

## Day 1

## Dynamic warm-up

Band-warm-up-shoulder-stretch



3x30sec

High Knee Skips



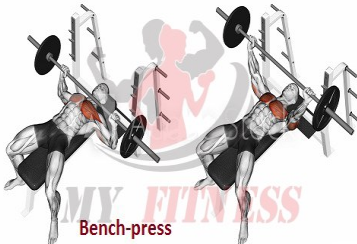
3x30sec

Jumping Jack



3x30sec

## Chest/Triceps



Bench-press

3x12



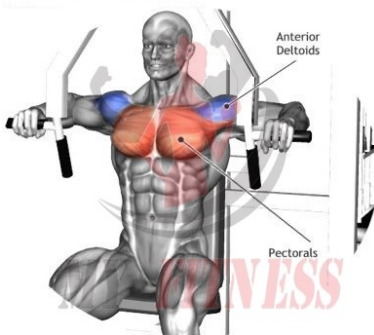
Incline-bench-press

3x12



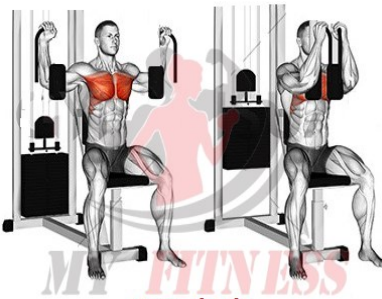
Decline-chest-press-free weight

3x12



Chest-press

3x12



Pec-deck

3x12



Dumbbell One Arm Extension

3x12



# MY FITNESS

Cable Pushdown



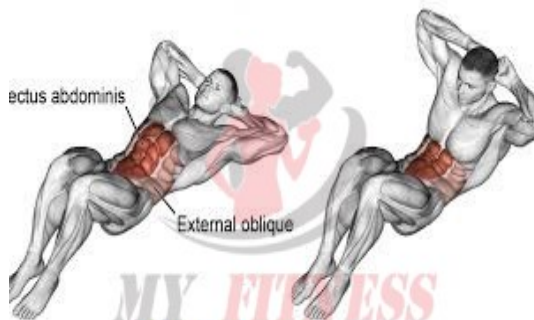
3x12

Cable Pushdown (with rope attachment)



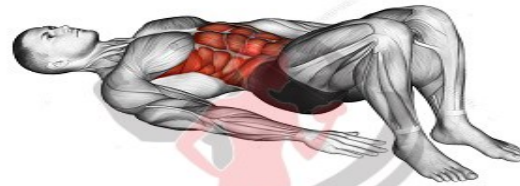
3x12

## Abs workout



Crunches

3x12



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



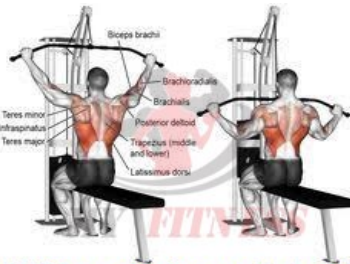
3x30sec

## Shpine/Biceps



Assisted Standing Pull-up

3x12



Wide-grip lat pull-down

3x12



Seated-cable-row

3x12



Pull-down free weight

3x12

Grip seated low row free weight



3x12



# MY FITNESS



Single arm biceps  
Hammer

3x12



Dumbbell Standing Reverse Curl

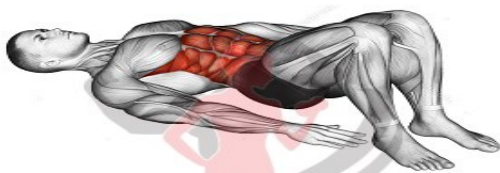
3x12



Olympic Barbell Hammer Curl

3x12

## Abs workout



Heel touches

3x12



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

## LEG / SHOULDER

### Smith Sumo Squat



3x12

### Leg Press



3x12



# MY FITNESS

Leg Extension



3x12

Seated-leg-curl

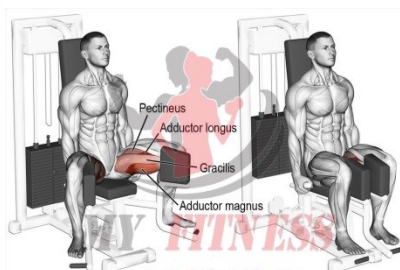


3x12

Thigh abductor



3x12



Seated Hip Adduction

3x12

Seated Calf Raise



3x12

Seated grip Shoulder Press



3x12



Dumbbell Front Raise

3x12



Dumbbell Lateral Raise

3x12





# MY FITNESS



Cable Standing Rear Delt Row

3x12



Barbell Upright Row

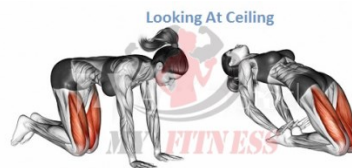
3x12

## Stretching

Standing 30 seconds in each exercise



Cat-pose



Looking At Ceiling

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

