

# WORKOUT PLAN

## DAY 1 - UPPER BODY

**Seated Cable Row - x3 Sets - x10 to 12 Reps**

Targets the Back Muscles (Upper Back & Lats)

**Machine Chest Press - x3 Sets - x10 to 12 Reps**

Targets the Chest Muscles

**Machine Shoulder - x3 Sets - x10 to 12 Reps**

Targets the Shoulder Muscles (Front Delts)

**Wide Lat Pull Down- x3 Sets - x10 to 12 Reps**

Targets the Back Muscles (Lats)

**Tricep Push Down x3 Sets - x12 to 15 Reps**

Targets the Tricep Muscles (Back of Arm)

**Preacher Curls x3 Sets - x12 to 15 Reps**

Targets the Bicep Muscles (Top of Arm)

**Plank Hold- x3 Sets - Max Time Upto 1min**

Targets the Core Muscles



**WARM UP** - Spend 10 to 15mins Warming Up - Rower or Assault Bike slow to medium pace. Or Dynamic Stretching

**COOL DOWN**- Be sure to stretch once you have finished your workout

# WORKOUT PLAN

## DAY 2 - LOWER BODY

**Leg Press- x3 Sets - x10 to 12 Reps**

Tagrets the Quad Muscles (Front of Leg)

**Hip Thrust Machine - x3 Sets - x10 to 12 Reps**

Tagrets the Glutes & Hammys Muscles

**Dumbbell Lunges- x3 Sets - x10 to 12 Reps e/s**

Tagrets the Legs Muscles (Quads and Glutes)

**Seated Leg Curl- x3 Sets - x12 to 15 Reps**

Tagrets the Hammys Muscles (Back of Legs)

**Seated Calf Raises x3 Sets - x12 to 15 Reps**

Tagrets the Calf Muscles (Back of Lower Leg)

**Side Plank x2 Sets - Max Time e/s Upto 1min**

Tagrets the Core Muscles

**Leg Lowers- x3 Sets - 10 to 15 Reps e/s**

Tagrets the Core Muscles



**WARM UP** - Spend 10 to 15mins Warming Up - Rower or Assault Bike slow to medium pace. Or Dynamic Stretching

**COOL DOWN**- Be sure to stretch once you have finished your workout

# WORKOUT PLAN

## DAY 3 - FULL BODY

**Goblet Squat x3 Sets - x10 to 12 Reps**

Tagrets the Quad Muscles (Front of Leg)

**Kneeling Leg Curl - x3 Sets - x10 to 12 Reps e/s**

Tagrets the Glutes & Hammys Muscles

**Narrow Lat Pull Down- x3 Sets - x10 to 12 Reps**

Tagrets the Back Muscles (Lats)

**Chest Flies (Pac Dec)- x3 Sets - x10 to 12 Reps**

Tagrets the Chest Muscles

**Lateral Raises x3 Sets - x12 to 15 Reps**

Tagrets the Shoulder Muscles (Side Delts)

**Face Pulls x3 Sets - 10 to 12 Reps**

Tagrets the Shoulder Muscles (Rear Delts)

**Bicycle Crunches- x3 Sets - 10 to 15 Reps e/s**

Tagrets the Core Muscles



**WARM UP** - Spend 10 to 15mins Warming Up - Rower or Assault Bike slow to medium pace. Or Dynamic Stretching

**COOL DOWN**- Be sure to stretch once you have finished your workout

