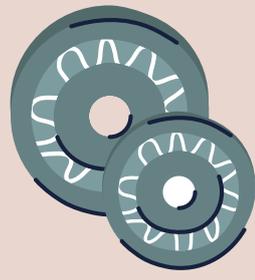


Workout Plan



Lower Body Workout

Warm up (2 rounds)

Glute bridges x 15
 Bodyweight squats x 10
 Hip openers x 5 per leg
 Walking lunges x 10 steps

Main Set (3 rounds)

Bodyweight Squats - 15 reps
 Reverse Lunges - 10 reps per leg
 Glute Bridges - 20 reps
 Wall Sit - 30 seconds:
 Jump Squats x 10
 Pulse Lunges x 10 per leg
 Glute Bridge Hold x 30 sec

Progression

Add dumbbells to squats/lunges and extend wall sit.

Upper Body Workout

Warm up (2 rounds)

Arm circles (forwards/backwards) - 30 sec
 Shoulder rolls - 10 reps
 Cat-cow - 5 reps
 Push-ups on knees - 5 reps

Main Set (3 rounds)

Dumbbell Shoulder Press - 10-12 reps
 Bent-over Rows - 10 reps
 Bicep Curls - 12 reps
 Tricep Kickbacks - 10 reps
 Plank Hold - 30-45 sec
 Push-ups from chair x 10
 Dumbbell Punches x 30 sec

Progression

Push-ups, tricep dips on a chair, pull ups.

Full Body Workout

Warm up (2 rounds)

Jumping jacks - 30 sec
 Air squats - 10 reps
 Arm swings - 20 sec
 Torso twists - 20 sec

Main Set (3 rounds)

Squat to Press (with DBs) - 12 reps
 Push-ups - 10 reps (knee or full)
 Dumbbell Deadlifts - 12 reps
 Bicycle Crunches - 20 reps (10 per side)
 Forearm Plank - 30 sec

Progression

Burpees x 5
 Jump lunges x 10



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Week 1

Lower Body



Upper Body



Full Body



Week 2

Lower Body



Upper Body

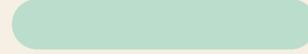


Full Body



Week 3

Lower Body



Upper Body



Full Body

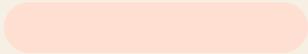


Week 4

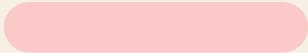
Lower Body



Upper Body



Full Body

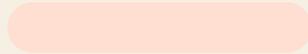


Week 5

Lower Body



Upper Body



Full Body

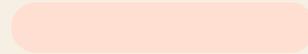


Week 6

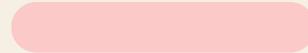
Lower Body



Upper Body

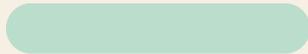


Full Body



Week 7

Lower Body



Upper Body



Full Body



Week 8

Lower Body



Upper Body



Full Body



Week 9

Lower Body



Upper Body

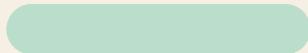


Full Body



Week 10

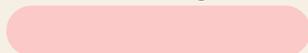
Lower Body



Upper Body

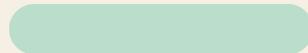


Full Body



Week 11

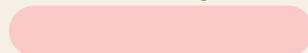
Lower Body



Upper Body

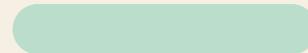


Full Body



Week 12

Lower Body



Upper Body



Full Body

