

Day 1

Dynamic warm-up

Band-warm-up-shoulder-stretch



3x30sec

High Knee Skips



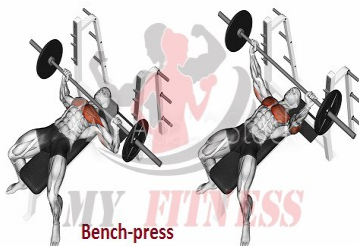
3x30sec

Jumping Jack



3x30sec

Chest/Triceps



Bench-press

3x12



Incline-bench-press

3x12



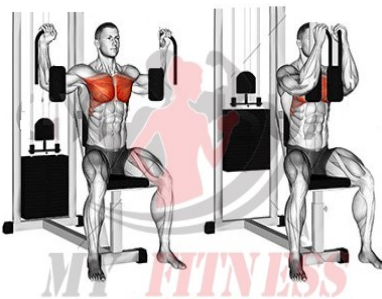
Decline-chest-press-free weight

3x12



Chest-press

3x12



Pec-deck

3x12



Dumbbell One Arm Extension

3x12



MY FITNESS

Cable Pushdown



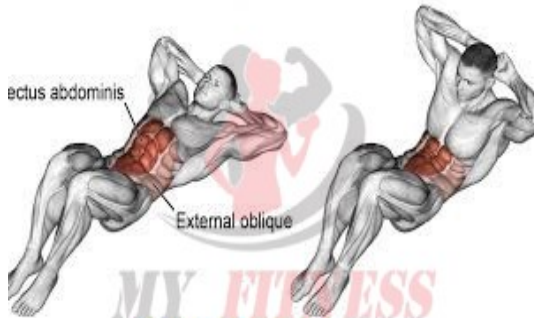
3x12

Cable Pushdown (with rope attachment)



3x12

Abs workout



Crunches

3x12

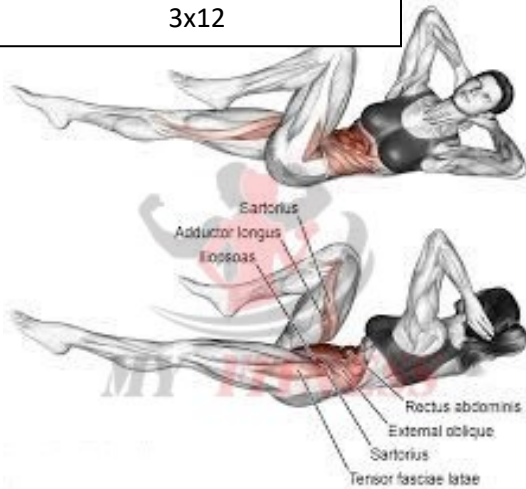
PLANKS



Plank on Elbows

Plank on Hands

3x12



Bicycle-crunch

3x12



Flutter-kicks

3x12



MY FITNESS

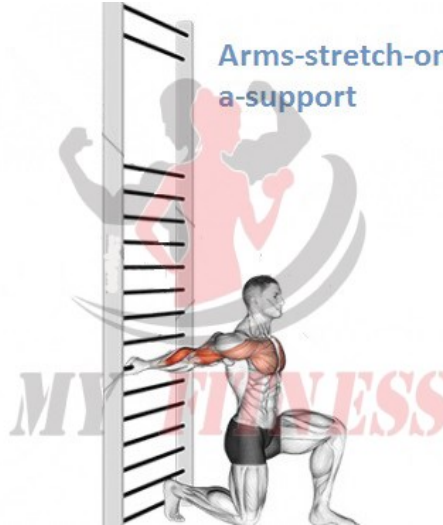
Stretching

Standing 30 seconds in each exercise

Above-head-chest-stretch



Arms-stretch-on-a-support



Triceps-sit-up



Lying Abdominal Stretch

Lying crossover stretch



Cat-pose





MY FITNESS

Day 2

Dynamic warm-up

Band-warm-up-shoulder-stretch



3x30sec

High Knee Skips



3x30sec

Jumping Jack



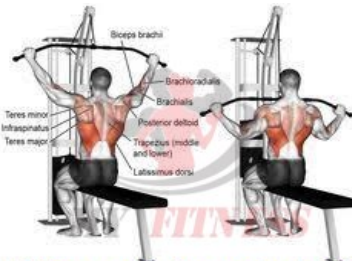
3x30sec

Shpine/Biceps

Assisted-standing-chin-up



3x12



Wide-grip lat pull-down

3x12



Seated-cable-row

3x12



Pulldown free weight

3x12

Grip seated low row free weight



3x12



MY FITNESS



Single arm biceps
Hammer

3x12



Dumbbell Standing Reverse Curl

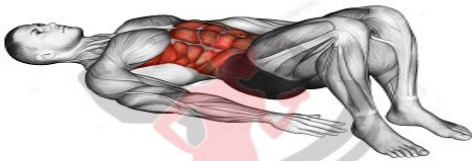
3x12



Olympic Barbell Hammer Curl

3x12

Abs workout



Heel touches

3x12



Reverse crunches

Iliopsoas
Rectus abdominis
External oblique



3x12

Lying-Leg-Raise



3x12



Flutter-kicks



3x12



MY FITNESS

Stretching

Standing 30 seconds in each exercise

Across-chest-shoulder-stretch



Kneeling-lat-stretch



Biceps-stretch-behind-the-back



Cat-pose



Lying crossover stretch



Lying Abdominal Stretch



MY FITNESS

Day 3

Dynamic warm-up

High Knee Skips



3x30sec

Lunge



3x30sec

High Knee Squat



3x30sec

Squat



3x12

LEG /SHOULDER

Leg Extension



3x12

Seated-leg-curl



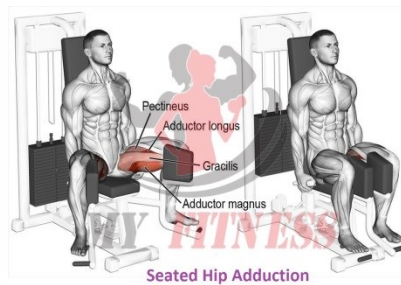
3x12



MY FITNESS



3x12



3x12



3x12



Dumbbell Front Raise

3x12



Dumbbell Lateral Raise

3x12



3x12



Barbell Upright Row

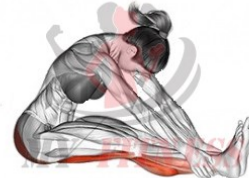
3x12

Stretching

Standing 30 seconds in each exercise



Seated-knee-flexor-stretch



Hip-abduction-with-flexion-in-front-stretch



Hamstring-stretch



Seated-knee-up-extended-rotation-stretch



Lying-glute-stretch



Kneeling-toe-up-hamstring-stretch



Crossover-kneeling-hip-flexor-stretch



Band-warm-up-shoulder-stretch

