

GENERIC PROGRAMME - WEEK: 1

EXERCISE:		Group Muscle	Sets	Reps
Group muscle: Chest & Back C=Chest B=Back				
Day 1	Flat Dumbbell Press	C	3	12
	One-arm Dumbbell Rows	B	3	12
	Incline Barbell Press	C	3	12
	Lateral Pull-Downs	B	3	12
	Flat Bench Dumbbell Flys	C	3	12
	Dead Lifts	B	3	12
	* Step aerobics inbetween all the reps			15
Group muscle: Arms & Shoulders BC=Biceps TC=Triceps S=Shoulders				
Day 2	Barbell Curls	BC	3	12
	Lying Triceps Extensions	TC	3	12
	Seated Dumbbell Shoulder Press	S	3	12
	Seated Alternate Dumbbell Curls	BC	3	12
	Dumbbell Kickback	TC	3	12
	Lateral Dumbbell Raises	S	3	12
	Preacher Curls	BC	3	12
	Standing Cable Pull Downs	TC	3	12
	Alterate Front Dumbbell Raises	S	3	12
	* Step aerobics inbetween all the reps			15
Group muscle: Legs UL=Upper Leg H=Hamstring C=Calves				
Day 3	Wall Crunch (Exercise ball)	UL	3	12
	Leg Presses	UL	3	12
	Squats	UL	3	12
	Leg Extensions	UL	3	12
	Stiff Legged Dead Lifts	H	3	12
	Standing Calves Raises	C	3	12
	* Step aerobics inbetween all the reps			15
Group muscle: Abs A=Abs				
Day 4	Incline Sit Ups	A	3	20
	Crunches	A	3	20
	Seated Crunch (Exercise ball)	A	3	20
	Floor Crunch (Exercise ball)	A	3	20
	* Step aerobics inbetween all the reps			15
Day 5	Group muscle: All 60 minutes - Cardiovascular of your choice or boxing			

WEEK: 2

EXERCISE:		Group Muscle	Sets	Reps
<p>Group muscle: Chest & Back C=Chest B=Back</p>				
Day 1	Barbell Bench Press	C	3	12
	Lat Pull Downs	B	3	12
	Incline Dumbbell Bench Press	C	3	12
	One-arm Dumbbell Rows	B	3	12
	Flat Bench Dumbbell Flys	C	3	12
	Seated Cable Rows	B	3	12
	* Step aerobics inbetween all the reps			15
<p>Group muscle: Arms & Shoulders BC=Biceps TC=Triceps S=Shoulders</p>				
Day 2	Seated Alternate Dumbbell Curls	BC	3	12
	Dumbbell Kickbacks	TC	3	12
	Lateral Dumbbell Raises	S	3	12
	Barbell Curls	BC	3	12
	Lying Triceps Extensions	TC	3	12
	Seated Dumbbell Shoulder Press	S	3	12
	Concentration Curls	BC	3	12
	One-arm Dumbbell Extensions	TC	3	12
	Bent-over Dumbbell Raises	S	3	12
	* Step aerobics inbetween all the reps			15
<p>Group muscle: Legs UL=Upper Leg H=Hamstring C=Calves</p>				
Day 3	Leg Presses	UL	3	12
	Ball Wall Squats (Exercise ball)	UL	3	12
	Leg Extensions	UL	3	12
	Stiff Legged Dead Lifts	H	3	12
	Seated Calf Raises	C	3	12
	* Step aerobics inbetween all the reps			15
<p>Group muscle: Abs A=Abs</p>				
Day 4	Crunches	A	3	20
	Incline Sit Ups	A	3	20
	Floor Crunch (Exercise ball)	A	3	20
	Seated Crunch (Exercise ball)	A	3	20
	* Step aerobics inbetween all the reps			15
Day 5	<p>Group muscle: All 60 minutes - Cardiovascular of your choice or boxing</p>			