



Session One:

Cardiovascular training: 20 minutes

Working session: *Incline 3 Speed 7.5-8* Walk on treadmill for 5 mins, run for 5 Minutes, walk for 5 mins, run for 5 mins.

1. Abdominals: Two leg one leg hinge

Resistance performed

- Set 1-3: 10 reps

hands

2. Squat against wall with ball & one leg

Resistance performed

- Set 1-3: 8-10 reps

body weight

3. Cable bent over row with straight bar (elbows high)

Resistance performed

- Set 1-3: 12-15 reps

2-3 plates

4. Push-ups full body with front tap

Resistance performed

- Set 1-3: 10 reps

body weight

5. Standing tricep pushdown (stomach tight & elbows in waist)

Resistance performed

- Set 1-3: 10 reps

10kg

6. Side deltoid raise with side step

Resistance performed

- Ser 1-3: 16 reps total

2kg dumbbell

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Twist stretch

Session Two:

Cardiovascular training: 20 minutes

Working session: *Incline 3 Speed 7.5-8* Walk on treadmill for 5 mins, run for 5 Minutes, walk for 5 mins, run for 5 mins.

1. Abdominals Middle Side Middle Side with arms straight (on floor)	Resistance performed
• Set 1-3: 10 reps	body weight
2. Pull-ups on smith machine	Resistance performed
• Set 1-3: 10 reps	body weight
3. Yoga low to high to lock hands to out and stretch Yoga stretch up & then bum up onto toes	Resistance performed
• Set 1-3: 5 reps 5 count	body weight
4. Lunge with foot on bench with weight overhead	Resistance performed
• Set 1-3: 10 reps each leg	5-10kg
5. Dips on bench with one leg up rotation	Resistance performed
• Set 1-3: 15 reps	body weight

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Side stretch

Session Three:

Cardiovascular training: 20 minutes

Working session: *Incline 3 Speed 7.5-8* Walk on treadmill for 5 mins, run for 5 Minutes, walk for 5 mins, run for 5 mins.

1. Seated on slight incline dumbbell curls

Resistance performed

- Set 1-3: 15 reps

4kg

2. Barbell stiff-legged

Resistance performed

- Set 1-3: 15 reps

10 kg

3. Barbell upright row

Resistance performed

- Set 1-3: 10 reps

10 kg

4. Static lunge with dumbbell kickbacks

Resistance performed

- Set 1-3: 10 reps

2kg each

5. Dumbbell flies with leg raise

Resistance performed

- Set 1-3: 10 reps

3 kg

Stretching:

1. Thigh & Groin Stretch
2. Hamstring stretch
3. Abdominals stretch
4. Calf stretch
5. Side stretch