

## Day 1

### Full-Body Workout

Rest 60 seconds between each set.



### Jogging-Treadmill

10 Minutes



### Barbell Squat

3 sets, 8 Reps



Barbell Walking Lunge

3 sets, 10 Reps



Incline Dumbbell Press

3 sets, 10 Reps



Dumbbell Flyes

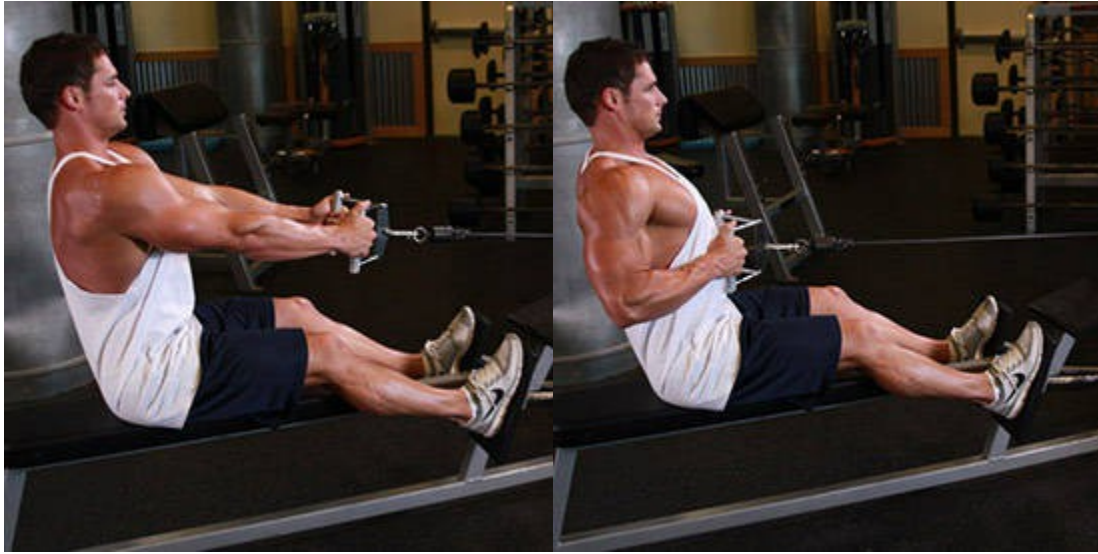
3 sets, 10 Reps



Wide-Grip Lat Pulldown

3 sets, 10 Reps





### Seated Cable Rows

3 sets, 10 Reps

## **Day 2 Cardio**



### Jogging-Treadmill

50 Minutes

## Day 3

### Full-Body Workout

Rest 60 seconds between each set.



### Jogging-Treadmill

10 Minutes



### Barbell Squat

3 sets, 8 Reps



Barbell Walking Lunge

3 sets, 10 Reps



Incline Dumbbell Press

3 sets, 10 Reps





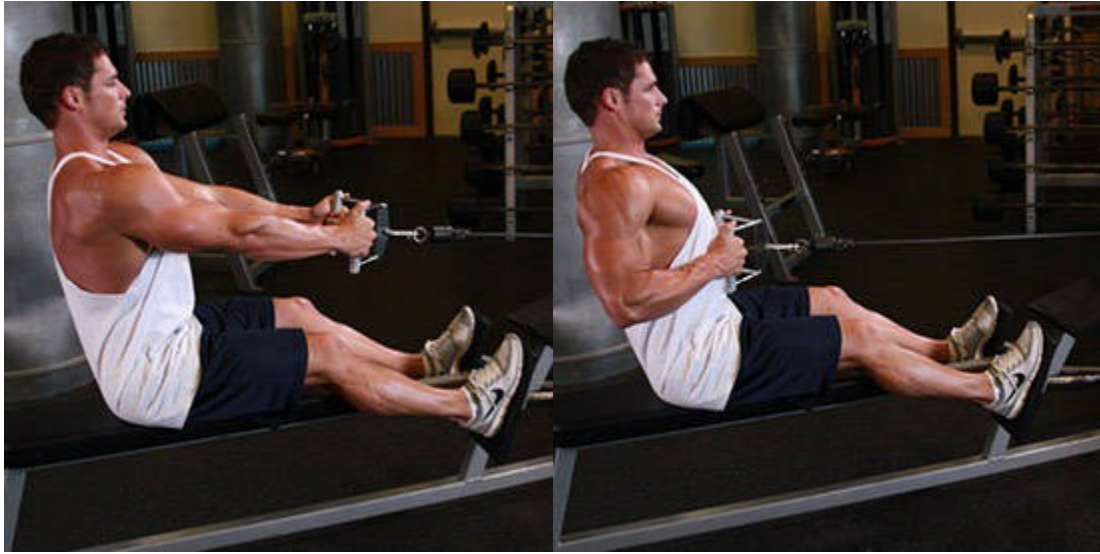
Dumbbell Flyes

3 sets, 10 Reps



Wide-Grip Lat Pulldown

3 sets, 10 Reps



Seated Cable Rows

**3 sets, 10 Reps**



**Day 4**  
**Cardio**



Jogging-Treadmill  
**50 Minutes**

## Day 5

### Full-Body Workout

Rest 60 seconds between each set.



### Jogging-Treadmill

10 Minutes



### Barbell Squat

3 sets, 8 Reps



### Barbell Walking Lunge

3 sets, 10 Reps



### Incline Dumbbell Press

3 sets, 10 Reps





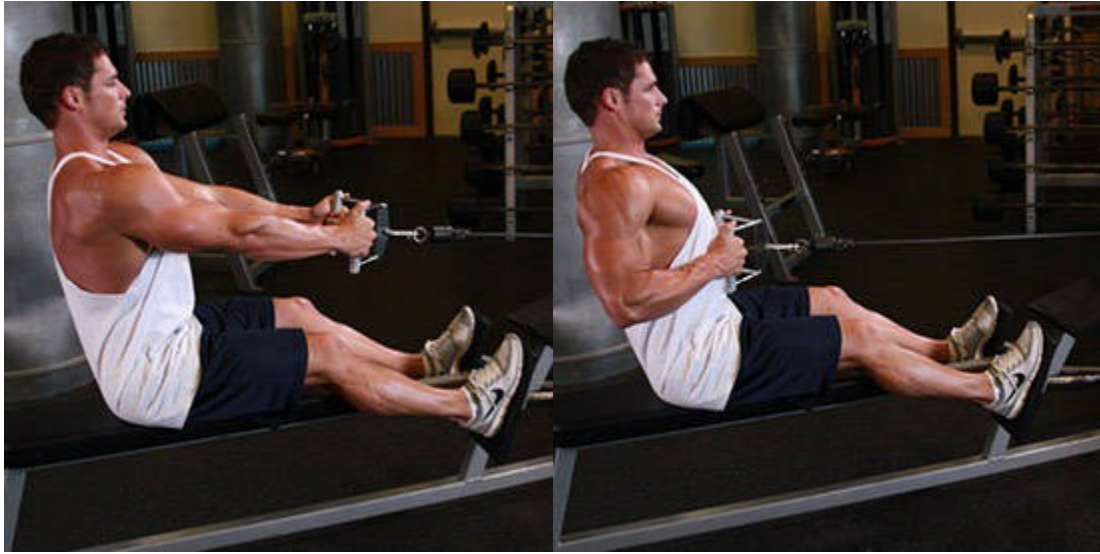
Dumbbell Flyes

3 sets, 10 Reps



Wide-Grip Lat Pulldown

3 sets, 10 Reps



Seated Cable Rows

**3 sets, 10 Reps**

**Day 6,7 Rest**