# Workout

Daily:

25 min Cardio, 5 Min warm-up

Monday-Wednesday-Friday

30 repetitions with small weights, fast, finish in 10 minutes each

Shoulder Press,

Inclined Bench Db,

Peck Press,

Shoulder Press’,

Rowing,

Shoulder Pull,

Triceps,

Bicep curl

Tuesday-Thursday

Legs and Abs