

**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	-	-
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



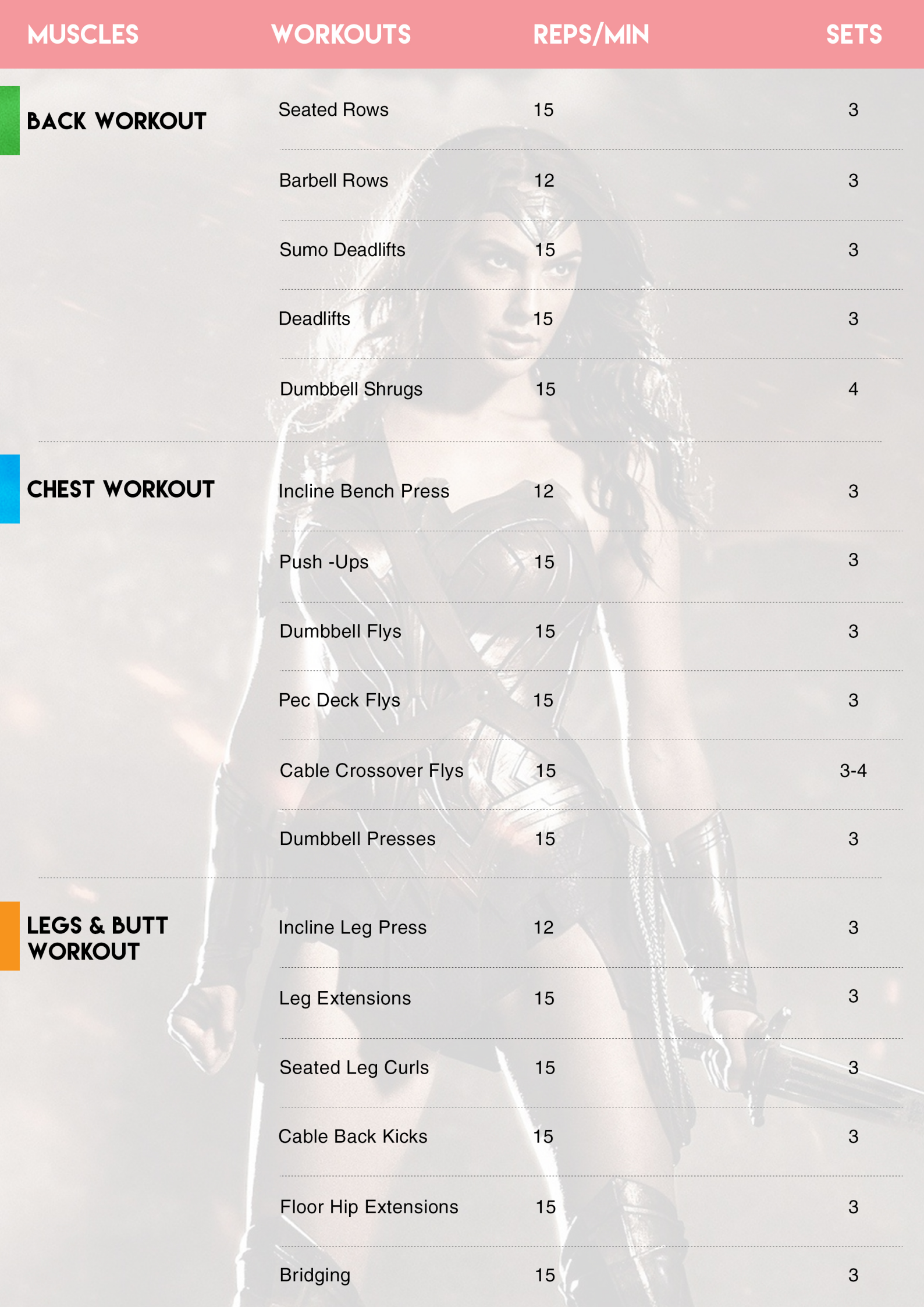
## ARMS WORKOUT

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

SHOULDER  
WORKOUT

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





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