MUSCLES	WORKOUTS	REPS/MIN	SETS
FULL-BODY WORKOUT	Easy Rowing Machine Workout	5-6 min with 60 sec cool down	-
	Fast Paced Rowing Machine Workout	5-6 min With 60 sec Cool Down	-
	Sprinting	5 min With 1 min Cool Down	-
	Bear Crawl	20 ft Forward And 20 ft Backward	2-3
	Crab Walk	20 ft Forward And 20 ft Backward	2-3
	Pull-ups	10-12	3-4
	Burpees with Broad Jump 30m		<u>-</u>
	Pushups	10	3-4
ABS WORKOUT	Plank	2 min	3
	Inclined Bench Sit Ups	20	3
	Incline Leg Raises	15	3
	Hanging Leg Raises	10	3
	Dumbbell Side Bends	15	3-4
	Roman Chair Side Bends	15	3

WORKOUTS	REPS/MIN	SETS
Dumbbell Curls	15	3
Hammer Curls	12	3
Barbell Curls	15	3
One Arm Overhead Dumbbell Triceps Extension	15	3
Triceps Dips	15	3-4
Triceps Kickbacks	15	3
7		
Back Presses	15	3
Seated Dumbbell Presses	15	3
Lateral Raises	15	3
Alternate Front Arm Raises	15	3
Lying Dumbbell Presses	15	3-4
One Dumbbell Front Raises	15	3
	Dumbbell Curls Hammer Curls Barbell Curls One Arm Overhead Dumbbell Triceps Extension Triceps Dips Triceps Kickbacks Back Presses Seated Dumbbell Presses Lateral Raises Alternate Front Arm Raises Lying Dumbbell Presses One Dumbbell	Dumbbell Curls 15 Hammer Curls 12 Barbell Curls 15 One Arm Overhead 15 Dumbbell Triceps Extension Triceps Dips 15 Triceps Kickbacks 15 Back Presses 15 Seated Dumbbell 15 Presses Lateral Raises 15 Alternate Front 15 Arm Raises Lying Dumbbell 15 Presses One Dumbbell 15

MUSCLES	WORKOUTS	REPS/MIN	SETS
BACK WORKOUT	Seated Rows	15	3
	Barbell Rows	12	3
	Sumo Deadlifts	15	3
	Deadlifts	15	3
	Dumbbell Shrugs	15	4
CHEST WORKOUT	Incline Bench Press	12	3
	Push -Ups	15	3
	Dumbbell Flys	15	3
	Pec Deck Flys	15	3
	Cable Crossover Flys	15	3-4
	Dumbbell Presses	15	3
LEGS & BUTT WORKOUT	Incline Leg Press	12	3
	Leg Extensions	15	3
	Seated Leg Curls	15	3
	Cable Back Kicks	15	3
	Floor Hip Extensions	15	3
	Bridging	15	3