

**Lend an ear report**

**To help someone for workout**

Week 1: (it would be circuit)

Teaching proper way of stretching, warm up exercise

- 5 min slow to medium walk
- pushups 5-6 based on person capacity X 1(set)
- Pull up 5-6 based X 1
- Front pulley 7-8 (10-12lb) X 1
- Pull over 5-6(5lb) X 1
- Chest with dumbbells(5lb) (6-8) X 2
- With bar-rod(without weight) (6-8) X 1
- Biceps (5lb) 6-8 X 2
- Triceps (5lb) 6-8 X2
- Squats 10 X 1

Week 2:

- 10 min treadmill speed(6(for first 3 min - 7 for next 4 min - 8 for next 3 min)
- pushups 8-12 based on person capacity X 1(set)
- Pull up 5-6 based X 1
- Front pulley 10-12(10-12lb) X 2
- Chest with dumbbells(10lb) (6-8) X 2
- With bar-rod(10lb) (6-8) X 1
- Biceps (7.5lb) 6-8 X 2
- Triceps (7.5lb) 6-8 X2
- Squats 12 X 1

Week 3:

- 10 min treadmill speed 6 constant and incline 2
- pushups 8-12 based on person capacity X 2(set)
- Pull up 8-10 based X 1
- Front pulley 12-15 (15-20lb) X 2
- Pull over 10-15(10lb) X 2
- Chest with dumbbells(15lb) (10-12) X 3
- With bar-rod(without weight) (10-12) X (based on capacity and situation)
- Biceps (12.5lb) 10-12 X 3
- Triceps (12.5lb) 10-12 X (based on capacity and situation)
- Squats 10 X 1
- Crunches (5-6) X 1
- Plank (10 Seconds)

Now onwards his/her body will be ready to adapt more weight and reps so I will try an focus each body part for rest of weeks

Week 4-8

Monday:

Back

- 10 min treadmill speed 6 constant
- Wide hand pushups 10-12 X 2 (3rd set if possible)
- Pull up 10 X 2
- Back pulley (15-17.5lb) X 3 (2 types of pulley are there in MAC each)
- Pull over 15-12-10 with weights (15-15-17.5)
- Single-arm dumbbell row (each side 15-12-10 with weight 12.5-15-17.5)
- Reverse fly (15-12-10 with 15-17.5lb)
- Wide dumbbell row (12-10 with 12.5-15lb)
- Wide barbell row (12-10 with 12.5-15lb)
- Deadlift (based on person capacity this will change)
- Abs

Tuesday:

Shoulder

- Pushups 15-12-10
- Overhead press 18-15-12( (15-20lb) standing as well as seating
- Side fly 15-12-10(12.5-15lb)
- Front row dumbbell (15-12-10) (12.5-15lb)
- Dumbbell set (25lb) X 3
- Bar rod (30 lb) X 3
- Abs

Wednesday:

Legs

- Pushups 15-12-10
- Squats ( 25-22-20)
- Weighted squats( 20-18-15)
- Leg press (20-20-18) (15-17.5-20lb)
- Leg extension (15-12-10) (15lb)
- Inner / Outer Thigh (15-12-10) (15-17.5lb)
- Lunges (15-15-12)
- Weighted lunges(15-12-10)
- Calfs
- Abs

Thursday:

Chest

- Pushups 20-18 and more if possible

- Chest with dumbbells (15-12-10) (15-15-17.5lb)
- Chest with bar rod (15-12-10) (15-15-17.5lb)
- Incline chest press (15-12-10) (15-15-17.5lb)
- Decline chest press (15-12-10) (15-15-17.5lb)
- Pullover
- Chest press
- Abs

Friday

Biceps/Triceps

- Pushups 20-18 and more if possible
- Diamond pushups (if possible)
- Dumbbell biceps curl(15-12-10)(15-17.5-22)
- Bar rod biceps(15-15-12)(30-45)
- Concentration curl(15-12-10)(15-15-15)
- Hammer (15-12-10) (12-10-8)
- Skullcrusher (10-10) (30-45)
- Bench dip (10-8) (without weight)
- Pulley based bicep tricep
- abs

Abs exercises are totally based on a person's capacity.

Also every exercise, weights and reps mentioned above are approximate and could be changed based on the situation.