



MY FITNESS

Day 1

Dynamic warm-up

Band-warm-up-shoulder-stretch



3x30sec

High Knee Skips



3x30sec

Jumping Jack



3x30sec

Lunge



3x12

Squat



3x12

Hips

HIP LIFT



3x12



Kettlebell Dumbbell Sumo Squat off Stepbox

3x12

Bench Hip Extension



3x12



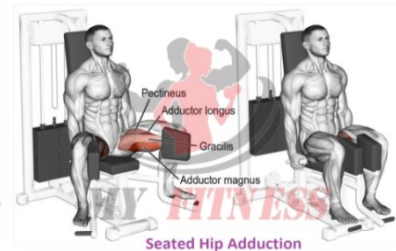
Barbell Good Morning

3x12



Seated Hip Abduction

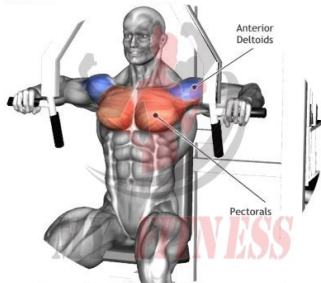
3x15



Seated Hip Adduction

3x15

Chest/Biceps



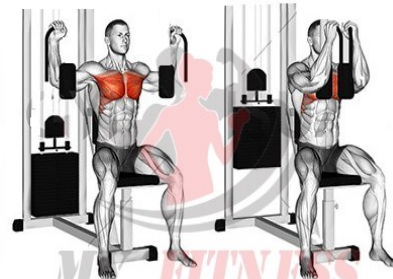
Chest-press

3x15



Decline-chest-press-free weight

3x15



Pec-deck

3x15



Single arm biceps Hammer

3x15



Dumbbell Standing Reverse Curl

3x15



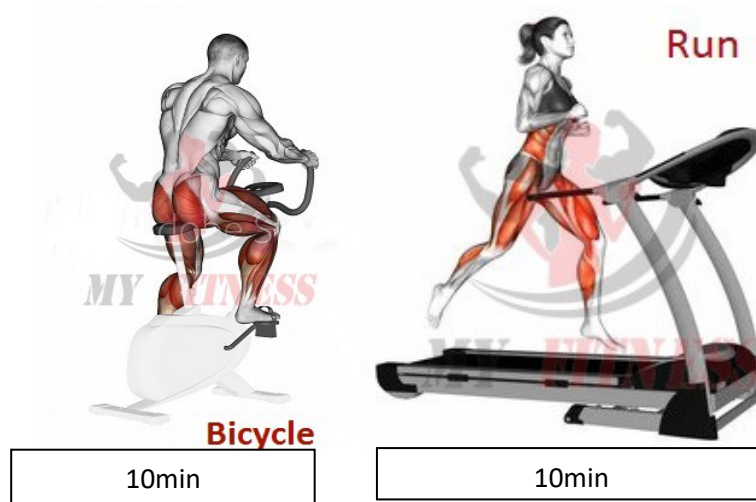
Rope Cable Curl

3x15



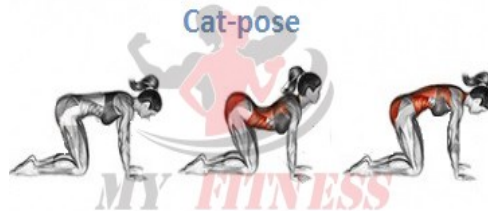
MY FITNESS

Cardio



Stretching

Standing 30 seconds in each exercise





MY FITNESS

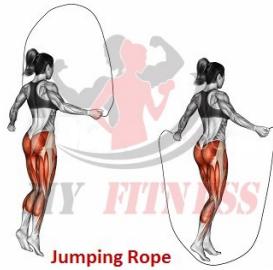
Day 2

Dynamic warm-up

Jumping Jack



3x30sec



Jumping Rope

3x100 jumps

Jump Lunge To Feet Jack



3x30sec

High Knee Skips



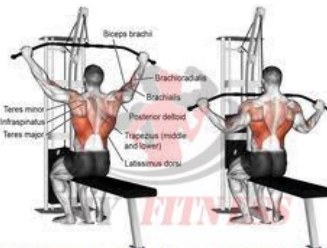
3x30sec

Back/ Triceps

Assisted-standing-chin-up



3x15



Wide-grip lat pull-down

3x15



Seated-cable-row

3x15



Pull-down free weight

3x15



Assisted Triceps Dip

3x15



Bench Dip

3x15

Cable Pushdown (with rope attachment)

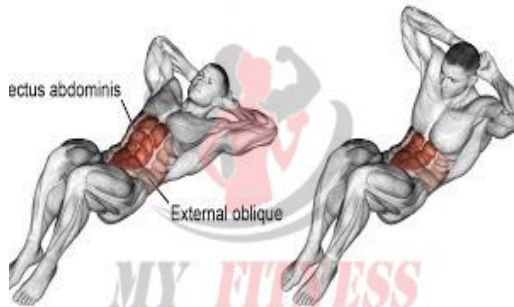


3x15



MY FITNESS

Abs workout



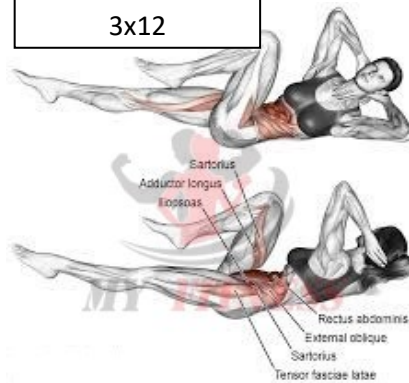
Crunches

3x12



Heel touches

3x12



Bicycle-crunch

3x12



Flutter-kicks

3x12

Cardio



15min



10min



MY FITNESS

Stretching

Standing 30 seconds in each exercise

Hip-circles-stretch



Seated-knee-up-extended-rotation-stretch



Lying Abdominal Stretch

Cat-pose



Across-chest-shoulder-stretch



Lying crossover stretch



Kneeling-lat-stretch



Triceps-sit-up





MY FITNESS

Day 3

Dynamic warm-up

High Knee Skips



3x30sec

Lunge



3x30sec

High Knee Squat



3x30sec

Squat



3x12

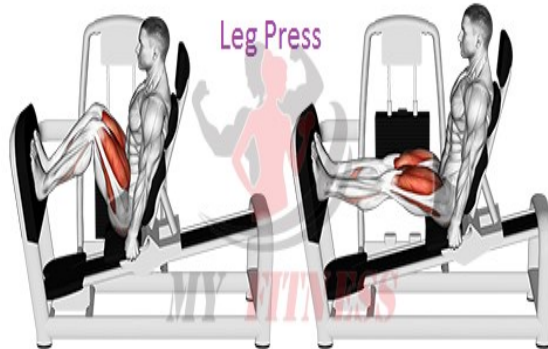
LEG / SHOULDER

Smith Sumo Squat



3x12

Leg Press



3x12



MY FITNESS

Leg Extension



3x12

Seated-leg-curl



3x12

Seated Calf Raise



3x12



Dumbbell Front Raise

3x12



Dumbbell Lateral Raise

3x12



Dumbbell Bench Seated Press

3x12

Cardio



Stepper

10min

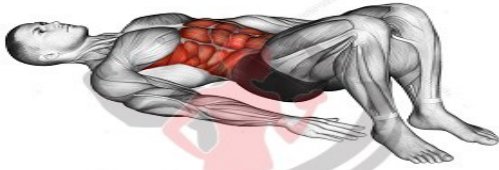


10min



MY FITNESS

Abs workout



Heel touches

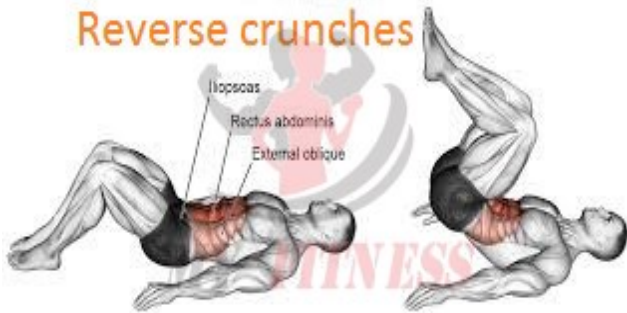
3x12

Lying-Leg-Raise



3x12

Reverse crunches



3x12



Flutter-kicks

3x12



MY FITNESS

Stretching

Standing 30 seconds in each exercise

Cat-pose



Looking At Ceiling



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

