

Order	Exercise	Sets	Reps / Duration	
1. Warm-up	Light Cardio & Dynamic Stretching	5 min		
2. Weighted Sumo Squats	3	12 reps	Main lift for Glutes and Inner Thighs.	
3. Leg Press	3	10-12 reps	High volume lift for Quads, Glutes, and Hamstrings.	
4. Weighted Russian Twists	3	15-20 reps per side	Obliques and rotational core strength.	
5. Reverse Crunches	3	12-15 reps	Targets the lower abdominals.	
6. Bicycle Crunch	3	10-15 reps per side	Obliques and core coordination.	
7. Treadmill Burn	1	80 Calorie Burn	Your daily cardio goal.	