

**SESSION 1**  
LEGS

5-10 mins Stretching and warm-up  
 Leg Press - 3 sets - 12-15 reps - 1.5 min rest  
 20 body weight squats - 3 sets - 1min rest  
 leg curl - 3 sets - 12-15 reps - 1.5min rest  
 Walking Lunges - 50 steps - 1 set  
 leg extension - 20 reps - 3 sets 1.5min rest  
 stretch

**SESSION 2**  
ABS & CARDIO

10 min cardio warm-up  
 20 russian twists  
 Floor Plank - (record time)  
 50 Floor crunches  
 1 min kettlebell swing  
 1 minute mountain climbers  
 repeat \* 5  
 15 min cardio

**SESSION 3**  
CARDIO OR  
REST

**SESSION 4**  
UPPER

standing Lateral raises - 3 sets - 10 reps - 1min rest

shoulder press (machine or standing) 3 sets - 10 reps - 1min rest

Lat Pull down (wide grip) 3 sets - 12 reps - 1min rest

Chest press machine - 3 sets - 12 reps - 1min rest

Cable tricep push downs 50 reps + cable bicep curls 50 reps - 1 - 2 sets of each

**SESSION 5**  
FULL BODY

Stretching and warm-up 10 mins cardio

1 min battle ropes  
 1 min kettlebell swing  
 1 min body squats  
 10 burpees  
 15 press ups  
 10 jump squats  
 walking lunges  
 50 ab crunches

repeat 3 times

1000m row

**SESSION 6**  
YOUR PICK

Choose from Day 1-4 to work on your chosen area:

- Legs
- Abs
- Arms or
- Cardio

**REST!**

Take a break!  
 You deserve it.

