

# HOME WORKOUT SERIES

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## WORKOUT SPLIT

Days	Workout
Monday	Upper Body
Tuesday	Lower Body
Wednesday	ABS
Thursday	Upper Body
Friday	Lower Body
Saturday	ABS
Sunday	Rest

## UPPER BODY SPLIT

Circuit 1			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Inchworm and Toe Taps	8	10	10
2.Shoulders (Side lateral and front raise)	10	12	15
3.Drag Curls or Bicep Curls	10	10	10

Circuit 2			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Full Planck	N.A.	N.A.	N.A.
2.Supermans	10	12	15
3.Flyes	10	10	10

Circuit 3			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Laying upper back squeeze	12	15	15
2.Tricep kickback	12	12	12
3.Angel and devil	N.A.	N.A.	N.A.

## LOWER BODY SPLIT

Circuit 1			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Chair Squats	10	12	15
2.Reverse lunges with back support	10	12	15
3.Glute Bridges on chair or mat	15	18	20

Circuit 2			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Wall sit	N.A.	N.A.	N.A.
2.Hip thrusts (pulses)	12	15	18
3.Side leg raise	12	15	20

Circuit 3			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1.Side step squat (wide stance)	10	12	15
2.Knee ups with hands touch	12	15	18
3.Calves raises with leg above ground	10	12	15

## ABS SPLIT

Giant Set			
Exercises	Set1 (reps)	Set2 (reps)	Set3 (reps)
1. Crunches	15	20	22
2. Leg raise	12	15	18
3. Ab V-crunch Hold	N.A.	N.A.	N.A.
4. Cross Crunches	N.A.	N.A.	N.A.
5. Side twists	15	20	25

### Important Instructions-

- Take rest of 1 min between each circuit and 2 min after completion of third circuit.
- Perform at least 2-3 rounds of complete circuits.
- There is no rest in Abs exercises, perform in only one go. Perform 2-3 rounds.
- Drink water if necessary.
- You may change the reps according to your strength.