

WORKOUT SCHEDULE

S.No.	Resistance Training Exercise	Sets	Reps	Exercise Tutorial Video Link	Rest
MONDAY - CHEST					
1	Knee Push Ups	4	15	https://www.youtube.com/watch?v=EgIMk-PZwo0	45 seconds
2	Hex press	4	15	https://www.youtube.com/watch?v=PMHbzfWcUyg	45 seconds
3	Flat Dumbbell Press	4	15	https://www.youtube.com/watch?v=VmB1G1K7v94	45 seconds
4	Flat dumbbell flyes	4	15	https://www.youtube.com/watch?v=eozdVDA78K0	45 seconds
5	Butt kick		100 reps	https://www.youtube.com/watch?v=IKqa30WKWVk	45 seconds
6	Plank	3	1minute	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
7	Spot running	4	2 minutes	https://www.youtube.com/watch?v=I-rYUBn5IUM	1 minute
TUESDAY - SHOULDERS					
1	Arnold Press	4	15	https://www.youtube.com/watch?v=bvBiSrfIDA4	45 seconds
2	Front raises	4	15	https://www.youtube.com/watch?v=sOcYIBI85hc	45 seconds
3	Side Lateral Raise	4	15	https://www.youtube.com/watch?v=FeJP4E4Z-PY	45 seconds
4	Shrugs	4	15	https://www.youtube.com/watch?v=cJRVVxmytaM	45 seconds
5	Ab Crunches	4	20	https://www.youtube.com/watch?v=5ER5Of4MOPI	45 seconds
6	Plank	3	1 minute	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
7	Half Squats	3	20	https://www.youtube.com/watch?v=jtZciPEaYzo	45 seconds
WEDNESDAY - BACK					
1	Resistance Band Lat Pull Down	4	15	https://www.youtube.com/watch?v=1AtdCMxgF2Q	45 seconds
2	Single Arm rowing	4	15	https://www.youtube.com/watch?v=XTFdmq7nwps	45 seconds
3	Resistance Band Bend Over	4	15	https://www.youtube.com/watch?v=gQfb_k_2Zwl	45 seconds
4	Leg Raises	4	20	https://www.youtube.com/watch?v=JB2oyawG9KI	45 seconds
5	Hip thrusts			https://youtu.be/CJC4Qn2AAHo	45 seconds
6	Plank	3	1 minute	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
7	Spot running	4	2 minutes	https://www.youtube.com/watch?v=I-rYUBn5IUM	1 minute

THURSDAY -Triceps					
1	Bench Dips	4	15	https://www.youtube.com/watch?v=0326dy_-CzM	45 seconds
2	DB one arm tricep extensio	4	15	https://www.youtube.com/watch?v=jTQWYdWLVys	45 seconds
3	lying one arm tricep extens	4	15	https://www.youtube.com/watch?v=MO_03opCc0g	45 seconds
4	Russian twists	4	20	https://www.youtube.com/watch?v=wkD8rjkodUI	45 seconds
5	Half Squats	3	20	https://www.youtube.com/watch?v=jtZciPEaYzo	45 seconds
FRIDAY - Biceps					
1	Dumbbell curls alternate	4	15	https://www.youtube.com/watch?v=sAq_ocpRh_I	45 seconds
2	Hammer curls	4	15	https://www.youtube.com/watch?v=zC3nLIEvin4	45 seconds
3	Concentration Curls	4	15	https://www.youtube.com/watch?v=Jvj2wV0vOYU	45 seconds
4	Plank	3	1 minute	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
5	Spot running	4	2 minutes	https://www.youtube.com/watch?v=l-rYUBn5IUM	1 minute
SATURDAY - LEGS					
1	Half Squats	4	20	https://www.youtube.com/watch?v=jtZciPEaYzo	45 seconds
2	Lunges	5	15	https://www.youtube.com/watch?v=QvEyWPj3rhU	45 seconds
3	Sumo Squats	5	20	https://www.youtube.com/watch?v=YX_VOrt2Xco	45 seconds
4	Calf Raises	5	20	https://www.youtube.com/watch?v=gwLzBJYoWII	45 seconds
5	Mountain Climbing	4	60	https://www.youtube.com/watch?v=ixxk9Qfn61o	45 seconds
6	Butt kick		100 reps	https://www.youtube.com/watch?v=lKqa30WKWVk	45 seconds
7	Side Plank	4	minute 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				