGINNER LEVEL-2

DAY-4 UPPER BODY

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Cross trainer/spinning
cycle

15min

Stick movement

15

3

Push up (knees bend)

15

3

Incline pushup (wall/bar)

15

3

Pull up (assisted)

15

3

Bench press (bar)

15

3

Lat pulldown

15

3

Over head (stick/bar)

15

3

Bicep curl (stick/bar)

15

3

Tricep overhead

15

3

Cool down

15min

BEGINNER LEVEL-2

DAY-5 LOWER BODY

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Warmup	15min		
Body weight squats		15	3
Body weight Sumo squats		15	3
Squats (smith machine)		15	3
Leg extension		15	3
Leg Curl		15	3
Standing calf		15	3
Plank	1min		3
Cool down	15min		

Cool-down-spinning/treadmill/crosstrainer

BEGINNER LEVEL-2

DAY-6 CARDIO+ABS

TRAINING DURATION-2 month-4 month

EXERCISE

TIME

REP

SET

Running

20min

Cross trainer

20min

Crunches

20

3

Leg raises

20

3

Weighted sides

20

3

Bicycle crunches

20

3

Cool down

15min

Cool-down-spinning/treadmill

