



## TRAINING PROGRAM

**TARGET: GAIN STRENGTH**

### DAY 1

**CARDIO 30MINS SET – 3 REPS 15-20**

- 1** LEG PRESS
- 2** SHOULDER PRESS
- 3** PELVIC TILT
- 4** LEG LIAISES
- 5** TRICEPS CURLS

### DAY 4

**CARDIO 30MINS SET – 3 REPS 15-20**

- 1** BICEP CURLS
- 2** FLAT BENCH
- 3** ONE STRING LEG PRESS
- 4** CALVES RAISES
- 5** TRICEPS CURLS

### DAY 2

**CARDIO 30MINS SET – 3 REPS 15-20**

- 1** LEG PULL DOWN
- 2** MID ROW SHOULDER
- 3** CHEST PRESS LOWER TRUNK ROTATION
- 4** FRONT RAISES

### DAY 5

**CARDIO 30MINS SET – 3 REPS 15-20**

- 1** BICEP CURLS
- 2** FLAT BENCH
- 3** ONE STRING LEG PRESS
- 4** CALVES RAISES
- 5** TRICEPS CURLS

### DAY 3

**CARDIO 30MINS SET – 3 REPS 15-20**

- 1** LUMBAR EXTENSION
- 2** SIDE RAISES
- 3** LEG PRESS
- 4** INCLINE CHEST PRESS