



Program A	Upper body workout		
Shoulders – Mondays	5:00 minutes warm up with adaptive skipping		
Dumbbell side raises 3 sets	15 reps	10 reps	8 reps
Dumbbell front raises 3 sets	15 reps	10 reps	8 reps
Dumbbell alternative shoulder press	15 reps	10 reps	8 reps
Arms –	Shadow boxing 3 rounds of 1 minute warm up		
Alternative dumbbell curl 3 sets Biceps	15 reps Per arm	10 reps.	8 reps
Cable pulley overhead extension 3 sets Triceps and core	15 reps	10 reps	8 reps
Lean over dumbbell kick back 3 sets Triceps	15 reps.	10 reps	8 reps
Friday - Chest	3 different stretches 5 minutes		
Resistance bands 3 sets chest press Pectoral and triceps	15 reps	10 reps	8 reps
Dumbbell flys 3 sets Pectoral	15 reps	10 reps	8 reps
Programme's change monthly			

