

Name: Get my Body Back Workout-1

Date : April 29, 2020

Program:

Be creative-use equipment you have at home

				Warm up Jog	Jump and jack				Warm up Star Jump					Stretch Cat Curl
Set 1-2	Rep 1min	Tempo	Rest	Weight	Set 1-2	Rep 1min	Tempo	Rest	Weight	Set	Rep 10	Tempo	Rest	Weight
1-2	1111111				1-2	1111111				1-2	10			
Progri	onation p		on one pot	Fitball single leg balance raise with DB side arm raise					Fitball or floor DB chest press					Fitball or floor back extension
Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	Weight
2-3	10ea	2:2	10s		2-3	10				1-2	10			
	Side Step-up		*	Db Side step up	Arms balance  Stationary Lunge								abs Bicycle	
Set 2-3	Rep 1min	Tempo	Rest	Result	Set 1-2	Rep 10ea	Tempo	Rest	Result	Set 1-2	Rep 20ea	Tempo	Rest	Result
2-3	1111111				1-2	1000				1-2	2004			
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Be creative and use equipment that you might have at home.