

Workout Plan

WEIGHT LOSS

Day 1

- D.B Bench Press
- Incline D.B Press
- Chess Press
- Pec-Dec
- Up Right ROw
- Rear Delt
- Pully Push Down
- Reverse Push Down
- Dips
- Treadmill walk - 30min

Day 2

- Lats Pull Down
- Rowing
- Close pull down
- D.B pull over
- Side raise
- Front raise
- Barbell Curl
- D.B Curl
- Hammer Curl
- Cable curl

Day 4

- Treadmill walk -15 min
- Cross Trainer - 15 min
- Cycle - 10min
- Jumping jack- 300reps
- Stepper - 300reps
- March - 300reps
- Leg Raise
- Rev Raise
- Abs Bench
- Sit ups
- Plank Hold
- Treadmill Walk - 5min

Day 5

- Back Squat
- Jump squat
- Leg Press
- Leg Ext
- Leg curl
- Weight Lunges
- Sumo squat
- Barbell Hack squat
- Hyper Ext
- Treadmill walk- 20 min

Day 6

- Cardio/Crossfit

