

WEEKLY EXERCISE ROUTINE

DAY 1 LEGS

- 25 Squat
- 25 Hip thrust
- 25 Deadlift
- 25 Walking lunge

DAY 2 ARMS

- 25 Wall push up
- 25 Floor push up
- 25 Bicep curls
- 25 Skull crusher

DAY 3 ABS

- 25 Sit up
- 25 seconds Plank
- 25 Leg raises
- 25 Back up

DAY 4 CHEST

- 25 Dumbbell bench press
- 25 Incline dumbbell press
- 25 Incline push up
- 25 Plate press

DAY 5 COMBO

- 25 Sit up
- 25 Squats
- 25 Bicep Curls
- 25 Incline push up

DAY 6 COMBO

- 25 Bicep curls
- 25 Deadlift
- 25 Leg Raises
- 25 Plate press

EXERCISE

PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WORKOUT PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WORKOUT PLANNER

<i>DAY</i>	<i>ACTIVITY</i>

EXERCISE PLANNER

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY





WORKOUT PLANNER

Time :	Exercise :	Set :
Time :	Exercise :	Set :
Time :	Exercise :	Set :
Time :	Exercise :	Set :

