



### Session 1

15 mins - Cardio Training: Bike or Treadmill or Rowing machine

30 mins - Weight Training: Do 3 sets of 12 reps for each exercise

1) Bench Press or Machine

**3 X 12**

2) Pull down machine

**3 X 12**

3) Squats or Leg Press

**3 X 12**

4) Shoulder Press or Machine

**3 X 12**

5) Bicep Curls

**3 X 12**

6) Core Training

**3 X 12**

15 mins - Cardio Training: Bike or Treadmill or Rowing machine

### Session 2

15 mins - Cardio Training: Bike or Treadmill or Rowing machine

30 mins - Weight Training: Do 3 sets of 12 reps for each exercise

1) Seated Row Machine

**3 X 12**

2) Dumbbell Press or Machine

**3 X 12**

3) Upright Rows (bar or cable)

**3 X 12**

4) Bicep curls (bar or cable)

**3 X 12**

5) Triceps Pushdowns

**3 X 12**

6) Core Training

**3 X 12**

15 mins - Cardio Training: Bike or Treadmill or Rowing machine