

GYM WORKOUT

DAY 1

	Week 1	Week 1	Week 2		Week 3		Week 4	
Glute Bridges	5 sets	10 reps	3 sets	15 reps	5 sets	10 reps	3 sets	15 reps
One Arm Row off Bench	5 sets	10 reps	3 sets	15 reps	5 sets	10 reps	3 sets	15 reps
Goblet Squat	5 sets	10 reps	3 sets	15 reps	5 sets	10 reps	3 sets	15 reps
Flat DB Press on bench	5 sets	10 reps	3 sets	15 reps	5 sets	10 reps	3 sets	15 reps
Incline DB Press	5 sets	10 reps	3 sets	15 reps	5 sets	10 reps	3 sets	15 reps
Planks	5 sets	1 minute	3 sets	1 minute	5 sets	1:30	3 sets	1:30

- All rest between sets should be kept to max 1 minute

DAY 2

	Week 1	Week 1	Week 2		Week 3		Week 4	
Deadlifts	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps
Standing Shoulder Press	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps
Cable close grip seated rows	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps
Seated DB Curls	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps
Leg Extension	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps
Push ups-close grip	5 sets	10 reps	4 sets	12 reps	5 sets	10 reps	4 sets	12 reps

DAY 3- REPEAT DAY 1

Day 4

Treadmill work:

Walk 2 minutes; walking lunges on treadmill 1 minute; walk 2 minutes; walking lunges on treadmill 1 minute-repeat until you reach 30 minutes.

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