

Training 1 - Chest/Quadriceps/Abs & Obliques

1 - Dumbell Bench Press	4	Series
	12-12-10-10	Repetitions
	1m30	Break time

2 - Incline Bench Press	4	Series
	10-10-8-8	Repetitions
	1m30	Break time

3 - Fly	3	Series
	12-12-10	Repetitions
	1m30	Break time

4 - Dips	3	Series
	12	Repetitions
	1m30	Break time

5 - Leg press	4	Series
	15	Repetitions
	1m30	Break time

6 - Squat	4	Series
	15	Repetitions
	1m30	Break time

7 - Leg extension	4	Series
	15	Repetitions
	1m30	Break time

ABS & OBLIQUES

Crucifix (40s)/Break time (20s)

Mountain Climbers bloqued side (40s)/Break time (20s)

Knee and buttock raises (40s)/Break time (20s)

Lateral sheathing with twist (40s)/Break time (20s)

Lateral sheathing (other side) (40s)/Break time (20s)

Iron body in raised scissors (40s)/Break time (20s)

Russian twist (40s)/Break time (20s)