

Exercise	Amount	Weights
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WarmUp

Incline Dumbbell Press	3x10	5-7 kg
Dumbbell Lateral Raise	3x10	3-5 kg
Dumbbell Row	3x10	5-7 kg
Dumbbell Pullover	3x10	5-7 kg
Bench Dip	3x10	
Bird dog	4x15	
Plank	4x30 sec	
Side Plank	4x20 sec	
Knee to Elbow	4x15	
Dumbbell Lunges	3x10	5-7 kg
Standing leg raises	3x10	
Knee in Twists	4x15	
Cardio	15 Min	