

	DAY 1	DAY 2	DAY 3
WARM UP	7 minutes of cardiovascular workout and joint mobility	7 minutes of cardiovascular workout and joint mobility	7 minutes of cardiovascular workout and joint mobility
MUSCLE WORKOUT	Abductors: machine abductor exercises (3 sets of 12 repetitions)	Abductors: machine abductor exercises (3 sets of 12 repetitions)	Abductors: machine abductor exercises (3 sets of 12 repetitions)
	Quadriceps: squats with fitball (3 sets of 15 repetitions) and lunges with dumbbells (2 sets of 12 repetitions)	Hamstrings: knee bends sat on machine (3 sets of 15 repetitions) and knee bends lying on machine (2 sets of 12 repetitions)	Quadriceps: squats with fitball (3 sets of 15 repetitions) and lunges with dumbbells (2 sets of 12 repetitions)
	Pectoral: horizontal press on machine (3 sets of 12 repetitions) and Peck Deck (2 sets of 12 repetitions)	Dorsal: horizontal rowing on machine (3 sets of 12 repetitions) and traction with high pulley (2 sets of 12 repetitions)	Pectoral: horizontal press on machine (3 sets of 12 repetitions) and Peck Deck (2 sets of 12 repetitions)
	Triceps: elbow extensions with high pulley (3 sets of 12 repetitions)	Biceps: elbow flexion with low pulley (3 sets of 12 repetitions)	Triceps: elbow extensions with high pulley (3 sets of 12 repetitions)
	Deltoids: lateral dumbbell lift (2 sets of 12 repetitions)	Triceps surae: elevations on steps (3 sets of 20 repetitions)	Deltoids: lateral dumbbell lift (2 sets of 12 repetitions)
	Abs: ab crunch (3 sets of 25 repetitions) and oblique ab crunch (2 sets of 20 repetitions)	Abs: ab crunch (3 sets of 25 repetitions) and oblique ab crunch (2 sets of 20 repetitions)	Lumbar: hip and opposite arm extension on fitball (3 sets of 15 repetitions)
CARDIOVASCULAR WORKOUT	45 minutes on the crosstrainer at 65-70% of maximum heart rate (MHR)	45 minute of spinning at 65-70% MHR	45 minutes on the crosstrainer at 65-70% of maximum heart rate (MHR)

