

WEEK 1

Abs, Arms, Back, Chest, Legs



Ugne V.

FULL BODY - EQUIPMENT INDUCTION.

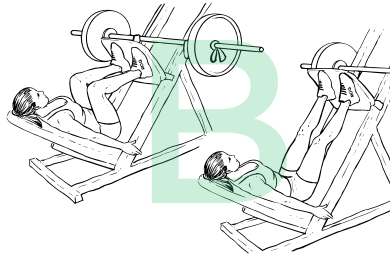
Cardio - Walking



5 min

Superset A1 · Warm Up

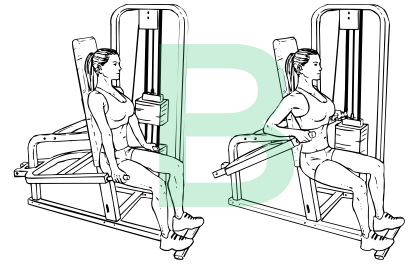
Leg Press



2 sets 12 reps

Superset B1

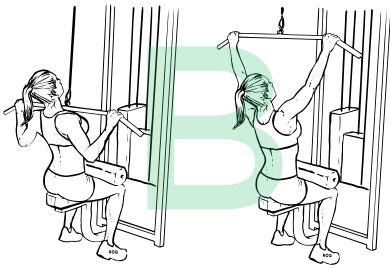
Machine Tricep Dips



2 sets 12 reps

Superset B2 ·

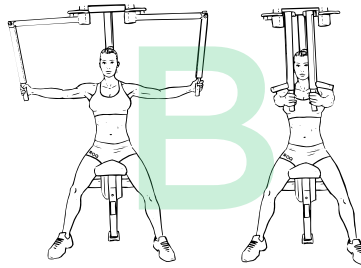
Wide-Grip Lat Pulldowns



2 sets 12 reps

Superset B3

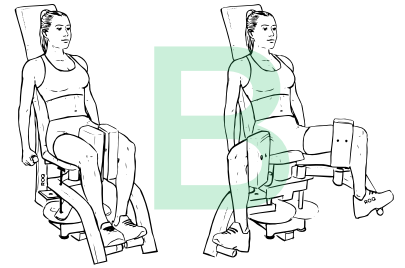
Seated Machine Flyes



2 sets 12 reps

Superset B4

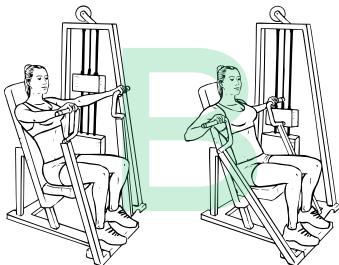
Adduction Inner Thigh Machine



2 sets 12 reps

Superset B5 · ****Abductor**** Outer Thighs-
Press Machine Outwards

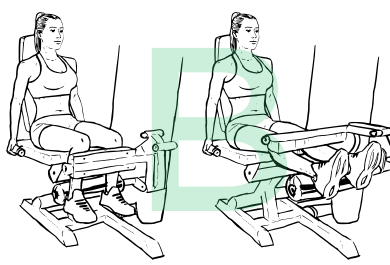
Seated Chest Press



2 sets 12 reps

Superset B6

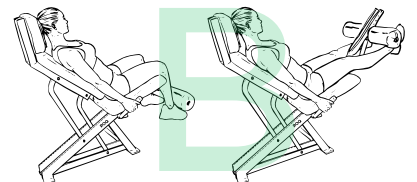
Seated Leg Curls



2 sets 12 reps

Superset B7

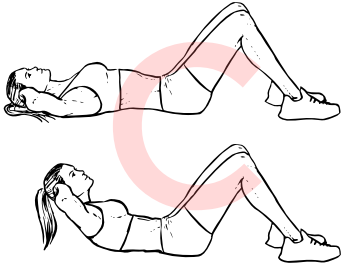
Seated Machine Leg Extensions



2 sets 12 reps

Superset B8

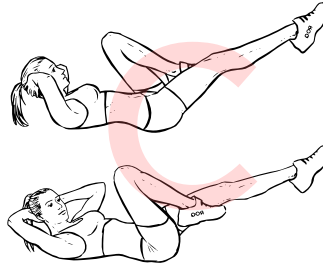
Crunches



2 sets 30 secs

Superset C1

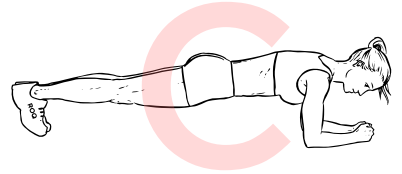
Bicycles



2 sets 30 secs

Superset C2

Plank



2 sets 30 secs

Superset C3