

Day1
2rds
50 squats
50 pushups

Day 2
30 -20-10
bicep curls
Barbel Wtd Lunge

Day 3:
Tabata Wtd Glute Raise
Tabata KB Swings

Day 4:
100 squats
80 pushups
60 lunges
40 tricep extensions
20 burpees

day5:
3x
12-15 barbell row
12-15 Romanian Deadlift
25 Box Glute Raise

Week 2
Day 1: 25 Db push press
Tabata Jumping Lunges
25 DB Push Press

Day 2: Mini Glute and Arm FGB
2 rounds
1 min Ring Row
1 min Wtd Jump Squats
1 min bicep curls
1 min std step ups

Day 3:

2 rounds

1x Leg Blaster =

20x air squats +

20x in-place lunges (10x each leg)

20x jumping lunges (10x each leg)

10x squat jumps

25 plyo pushups

Day 4:

4x

20 db wtd lunge repeaters

10 strict press

20 std Good mornings

10 lying press

Day 5:

5 rds

20 db row

10 Deadlift

week 3

Day 1: Drop Sets 10,8,6,4,2

DB one arm row

strict pullup

db bench press

20 goblet squats between each rd

Day 2:

4rds

25 squats

25 pushups

Day 3

Tabata

kb swings

bulgarian split squat

Day 4:

5rds

10 good mornings

10 romanian deadlift

10 seated press 10 skull crushers

Day 5

5-10-15-20-25-20-15-10-5

side lunges

single leg bridges

hammer curls

flys

Week 4:

Day 1

2 rounds

1 min Ring Row

1 min Wtd Jump Squats

1 min bicep curls

1 min std step ups

Day 2;

4x 12-15 reps tricep extensions

4x 12-15 reps wtd Back squat

Day 3:

200 m walking lunge

100 pushups

Day 4:

3x

12-15 barbell row

12-15 Romanian Deadlift

25 Box Glute Raise

Day 5:

100 squats

80 pushups

60 lunges

40 tricep extensions

20 burpees