



Week 2

OVERVIEW



DAY #1 - FULL BODY

- SQUAT + ARNOLD PRESS: 3 x 12
- LUNGE + TWIST: 3 x 8 (Per Side)
- CHEST PRESS + EXTENSION: 3 x 15
- PLANK DB DRAG: 3 x 30-45 Seconds

DAY #2 - UPPER BODY

- KNEELING SWIMMER RAISES: 3 x 8
- INVERTED DB ROW: 3 x 12
- FLOOR TRICEP EXTENSIONS: 3 x 15
- HAMMER CURL HOLDS: 3 x 15

DAY #3 - LOWER BODY

- PULSING SQUATS: 3 x 12
- DUMBBELL DEADLIFTS: 3 x 12
- SINGLE LEG BRIDGE: 3 x 12 (Per Side)
- SINGLE LEG CHAIR UPS: 3 x 8 (Per Side)



Day 1
FULL BODY WORKOUTS



SQUAT + A RNOOLD PRESS

3 SETS OF 12

1



2



3



LUNGE + T WIST

3 SETS OF 8 (PER SIDE)

1



2



3



CHEST PRESS + EXTENSION

3 SETS OF 15

1



2



3



PLANK DB DRAG

3 SETS OF 30-45 SECONDS

1



2





Day 2

UPPER BODY WORKOUTS



KNEELING SWIMMER RAISES

3 SETS OF 8

1



2



3



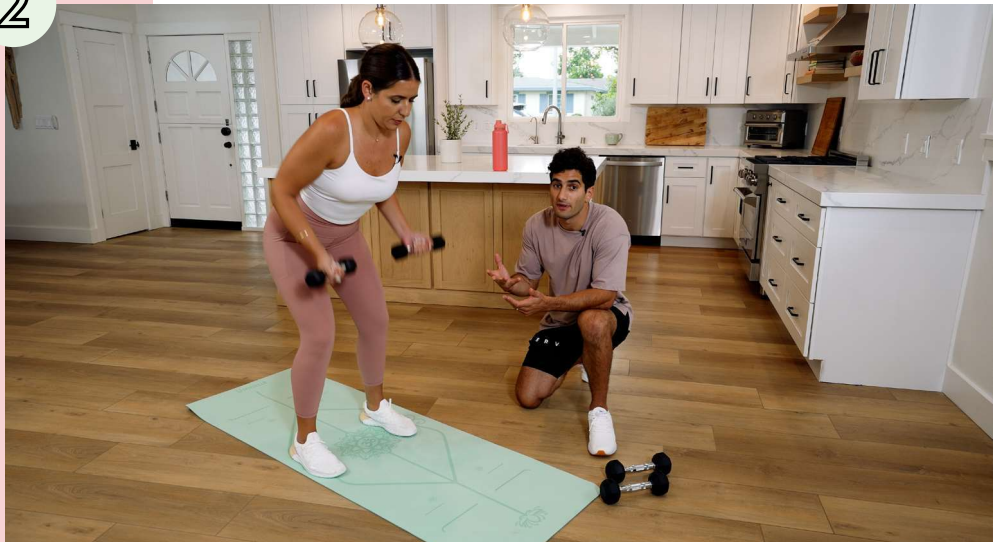
INVERTED DB ROW

3 SETS OF 12

1



2



3



FLOOR TRICEP EXTENSIONS

3 SETS OF 15

1



2



3



HAMMER CURL HOLDS

3 SETS OF 15

1



2



3





Day 3

LOWER BODY WORKOUTS



PULSING SQUATS

3 SETS OF 12

1



2



3



DUMBBELL DEADLIFTS

3 SETS OF 12

1



2



3



SINGLE LEG BRIDGE

3 SETS OF 12 (PER SIDE)

1



2



3



SINGLE LEG CHAIR UPS

3 SETS OF 8 (PER SIDE)

1



2



3

