



MY FITNESS

Day 1

Dynamic warm-up

Band-warm-up-shoulder-stretch



3x30sec

High Knee Skips



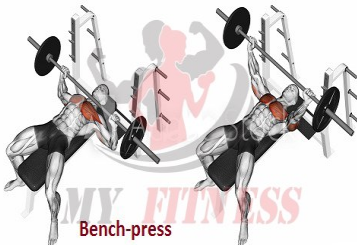
3x30sec

Jumping Jack



3x30sec

Chest/Triceps



Bench-press

3x15



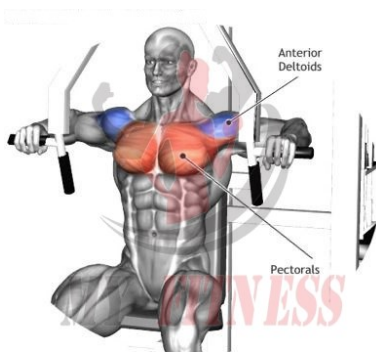
Incline-bench-press

3x15



Decline-chest-press-free weight

3x15



Chest-press

3x15



Pec-deck

3x15



Dumbbell One Arm Extension

3x15



MY FITNESS

Cable Pushdown



3x15

Cable Pushdown (with rope attachment)



3x15

Cardio



Bicycle

10min



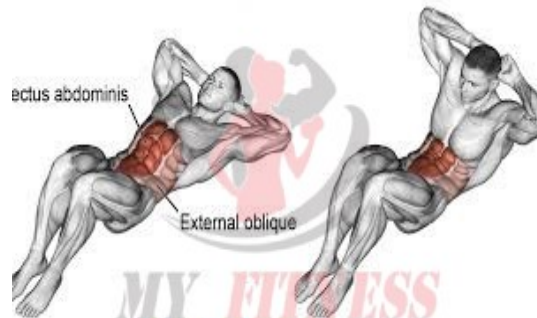
Run

20min



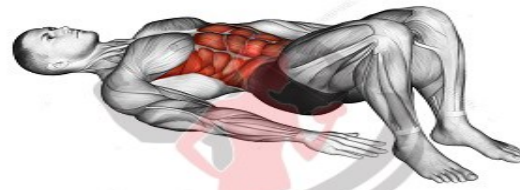
MY FITNESS

Abs workout



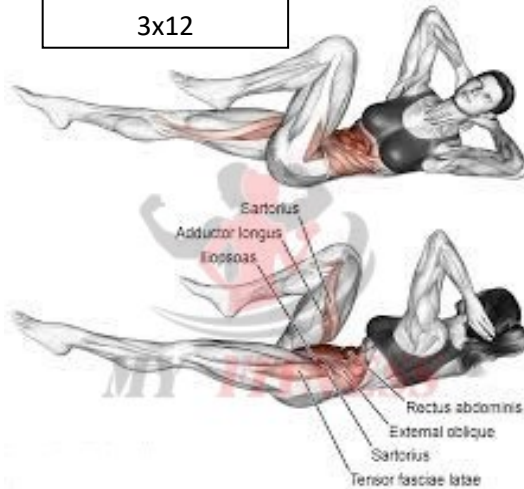
Crunches

3x12



Heel touches

3x12



Bicycle-crunch

3x12



Flutter-kicks

3x12



MY FITNESS

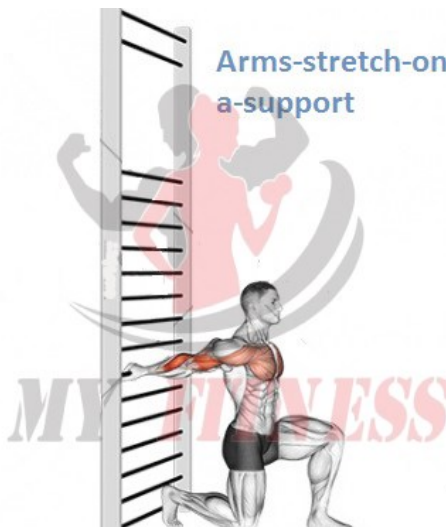
Stretching

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



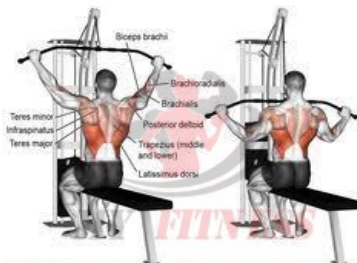
3x30sec

Shpine/Biceps

Assisted-standing-chin-up



3x15



Wide-grip lat pull-down

3x15



Seated-cable-row

3x15



Pulldown free weight

3x15

Grip seated low row free weight



3x15



MY FITNESS



Single arm biceps
Hammer

3x15



Dumbbell Standing Reverse Curl

3x15



Olympic Barbell Hammer Curl

3x15

Cardio



15min

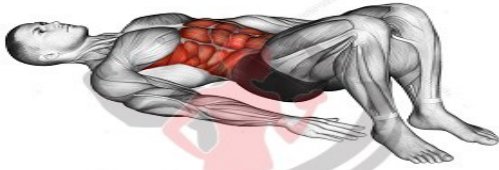


15min



MY FITNESS

Abs workout



Heel touches

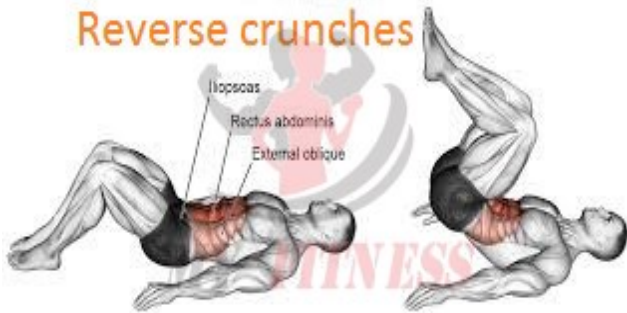
3x12

Lying-Leg-Raise



3x12

Reverse crunches



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



Bicycle

10min



MY FITNESS

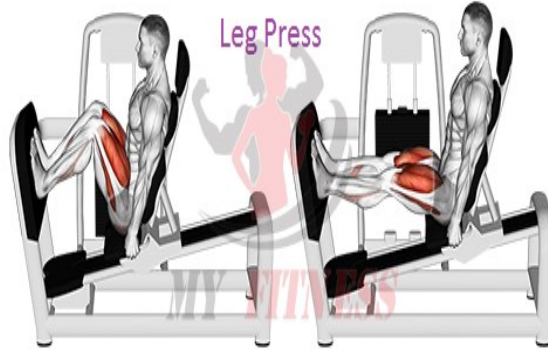
LEG / SHOULDER

Smith Sumo Squat



3x15

Leg Press



3x15

Leg Extension



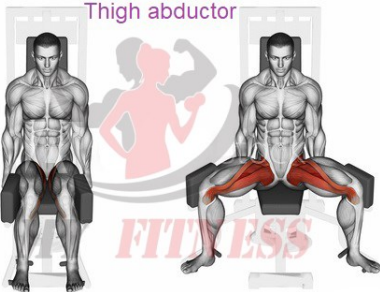
3x15

Seated-leg-curl



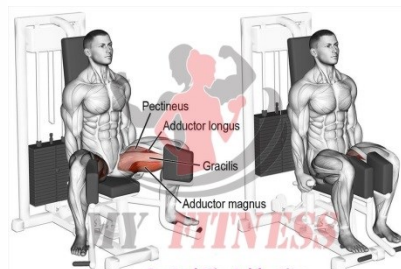
3x15

Thigh abductor



3x15

Seated Hip Adduction



3x15

Seated Calf Raise



3x15



MY FITNESS

Seated grip Shoulder Press



3x15



Dumbbell Front Raise

3x15



Dumbbell Lateral Raise

3x15



Cable Standing Rear Delt Row

3x15



Barbell Upright Row

3x15

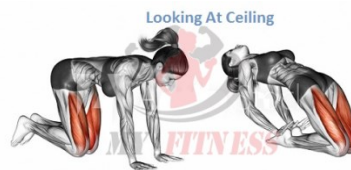
Cardio



MY FITNESS



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





MY FITNESS

Lying-glute-stretch



Kneeling-toe-up-hamstring-stretch



Crossover-kneeling-hip-flexor-stretch



Band-warm-up-shoulder-stretch

