

Weightlifting

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Weightlifting 2-3 days a week

Day 1:

Bench Press

Leg Extension

Military Press (Dumbbells)

Lunge

Row

Physioball HSS Curls

Push Ups

Hyper Extension

2 Set 12-10 Reps

Super Set

Sit-ups, Russian Twists, 2-3 sets 20 reps

Planks 5 reps hold 20-30 seconds

Day 2:

Bench Press Dumbbells

Leg Press

Bent over Row

Leg Curl

Physioball Y's T's

Cable Column High→Low

Bicep Curls

Triceps extension