



## Week 5-6 At Home Weights Training Program

Date	Body Part	Exercise	Sets	Reps	Rest
Monday	Back	Bent Over Single Arm Row	3	12-15	
	Back	Pull Overs	3	12-15	
	Back	Superman's	3	12-15	
	Biceps	Bicep Curls	3	12-15	
	Abs	Bicycle Crunches	3	12-15	
	Cardio	Star Jumps	3	30	
	Cardio	Skips	3	30	
	Cardio	Mountain Climbs	3	30	
Wednesday	Chest	5 Second Push-Up Hold	3	12-15	
	Chest	Single Arm Chest Press	3	12-15	
	Shoulders	Shoulder Press	3	12-15	
	Shoulders	Side Raises	3	12-15	
	Triceps	Overhead Extensions	3	12-15	
	Cardio	Star Jumps	3	30	
	Cardio	Skips	3	30	
	Cardio	Mountain Climbs	3	30	
Friday	Quads	Static Lunge	3	12-15	
	Quads	Narrow Squats	3	12-15	
	Quads	Bottom Half Squats	3	12-15	
	Hamstrings	15 Second Hold & Single Leg Hip Thrusters	3	12-15	
	Abs	Leg Raises	3	12-15	
	Cardio	Star Jumps	3	30	
	Cardio	Skips	3	30	
	Cardio	Mountain Climbs	3	30	



Diagrams of Exercises

**SINGLE ARM ROWS**



**PULL OVERS**



**SUPERMANS**



**BICEP CURLS**



**BICYCLE CRUNCHES**



**PUSH-UPS**



**CHEST SINGLE ARM**



**SHOULDER PRESS**



**SIDE RAISES**





**OVERHEAD EXTENSIONS**



**STATIC LUNGES**



**NARROW SQUATS**



**BOTTOM HALF SQUATS**



**SINGLE LEG HIP THRUSTERS**



**LEG RAISES**

