

	Exercise	Muscle Group	Sets	Reps	Rest
Monday	Lateral Raises	Shoulders	3	12-15	30 seconds
	Front Raises	Shoulders	3	12-15	30 seconds
	Front Lunges	Quads & Glutes	3	12 each leg	1 minute
	Squats	Quads & Glutes	3	12-15	1 minute
	Ankle Crunches	Abdominals	3	30	10 seconds
	Alternating Knee Tucks	Abdominals	3	30	10 seconds
Tuesday	Flyes on Swiss Ball	Chest	3	12	30 seconds
	Chest Press on Swiss Ball	Chest	3	12	30 seconds
	Tricep Kickbacks	Triceps	3	12	30 seconds
	Dips	Triceps	3	15	45 seconds
	Interval Training				
Wednesday	Push-ups	Entire upper body	3	To failure	30 seconds
	Reverse leg curls	Hams & Glutes	3	15 each leg	30 seconds
	Alternating Leg Raises	Abdominals	2	30	30 seconds
	Twist & Slap	Abs/Obliques	2	30	30 seconds
Thursday	Hammer Curls	Biceps	3	12-15	30 seconds
	Bicep Curls	Biceps	3	12-15	30 seconds
	One arm rows	Back	3	12 each arm	45 seconds
	Bent over rows	Back	3	12	45 seconds
	Interval Training				
Friday	Stiff-Leg Deadlifts	Hamstrings	3	12	1 minute
	Step-ups	Hams & Quads	3	12 each leg	1 minute
	Push Throughs	Abdominals	3	30	30 seconds
	Reverse Crunch	Abdominals	3	30	30 seconds
Saturday	Standing Calve Raises	Calf	3	15	15 seconds
	Seated Calve Raises	Calf	3	15	15 seconds
	Interval Training				