

WORKOUT SCHEDULE

MONDAY

15 squats × 3
15 knee push-ups × 3
12 triceps dips × 3
30 step-ups × 3
16 backward lunges (8 each leg) × 3
12 overhead triceps extensions × 3

TUESDAY

16 forward lunges (8 each leg) × 3
15 dumbbell hammer curls × 3
15 glute bridges × 3
15 bicep curls × 3
15 dumbbell rows × 3
15 stiff leg deadlifts × 3

WEDNESDAY

20 Russian twists × 3
30-second planks × 3
20 leg raises × 3
workout schedule
workout schedule
workout schedule

THURSDAY

15 squats × 3
15 knee push-ups × 3
12 triceps dips × 3
30 step-ups × 3
16 backward lunges (8 each leg) × 3
12 overhead triceps extensions × 3

FRIDAY

16 forward lunges (8 each leg) × 3
15 dumbbell hammer curls × 3
15 glute bridges × 3
15 bicep curls × 3
15 dumbbell rows × 3
15 stiff leg deadlifts × 3

SATURDAY

30–45 minutes walking
(low-intensity steady state cardio)

SUNDAY

Rest

CARDIO

Walk outside or on the treadmill for 40 minutes
at a brisk pace

NOTES

--