

Session 1

No.	Exercise	Sets	Reps	Intensity (weight)		Rest time
				Start	End	
1a	Kb Squat	3	12			< 1 min
1b	Bicycle Crunches	3	40s			< 1 min
2a	Hamstring curl Machine	3	12			< 1 min
2b	Plank w/ arm drop	3	60s			< 1 min
3a	Leg extension	3	14			< 1 min
3b	Ab Crunch Machine	3	16			< 1 min
4a	KB Swings	3	20			< 1 min
4b	Flutter kicks	3	40s			< 1 min