



Gym Based Program

Date	Body Part	Exercise	Sets	Reps	Rest	Cardio
Monday	Chest	Chest Press	3	12-15	1 min	40min Brisk walk
	Back	Seated Row	3	12-15	1 min	
	Shoulders	Shoulder Press	3	12-15	1 min	
	Quads	Leg Press	3	12-15	1 min	
	Hamstrings	Leg Curls	3	12-15	1 min	
	Abs	Crunches	3	12-15	1 min	
Tuesday						40min Brisk walk
Wednesday	Chest	Chest Press	3	12-15	1 min	40min Brisk walk
	Back	Seated Row	3	12-15	1 min	
	Shoulders	Shoulder Press	3	12-15	1 min	
	Quads	Leg Press	3	12-15	1 min	
	Hamstrings	Leg Curls	3	12-15	1 min	
	Abs	Crunches	3	12-15	1 min	
Thursday						40min Brisk walk
Friday	Chest	Chest Press	3	12-15	1 min	40min Brisk walk
	Back	Seated Row	3	12-15	1 min	
	Shoulders	Shoulder Press	3	12-15	1 min	
	Quads	Leg Press	3	12-15	1 min	
	Hamstrings	Leg Curls	3	12-15	1 min	
	Abs	Crunches	3	12-15	1 min	
Saturday						40min Brisk walk
Sun						40min Brisk walk



Diagrams of Exercises



Machine Bench Press(Vertical Press)

Start with your back firmly against the pad. While having the weights around your nipples (in height) push the weight out with your lower back firmly against the pad. Complete the rep until your arms almost lock out, lower the weight to the starting position and repeat.



Seated Row

To begin the seated row take hold of the handles of your favourite bar (Could be like the one shown). Sit with your back straight while keeping your legs bent and feet against the metal block. Extend your arms feeling your lats stretch. Pull the weight back into your body until the handles touch your abdomen. These seated rows are a staple in any back workout. Make sure to bring your shoulder blades



Machine Military or Shoulder Press

Sit comfortably on a ball making sure your knees are ninety degrees to the floor and you are in the middle of the ball. Start with the weight at your side above your head (as shown). Raise the weight up without locking your elbows, keeping your abdomen tight. Lower the weight to the starting position.



Leg Press

Position yourself on the leg press machine comfortably. Put your feet up and hands on the grips at the side. While keeping your back pressed against the support and head straight, lower the weight until there is a ninety degree angle. Then raise the weight with your heels.



Leg Curl or Hamstring Curl

Lie on the machine comfortably while hooking your legs underneath the pad. Then raise the weight until comfortable, while holding on to the hand grips (as shown).



Ball Crunches

Lie back on a big ball with your shoulder blades on the ball, with your hips level with the ball slowly roll up contracting your abs (as shown). Slowly return to the starting position