

GOAL	NAME OF EXERCISE	SETS -REPEAT	WEIGHTS	HOW TO
IMPORTANT	WARM UP			https://www.youtube.com/watch?v=GCzecFateX
REST 3 MIN				
UPPERBODY	Incline Dumbbell Press	3x10	5-7 kg	https://www.youtube.com/watch?v=8iPEnn-ltC8
UPPERBODY	Dumbbell Lateral Raise	3x10	3-5 kg	https://www.youtube.com/watch?v=FeJP4E4Z-PY
UPPERBODY	Dumbbell Row	3x10	5-7 kg	https://www.youtube.com/watch?v=-koP10y1qZI
UPPERBODY	Dumbbell Pullover	3x10	5-7 kg	https://www.youtube.com/watch?v=Lp7kpzO4V5Q
UPPERBODY	Bench Dip	3x10		https://www.youtube.com/watch?v=IPXJmzFXFvc
REST 3 MIN				
ABDOMINAL	Bird dog	4x15		https://www.youtube.com/watch?v=wgOuR7YrwtM
ABDOMINAL	Plank	4x30 sec		https://www.youtube.com/watch?v=pSHjTRCQxIw
ABDOMINAL	Side Plank	4x20 sec		https://www.youtube.com/watch?v=NXr4Fw8q60o
ABDOMINAL	Knee to Elbow	4x15		https://www.youtube.com/watch?v=_IzjaBLTFhU
REST 3 MIN				
LEGS	Dumbbell Lunges	3x10	5-7 kg	https://www.youtube.com/watch?v=D7KaRcUTQeE
LEGS	Standing leg raises	3x10		https://www.youtube.com/watch?v=mY0zo3r_soE
LEGS	Knee in Twists	4x15		https://www.youtube.com/watch?v=oXl1Hs1oT5c
REST 5 MIN				
FAT BURN	HITT CARDIO	15 MIN		https://www.youtube.com/watch?v=ieyzL5OaPZ
				https://www.youtube.com/watch?v=0DSrudz6IV
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MUSCLES YOU SHOULD USE			
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