At Home Weights Training Program

Date	Body Part	Exercise	Sets	Reps	Rest	Cardio
Monday	Chest	Chest Press with Kettlebells	3	15-20	1 min	40min Brisk walk
	Back	Back Rows with Resistance Bands	3	15-20	1 min	
	Shoulders	Kettlebell Shoulder Press	3	15-20	1 min	
	Quads	Kettlebell Squats	3	15-20	1 min	
	Quads and Hams	Lunges (Body Weight or Kettlebells)	3	15-20	1 min	
	Abs	Advanced Crunch	3	15-20	1 min	
Tuesday						40min Brisk walk
Wednesday	Chest	Chest Press with Kettlebells	3	15-20	1 min	40min Brisk walk
	Back	Back Rows with Resistance Bands	3	15-20	1 min	
	Shoulders	Kettlebell Shoulder Press	3	15-20	1 min	
	Quads	Kettlebell Squats	3	15-20	1 min	
	Quads and Hams	Lunges (Body Weight or Kettlebells)	3	15-20	1 min	
	Abs	Advanced Crunch	3	15-20	1 min	
Thursday						40min Brisk walk
Friday	Chest	Chest Press with Kettlebells	3	15-20	1 min	40min Brisk walk
	Back	Back Rows with Resistance Bands	3	15-20	1 min	
	Shoulders	Kettlebell Shoulder Press	3	15-20	1 min	
	Quads	Kettlebell Squats	3	15-20	1 min	
	Quads and Hams	Lunges (Body Weight or Kettlebells)	3	15-20	1 min	
	Abs	Advanced Crunch	3	15-20	1 min	

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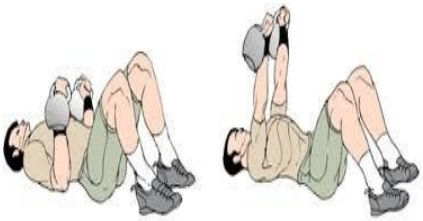
Looking Good Feeling Great
PERSONAL TRAINING

Diagrams of Exercises

Kettlebell Chest Press



Back Rows with Resistance Bands

Kettlebell Shoulder Presses

Kettlebell Squats

Lunges (Body Weight or Kettlebell)

Advanced Crunches

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