

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 3

DAY 1
WARMUP 1

A1 : Z Press; 30X1 x 10-12 reps each side
A2 : Dumbbell Bench Press; 30X1 x 10-12 reps each side
Repeat for 3 sets with 1:30 pause between

B1 : Diamond Push Ups; 30X1 x 8-10 reps
B2 : Bench Dips; 50X1 x 8-10 reps

Repeat for 2 sets with 1:30 pause between

C:

1. Hollow Hold Flutter Kicks; 30-40sec continuous
2. Supine Toes to Bar (use a wall and hand anchors); 40X0 x 8-10reps
3. Straight Leg Sit Up; 20X0; 12-18reps

Repeat for 2 sets

DAY 2
WARM UP 2

A1 : Tempo Air Squat with DB Front Rack 83X1 x 10 (switch Db every 5)
A2 : DB Front Rack Curtsy Lunges X 20 (alternate legs and Db every 5)

Repeat 2 sets with 1:30 pause between sets

B1 : Rear Foot Elevate Split Squat X 20 (switch leg at 10 reps)
B2 : Assisted Pistols x 8-10/leg

Repeat 2 sets with 1:00 pause between sets

C :

2 ROUNDS :

Plank x 30 sec

DB Russian twist x 30 sec

DB Hold Hollow x 30 sec

DB Hold Leg Raise