


Name	Beginner 1				Date				
Medical History									
Aim/Goal									
Workout History									
Pre Test					Post Test				
Sit & Reach									
12mint Run									
Push-Ups									
Squats									
BCA	Weight		PBF%		Weight		PBF%		
	Muscle		VFI		Muscle		VFI		
Note Use Moderate Intensity, Avoid Jerk Movements, Avoid Over Flexion Over Extension Movements, Avoid Locking Movements Of Joints In case of injury/ doubt/ medical condition or star marked exercise, kindly contact The Manager						Scan to download app 			

Days	Exercise	Set & Reps	Rest	Duration
MONDAY	<u>Back/ Biceps/Functional</u> Assisted Pull ups Face Pull Front Pull Wide Grip Seated Row Machine Hyper Ext. Dumbbell Curl Hammer Curl Rev. Cable Curl Air Bike	3x Max 3x10-12 3x10-12 3x10-12 3x10-15 3x10-12 3x10-12 3x10-12 15mint	30-60sec	up to 80min
TUESDAY	<u>Chest/ Triceps /Abs</u> Inc. DB Press DB Bench Press 35° Dumbbell Fly 35° Pull over Triceps Cable Press Down Seated Overhead DB Ext. Rev. Dips Crunch Machine Dead Bug Treadmill	3x10-12 3x10-12 3x10-12 3x10-12 3x8-12 3x8-12 3x8-12 3x12-15 3x10-15each 10-15min	30-60sec	up to 80min
WEDNESDAY	<u>Shoulder/ Legs</u> Shoulder Press Machine Side Raise Machine DB Front Raise TRX Squat Leg Ext. Leg Press Leg Curl Hip thrust Calf Raise Stair Master	4x10-12 3x10-12 3x10-12 2x20 3x10-12 3x10-12 3x10-12 3x10-12 3x10-12 3x5min	30-60sec	up to 80min
	<i>Repeat Day 1- Day 2 –Day 3</i>			