

WORKOUT SCHEDULE

S.No.	Resistance Training Exercise	Sets	Reps	Exercise Tutorial Video Link	Rest
MONDAY - CHEST					
1	Push Ups	4	10	https://www.youtube.com/watch?v=m5DMuQPiksU	45 seconds
2	Bench press Dumbbell/ Machine	4	10		45 seconds
3	dumbbell incline bench press	4	10	https://youtu.be/8bfJ3sfUTos	45 seconds
4	Hex press	4	10	https://www.youtube.com/watch?v=PMHbzfWcUyg	
5	Flat dumbbell flyes / Pec Fly	4	10	https://www.youtube.com/watch?v=eozdVDA78K0	45 seconds
6	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
TUESDAY - SHOULDERS					
1	Arnold Press / Shoulder Machine Press	4	10	https://www.youtube.com/watch?v=6Z10_WdXmVw&t=18s	45 seconds
2	Side Lateral Raise	4	10	https://www.youtube.com/watch?v=FeJP4E4Z-PY	45 seconds
3	Front raises	4	10	https://www.youtube.com/watch?v=-t7fuZOKhDA	45 seconds
4	Shrugs	4	10	https://www.youtube.com/watch?v=cJRVVxmytaM	45 seconds
5	Abdominal Crunches	4	10		45 seconds
6	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
WEDNESDAY - BACK					
1	Lat Pull Down	4	10	https://www.youtube.com/watch?v=lueEJGjTuPQ	45 seconds
2	Seated Row	4	10		45 seconds
3	Close grip pull down	4	10	https://www.youtube.com/watch?v=neP32qCyPbQ	45 seconds
4	Bend Over	4	10	https://www.youtube.com/watch?v=PUNxkzCjWNk	45 seconds
5	High Pully Row	4	10		
6	Leg Raises	4	20	https://www.youtube.com/watch?v=JB2oyawG9KI	45 seconds
7	Plank	4	45 Seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
THURSDAY - REST					

FRIDAY - ARMS					
1	Bench Dips	4	10	https://www.youtube.com/watch?v=0326dy_-CzM	45 seconds
2	DB one arm tricep extension	4	10	https://www.youtube.com/watch?v=jTQWYdWLvys	45 seconds
3	Tricep Pushdown	4	10		45 seconds
4	Dumbbell curls alternate / Bicep Machine Curl	4	10	https://www.youtube.com/watch?v=sAq_ocpRh_I	45 seconds
5	Hammer curls	4	10	https://www.youtube.com/watch?v=zC3nLlEvin4	45 seconds
6	Concentration Curls / Preacher Curl	4	10	https://www.youtube.com/watch?v=Jvj2wV0vOYU	45 seconds
7	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds

SATURDAY - LEGS					
1	Dumbbell Squats	4	15	https://youtu.be/v_c67Omje48	45 seconds
2	Walking Lunges	4	10	https://www.youtube.com/watch?v=QOVaHwm-Q6U	45 seconds
3	Leg Curl	4	10		
4	Leg Extension	4	10		45 seconds
5	Calf Raises	4	10	https://www.youtube.com/watch?v=gwLzBJYoWII	45 seconds
6	Hyper Extension	3	15		45 seconds
7	Side Plank	3	45 seconds each side	https://www.youtube.com/watch?v=K2VljzCC16g	45 seconds

SUNDAY - REST					
Before Workout:	Warm-up – 2 mins Always start your workout with 2 sets of low intensity as a warm up.				
After Workout:	Cool Down – 60 sec normal walk Stretching				