

## **Workout Schedule**

### **Extremely Obesity Weight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>25</b>	<b>1</b>
DB Chest Fly	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Bench Press	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Overhead Press	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Front Raises	<b>10-10-10-10</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Cable Fly	<b>10-10-10-10</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-10-10</b>	<b>-</b>	<b>1</b>
Leg Press	<b>10-10-10-10</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>10-10-10-10</b>	<b>25</b>	<b>2</b>
Push-up	<b>10-10-10-10</b>	<b>-</b>	<b>1</b>
Scott	<b>10-10-10-10</b>	<b>30</b>	<b>2</b>

### **Extremely Obesity Weight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>10</b>	<b>1</b>
DB Chest Fly	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Bench Press	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Overhead Press	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Front Raises	<b>10-10-10-10</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>10-10-10-10</b>	<b>5</b>	<b>1</b>
Cable Fly	<b>10-10-10-10</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-10-10</b>	<b>-</b>	<b>1</b>
Leg Press	<b>10-10-10-10</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>10-10-10-10</b>	<b>25</b>	<b>2</b>
Push-up	<b>10-10-10-10</b>	<b>-</b>	<b>1</b>
Scott	<b>10-10-10-10</b>	<b>30</b>	<b>2</b>

**Obesity Weight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>20</b>	<b>2</b>
DB Chest Fly	<b>12-10-8-8</b>	<b>15</b>	<b>1</b>
Bench Press	<b>12-10-8-8</b>	<b>5</b>	<b>1</b>
Overhead Press	<b>12-10-8-8</b>	<b>5</b>	<b>1</b>
Front Raises	<b>12-10-8-8</b>	<b>10</b>	<b>2</b>
Side Raises	<b>12-10-8-8</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>12-10-8-8</b>	<b>5</b>	<b>1</b>
Cable Fly	<b>12-10-8-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>12-10-8-8</b>	<b>-</b>	<b>1</b>
Leg Press	<b>12-10-8-8</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>12-10-8-8</b>	<b>25</b>	<b>2</b>
Push-up	<b>12-10-8-8</b>	<b>-</b>	<b>1</b>
Scott	<b>12-10-8-8</b>	<b>30</b>	<b>2</b>

**Obesity Weight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>20</b>	<b>2</b>
DB Chest Fly	<b>12-10-8-8</b>	<b>15</b>	<b>1</b>
Bench Press	<b>12-10-8-8</b>	<b>5</b>	<b>1</b>
Overhead Press	<b>12-10-8-6</b>	<b>5</b>	<b>1</b>
Front Raises	<b>12-10-8-6</b>	<b>10</b>	<b>2</b>
Side Raises	<b>12-10-8-6</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>12-10-8-6</b>	<b>5</b>	<b>1</b>
Cable Fly	<b>12-10-8-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>12-10-8-8</b>	<b>-</b>	<b>1</b>
Leg Press	<b>12-10-8-8</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>12-10-8-8</b>	<b>25</b>	<b>2</b>
Push-up	<b>12-10-8-8</b>	<b>-</b>	<b>1</b>
Scott	<b>12-10-8-8</b>	<b>30</b>	<b>2</b>

**Overweight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>15-12-10-8</b>	<b>15</b>	<b>2</b>
DB Chest Fly	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Bench Press	<b>15-12-10-8</b>	<b>15</b>	<b>2</b>
Overhead Press	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Front Raises	<b>15-12-10-8</b>	<b>15</b>	<b>2</b>
Side Raises	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Cable Fly	<b>15-12-10-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>15-12-10-8</b>	<b>-</b>	<b>1</b>
Leg Press	<b>15-12-10-8</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>15-12-10-8</b>	<b>25</b>	<b>2</b>
Push-up	<b>15-12-10-8</b>	<b>-</b>	<b>1</b>
Scott	<b>15-12-10-8</b>	<b>30</b>	<b>2</b>

**Overweight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>15-12-10-8</b>	<b>20</b>	<b>2</b>
DB Chest Fly	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Bench Press	<b>15-12-10-8</b>	<b>20</b>	<b>2</b>
Overhead Press	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Front Raises	<b>15-12-10-8</b>	<b>15</b>	<b>2</b>
Side Raises	<b>15-12-10-8</b>	<b>5</b>	<b>1</b>
Bent over Raises	<b>15-12-10-8</b>	<b>10</b>	<b>1</b>
Cable Fly	<b>15-12-10-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>15-12-10-8</b>	<b>-</b>	<b>1</b>
Leg Press	<b>15-12-10-8</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>15-12-10-8</b>	<b>25</b>	<b>2</b>
Push-up	<b>15-12-10-8</b>	<b>-</b>	<b>1</b>
Scott	<b>15-12-10-8</b>	<b>30</b>	<b>2</b>

**Normal Weight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>15</b>	<b>2</b>
DB Chest Fly	<b>10-10-10</b>	<b>15</b>	<b>2</b>
Bench Press	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-10-10</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>10-10-10</b>	<b>25</b>	<b>2</b>
Push-up	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Scott	<b>10-10-10</b>	<b>30</b>	<b>2</b>

**Normal Weight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-8-6</b>	<b>25</b>	<b>2</b>
DB Chest Fly	<b>10-8-6</b>	<b>20</b>	<b>2</b>
Bench Press	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-8-6</b>	<b>20</b>	<b>2</b>
Leg Curl	<b>10-8-6</b>	<b>20</b>	<b>2</b>
Push-up	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Scott	<b>8-8-6-6</b>	<b>25</b>	<b>2</b>

**Normal Weight Schedule 03**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-8-6</b>	<b>20</b>	<b>2</b>
DB Chest Fly	<b>10-8-6</b>	<b>25</b>	<b>2</b>
Bench Press	<b>10-10-10</b>	<b>15</b>	<b>2</b>
Overhead Press	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Front Raises	<b>10-8-6</b>	<b>15</b>	<b>2</b>
Side Raises	<b>10-8-8</b>	<b>10</b>	<b>2</b>
Bent over Raises	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-10-8</b>	<b>15</b>	<b>2</b>
Bar Dips	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-8-6</b>	<b>25</b>	<b>2</b>
Leg Curl	<b>10-8-6</b>	<b>25</b>	<b>2</b>
Push-up	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Scott	<b>8-8-6-6</b>	<b>30</b>	<b>2</b>

**Weak Weight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-10</b>	<b>5</b>	<b>2</b>
DB Chest Fly	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Bench Press	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-10-10</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Leg Curl	<b>10-10-10</b>	<b>10</b>	<b>2</b>
Push-up	<b>10-10-10</b>	<b>-</b>	<b>2</b>
Scott	<b>10-10-10</b>	<b>10</b>	<b>2</b>

**Weak Weight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-10-8</b>	<b>5</b>	<b>2</b>
DB Chest Fly	<b>10-10-8</b>	<b>5</b>	<b>2</b>
Bench Press	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-10-8</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-10-8</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-10-8</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-10-8</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Leg Curl	<b>10-10-8</b>	<b>10</b>	<b>2</b>
Push-up	<b>10-10-8</b>	<b>-</b>	<b>2</b>
Scott	<b>10-10-10</b>	<b>10</b>	<b>2</b>

**Extremely Weak Weight Schedule 01**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-6-6</b>	<b>5</b>	<b>2</b>
DB Chest Fly	<b>10-6-6</b>	<b>5</b>	<b>2</b>
Bench Press	<b>10-6-6</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-6-6</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-6-6</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-6-6</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-6-6</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-6-6</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-6-6</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-6-6</b>	<b>10</b>	<b>2</b>
Leg Curl	<b>10-6-6</b>	<b>10</b>	<b>2</b>
Push-up	<b>10-6-6</b>	<b>-</b>	<b>2</b>
Scott	<b>10-6-6</b>	<b>10</b>	<b>2</b>

**Extremely Weak Weight Schedule 02**

<b>Exercise</b>	<b>Sets</b>	<b>Kg</b>	<b>Rest Time(min)</b>
Incline Press	<b>10-8-6</b>	<b>5</b>	<b>2</b>
DB Chest Fly	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Bench Press	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Overhead Press	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Front Raises	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Side Raises	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Bent over Raises	<b>10-8-6</b>	<b>5</b>	<b>2</b>
Cable Fly	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Bar Dips	<b>10-8-6</b>	<b>-</b>	<b>2</b>
Leg Press	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Leg Curl	<b>10-8-6</b>	<b>10</b>	<b>2</b>
Push-up	<b>10-8-6</b>	<b>-</b>	<b>2</b>
Scott	<b>10-8-6</b>	<b>10</b>	<b>2</b>