

Day 1				
	Exercise	Reps	Rest between set	
WU	Jumping Jacks	3 X 25	15	
	pushups	3X 10	15	
	crunches	2X 25	30	
Work out				
legs	un assisted squats	3 X 15	30	
	un assisted lunge	3X 15 each leg	45	
	Streamline jumps	3 X 15	30	
	wall sit	3 for 40 sec	30	
Chest	regular push up	1X 10	right into	
	repeat set twice	pushup with right leg up	1X6	right into
	pushup with left leg up	1X6	1 min between	
Triceps	Dips using a chair	3X 15	30	
	tricep extension w db one arm	3X 15 each arm	45	
Bicep	Bicep curl using db	3X 12 each arm	45	
Abs	repeat set three times	the hundred	15	
	single leg stretch	1X 20 both legs	15	
	double leg stretch	1X 15	15	
	single leg extension	1X 20 both legs	15	
	leg lift	1x 20	15	
	Bicycle	1X 15 each leg	15	
	Crunches using stability ball	1X20	45	
	obliques	lay on both sides	3x20 side cruches	
glutes/hamstrings	hands and knees lift leg up	3 X 20 both legs	30	
	hands and knees lift leg back	3 X 20 both legs	30	
	Single leg circles	2X 15 both legs		
	back	on stomach back raises	2X 10	30
	switch arms back raises	2x 8 both arms	30	
	swimming	2x 15	15	
Rotator Cuff				
repeat three times	internal	1X 12 right arm	30	
	external	1 X 10 left arm	30	
	external	1 X 10 right arm	30	
	internal	1 X 12 left arm	30	
	Arm pull straight down 1 arm at a time	1 X 12 both arms	30	
	Arm pull straight up 1 arm at a time	1 X 12 both arms	30	
	overhead bend forward 1 arm at a time	1X 12 both arms	1 min	
Day 2				
WU	stairs	3 times	45	
	leg tuck jumps	3X 10	30	
	Russian Twist w weight	3X 25	45	
	workout			
legs	step up	3X 15 each leg	30	
	kick butts	3X 15 each leg	30	
	toe raisers on a stair	3X 20	30	
	chest press and up and squat with ball	3X 15	45	
Chest	Swiss Ball Pushups	3X 15	30	
	Reverse flys with band and swiss ball	3x 12	30	
	Half Ball push ups	3x 12	45	
triceps	Double arm kick back with db	3X 12	35	
	Skull crushes on swiss ball	3x10	45	
Biceps	Bicep curl on swiss ball w db	1X12 both arms	right into	
	repeat set three times	Bicep curl with band on ball	1 X 15 at same time	right into
	plank	set 1 forward	hold for 30 sec	
		set 2 right side		
	set three left side	rest 1 min		
abs	Medicine ball crunches on swiss ball	3X 20	45	
	inverted leg lifts	3x 15	1 min	
obliques	half ball crunches	3 X 15 both sides	45	
back	superman	2 x 15		
	policeman	2X 15		
	swimming	2X 15		
Rotator Cuff				
repeat three times	internal	1X 12 right arm	30	
	external	1 X 10 left arm	30	
	external	1 X 10 right arm	30	
	internal	1 X 12 left arm	30	
	Arm pull straight down 1 arm at a time	1 X 12 both arms	30	
	Arm pull straight up 1 arm at a time	1 X 12 both arms	30	
	overhead bend forward 1 arm at a time	1X 12 both arms	1 min	
Day 3				
WU	Jump rope	2 min		
	Squat hops	2 X 10	45	
	tricep pushups (elbows close to body)	3 X 10	45	
Workout				
legs	side lunges with weight	3 X 12 each side	1 min	
repeat three times	laying down straight back push up both leg	1X 15	right into	
	push up with just right leg	1X10	right into	
	push up with just left leg	1X10	right into	
	both legs	1X 15	2 min	
Chest	Dumbbell bench pres with swiss ball	1X 12	right into	
	repeat three times	Dumbbell flys on swiss ball	1X 12	1 min
Shoulders	Iron Cross	3 X 12	45	
Triceps	both arms behind head push up w db	3 X 12	30	
Biceps	hammer curl w db	3 X 12 both arms	45	
Abs	crunches	1X 25	right into	
	do three times	left crunches	1 x 20	right into
	right crunches	1 x 20	right into	
	scissor kicks	20 each leg	right into	
	hello dollies	1X 20	right into	
	double leg extension	1X 15	rest 1:30 sec	
Back	back raises using swiss ball	3X 12	30	
Rotator Cuff				
repeat three times	internal	1X 12 right arm	30	
	external	1 X 10 left arm	30	
	external	1 X 10 right arm	30	
	internal	1 X 12 left arm	30	
	Arm pull straight down 1 arm at a time	1 X 12 both arms	30	
	Arm pull straight up 1 arm at a time	1 X 12 both arms	30	
	overhead bend forward 1 arm at a time	1X 12 both arms	1 min	