|  |  |
| --- | --- |
| Scheduling | |
| Day 1 | Chest Shoulder Triceps |
| Day 2 | Lower body |
| Day 3 | [Cardio and Abs](#Day_3!A1) |
| Day 4 | biceps and back |
| Day 5 | Chest Shoulder Triceps |
| Day 6 | LISS |
| Day 7 | Rest |

***Day 1 and day 5***

***Incline push Ups-10-2 sets (+ warm up)***

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Set | Rep |  |
| Chest press | 4 | 15 | superset |
| Decline Chest fly | 4 | 15 |
|  |  |  |  |
| Upright Dumbbell row | 3 | 15 | superset |
| Overhead Press | 3 | 15 |
|  |  |  |  |
| Front Raise and Side Raise | 3-4 | 15 | superset |
| Bent over lateral raise | 3 | 15 |
|  |  |  |  |
| Triceps kick back | 3-4 | 15 | superset |
| Triceps overhead ext | 3 | 15 |
|  |  |  |  |
| Triceps Dips | 3 | 15 | finisher |
| Air Punches | 3 | 20 |
| Diamond push ups | 3 | 10 |
| Stretching |  |  |  |

***Day @***

|  |  |  |
| --- | --- | --- |
| Exercise | Set | Rep |
| wall slide | 3 | 15-20 |
| straight leg raise to the front | 3 | 15-20 |
| Straight leg raise to the inside | 3 | 15-20 |
| straight leg raises to the back | 3 | 15-20 |
| standing knee bend | 3 | 15-20 |
| quadiceps contraction | 3 | 30 sec |
| standing leg curl- ham | 3 | 15-20 |
| Single leg calf raise | 2 | !5-20 |
| Fire hydrant | 2 | 15-20 |
| Donkey kicks | 2 | 10-20 sec |
| step up- small step | 2 | 10 |

***Day 3***

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Set | Rep |  |
| High Knee | 4 | 20 |  |
| butt kicks | 4 | 20 |
|  |  |  |  |
| Sit ups | 4 | 20 |  |
| V crunches | 4 | 15 |
|  |  |  |  |
| Russian twist | 4 | 20 |  |
| Hanging leg raises | 4 | 12 |
|  |  |  |  |
| Plank( all variation) | 4 | 180 sec |  |
|  | 4 | 12 |
|  |  |  |  |
| Side plank high knee | 2 | 10 |  |
| Supine plank knee march | 2 | 10 |  |
| Jog for | 10 mins |  |  |

***Day 4***

|  |  |  |
| --- | --- | --- |
| Exercise | Set | Rep |
| Bent over Row | 4 | 15 |
| Cobra Lat Pull down | 4 | 15 |
| Dumbbell high knee twist | 3 | 15 |
| Dumbbell Side Bend | 3 | 15 |
| Biceps Curl | 4 | 15 |
| Hammer curl | 4 | 15 |
| Single leg dead lifts | 3 | 15 |
| Swimmers |  | 15 |
| One arm dumbbell row | 3 | 15 |
| shrugs | 3 | 20 |
| Hyper ext | 3 | 20 |
| stretching |  |  |

***Day 6***

|  |  |  |
| --- | --- | --- |
| Exercise | 30 sec on 15 sec rest | Sets |
| Slow burpees | 30 sec on 15 sec rest | 3 |
| skaters | 30 sec on 15 sec rest | 3 |
| Push ups | 30 sec on 15 sec rest | 3 |
| Side plank tap over | 30 sec on 15 sec rest | 3 |
| Cross cross chest press | 30 sec on 15 sec rest | 3 |
| Single leg elevated glute bridge | 30 sec on 15 sec rest | 3 |
| Weighted warriors | 30 sec on 15 sec rest | 3 |
|  |  |  |
|  |  |  |
|  |  |  |
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