

WARMUP 1
UPPER BODY

2-3 SETS
Yoga push ups x 10
Prone snow angels x 10
Scapular push ups x 10

WARM UP 2
LOWER BODY

2-3 SETS
Lateral (Band) walk x 25 sec
Glute bridge X 15 (pause 1 sec at the top)
Wall sit x 30 sec

WEEK 2

DAY 1
WARMUP 1

A1 : Standing Arnold Press; 20X1 x 12-15 reps each side
A2 : Dumbbell Bench Press; 30X1 x 8-12 reps each side
Repeat for 3 sets with 1:30 pause between

B1 : Feet Elevated Push Ups; 30X1 x 8-12reps
B2 : Bench Dips x 15 (make more difficult form last week , tempo, straight legs)

Repeat for 2 sets with 1:30 pause between

C:
Single Arm Dumbbell Turkish Sit Ups; 3111 x 6-8/arm
Dumbbell Hollow Hold; 20-40sec continuous
Dumbbell Leg Lowering; 3111 x 8-10reps

Repeat for 2 sets

DAY 2

WARM UP 2

A1 : 10 single leg glute bridge 2320 / leg
A2 : 10 assisted pistols 32X0 / leg

Repeat 2 sets with 1:30 pause between sets

B1 : DB Rear Foot Elevated Split Squats; 3010 x 6-8/leg
B2 : Cossack Squats; 3010 x 8-10/leg

Repeat 2 sets with 1:00 pause between sets

C :

4 ROUNDS

30 sec Farmer carry (switch hand when you want)

30 sec tall to elbow plank

40 sec wall sit