

Novice Body weight Program

DAY 1

WEEK 1 AND 2 Body weight Exercises

<u>Exercises</u>	<u>Reps</u>	<u>Sets</u>
Squat	10	4
Push up	10	5
Lunges	10/leg	4
Quadreped 90 leg curl	15/leg	4
Pull ups	10	4
Mountain Cycles	3	15/leg
Plank	1min	3

DAY 2

WEEK 1 AND 2

<u>Exercises</u>	<u>Reps</u>	<u>Sets</u>
One leg Squat	6/side	4
Lying Hip extensions	10	5
Back lunge	10/ leg	4
Bench Dips	10	4
Inverted Pull ups	10	4
Flatter kicks	30sec	3
Plank	1min	3

DAY 3

WEEK 1 AND 2

<u>Exercises</u>	<u>Reps</u>	<u>Sets</u>
Step -ups	8/side	4
Uneven Push up	8/side	5
Lateral Lunge	6/side	4
MB Kneeling Horizontal chest pass	8	4
Rev Grip Pull ups	8	4
Standing Dowl Curl	8	4
Russian twist with a Med.Ball	20	3
Plank	1min /side	3