

Day 1 : Chest, Shoulders and Triceps

Start your workout with complete body stretch from head to toe and a cardio of 10 minutes which includes your treadmill or outdoor run.

S.NO	WORKOUT	SETS	REPS	REST
1	Flat bench press (medium grip)	4	10-14	45 secs
2	Incline bench press	4	10-14	45 secs
3	Incline bench dumbbell press	3	10-14	45 secs
4	Cable cross	4	10-14	45 secs
5	Standing overhead military press	4	10-14	45 secs
6	Seated overhead dumbbell press	3	10-14	45 secs
7	Lateral raise	4	10-14	45 secs
8	Reverse peckdeck fly	3	10-14	45 secs
9	Pully pushdown	4	10-14	45 secs
10	Single arm dumbbell extension	3	10-14	45 secs
11	Lying overhead EZ barbell extension	4	10-14	45 secs

- 1. Flat bench press (medium grip) :** Lie back on a flat bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position. From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest. After a brief pause, push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again. Tip: Ideally, lowering the weight should take about twice as long as raising it. Repeat the movement for the prescribed amount of repetitions. When you are done, place the bar back in the rack. **Caution:** If you are new at this exercise, it is advised that you use a spotter. If no spotter is available, then be conservative with the amount of weight used. Also, beware of letting the bar drift too far forward. You want the bar to touch your middle chest and nowhere else. Don't bounce the weight off your chest. You should be in full control of the barbell at all times.



2. **Incline bench press (medium grip)** : Load the bar to an appropriate weight for your training. Lay on the bench with your feet flat on the ground, driving through to your hips. Your back should be arched, and your shoulder blades retracted. Take a medium, pronated grip covering the rings on the bar. Remove the bar from the rack, holding the weight above your chest with your arms extended. This will be your starting position. Lower the bar to the sternum by flexing the elbows. Maintain control and do not bounce the bar off of your chest. Your lats should stay tight and elbows slightly drawn in. After touching your torso with the bar, extend the elbows to return the bar to the starting position.



3. **Incline bench dumbbell press** : Lie back on an incline bench with a dumbbell in each hand atop your thighs. The palms of your hands will be facing each other. Then, using your thighs to help push the dumbbells up, lift the dumbbells one at a time so that you can hold them at shoulder width. Once you have the dumbbells raised to shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Be sure to keep full control of the dumbbells at all times. Then breathe out and push the dumbbells up with your chest. Lock your arms at the top, hold for a second, and then start slowly lowering the weight. Tip Ideally, lowering the weights should take about twice as long as raising them. Repeat the movement for the prescribed amount of repetitions. When you are done, place the dumbbells back on your thighs and then on the floor. This is the safest manner to release the dumbbells. **Variations:** You can use several angles on the incline bench if the bench you are using is adjustable.



4. **Cable cross over :** To get yourself into the starting position, place the pulleys on a high position (above your head), select the resistance to be used and hold the pulleys in each hand. Step forward in front of an imaginary straight line between both pulleys while pulling your arms together in front of you. Your torso should have a small forward bend from the waist. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, extend your arms to the side (straight out at both sides) in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms and torso should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you breathe out. Make sure to use the same arc of motion used to lower the weights. Hold for a second at the starting position and repeat the movement for the prescribed amount of repetitions.



5. **Standing overhead military press :** Start by placing a barbell that is about chest high on a squat rack. Once you have selected the weights, grab the barbell using a pronated (palms facing forward) grip. Make sure to grip the bar wider than shoulder width apart from each other. Slightly bend the knees and place the barbell on your collar bone. Lift the barbell up keeping it lying on your chest. Take a step back and position your feet shoulder width apart from each other. Once you pick up the barbell with the correct grip length, lift the bar up over your head by locking your arms. Hold at about shoulder level and slightly in front of your head. This is your starting position. Lower the bar down to the collarbone slowly as you inhale. Lift the bar back up to the starting position as you exhale. Repeat for the recommended amount of repetitions. **Variations:** This exercise can also be performed sitting as those with lower back problems are better off performing this seated variety. The behind the neck variation is not recommended for people with shoulder problems as it can be hard on the rotator cuff due to the hyperextension created by bringing the bar behind the neck. Another option is to use dumbbells when performing this exercise for better isolation.



6. **Seated overhead dumbbell press** : Grab a couple of dumbbells and sit on a military press bench or a utility bench that has a back support on it as you place the dumbbells upright on top of your thighs. Clean the dumbbells up one at a time by using your thighs to bring the dumbbells up to shoulder height at each side. Rotate the wrists so that the palms of your hands are facing forward. This is your starting position. As you exhale, push the dumbbells up until they touch at the top. After a second pause, slowly come down back to the starting position as you inhale. Repeat for the recommended amount of repetitions. **Variations:** You can perform the exercise standing or sitting on a regular flat bench. For people with lower back problems, the version described is the recommended one.

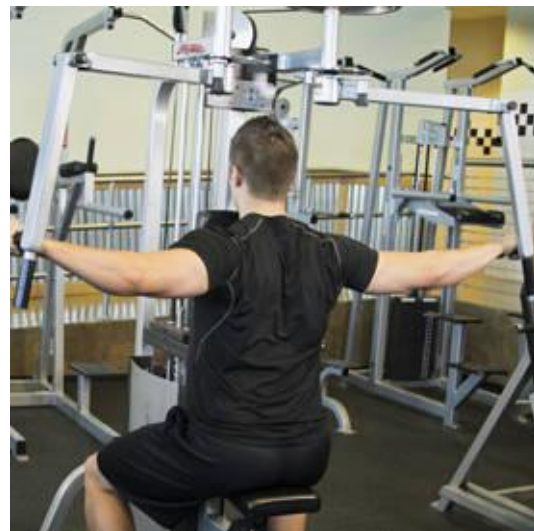
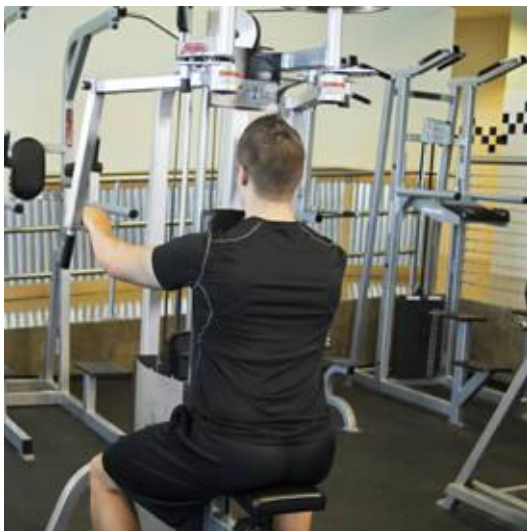


7. **Lateral raise** : Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until you arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the

dumbbells back down slowly to the starting position as you inhale. Repeat for the recommended amount of repetitions. **Variation:** This exercise can also be performed sitting down.



8. **Reverse pecdeck fly :** Adjust the handles so that they are fully to the rear. Make an appropriate weight selection and adjust the seat height so the handles are at shoulder level. Grasp the handles with your hands facing inwards. This will be your starting position. In a semicircular motion, pull your hands out to your side and back, contracting your rear delts. Keep your arms slightly bent throughout the movement, with all of the motion occurring at the shoulder joint. Pause at the rear of the movement, and slowly return the weight to the starting position.



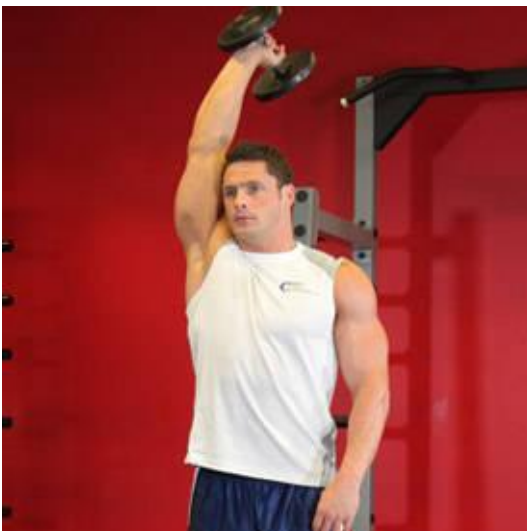
9. **Pully pushdown :** Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting

position. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step. Repeat for the recommended amount of repetitions.

Variations: There are many variations to this movement. For instance you can use an E-Z bar attachment as well as a V-angled bar that allows the thumb to be higher than the small finger. Also, you can attach a rope to the pulley as well as using a reverse grip on the bar exercises.



10. Standing single arm extension : begin, stand up with a dumbbell held in one hand. Your feet should be about shoulder width apart from each other. Now fully extend the arm with the dumbbell over your head. **Tip:** The small finger of your hand should be facing the ceiling and the palm of your hand should be facing forward. The dumbbell should be above your head. This will be your starting position. Keeping your upper arm close to your head (elbows in) and perpendicular to the floor, lower the resistance in a semicircular motion behind your head until your forearm touch your bicep. **Tip:** The upper arm should remain stationary and only the forearm should move. Breathe in as you perform this step. Go back to the starting position by using the triceps to raise the dumbbell. Breathe out as you perform this step. Repeat for the recommended amount of repetitions. Switch arms and repeat the exercise. **Variation:** You can perform this exercise with a rope attached to a low pulley.



11. Lying overhead EZ barbell extension : While holding a barbell or EZ Curl bar with a pronated grip (palms facing forward), lie on your back on a flat bench with your head close to the end of the bench. **Tip:** If you are holding a barbell grab it using a shoulder-width grip and if you are using an E-Z Bar grab it on the inner handles. Extend your arms in front of you and slowly bring the bar back in a semi circular motion (while keeping the arms extended) to a position over your head. At the end of this step your arms should be overhead and perpendicular to the floor. This will be your starting position. **Tip:** Keep your elbows in at all times. As you inhale, lower the bar by bending at the elbows and while keeping the upper arm stationary. Keep lowering the bar until your forearms are perpendicular to the floor. As you exhale bring the bar back up to the starting position by pushing the bar up in a semi-circular motion until the lower arms are also parallel to the floor. Contract the triceps hard at the top of the movement for a second. **Tip:** Again, only the forearms should move. The upper arms should remain stationary at all times. Repeat for the recommended amount of repetitions. **Variation:** You can use dumbbells to make the exercise more challenging.



Day 2 : Core training

We will be doing 2 circuits of your core workout which 4 different exercises in each circuit. Complete one cycle then another and 4 cycles in total completes your 1 circuit.

Start your workout with complete body stretch from head to toe and a cardio of 15 minutes which includes brisk walking and jogging.

S.NO	WORKOUT	SETS	REPS	REST
1	Crunches on floor	4	20-25	45 secs
2	Hands overhead crunches	4	20-25	45 secs
3	Cross body crunches	4	16-20	45 secs
4	Planks	4	60 secs	45 secs
5	Decline crunches	4	16-20	45 secs
6	Decline reverse crunches	4	16-20	45 secs
7	Box or suitcase crunches	4	16-20	45 secs
8	Planks	4	60 secs	45 secs

- 1. Crunches on floor :** Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head. While pushing the small of your back down in the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. At the top of the movement, contract your abdominals hard and keep the contraction for a second. **Tip:** Focus on slow, controlled movement - don't cheat yourself by using momentum. After the one second contraction, begin to come down slowly again to the starting position as you inhale. Repeat for the recommended amount of repetitions



- 2. Hands overhead crunches :** Lie on the floor with your back flat and knees bent with around a 60-degree angle between the hamstrings and the calves. Keep your feet flat on the floor and stretch your arms overhead with your palms crossed. This will be your starting position. Curl your upper body forward and bring your shoulder blades just off the floor. At all times, keep your arms aligned with your head, neck and shoulder. Don't move them forward from that position. Exhale as you perform this portion of the movement and hold the contraction for a second. Slowly lower down to the starting position as you inhale. Repeat for the recommended amount of repetitions.



3. **Cross body crunches** : Lie flat on your back and bend your knees about 60 degrees. Keep your feet flat on the floor and place your hands loosely behind your head. This will be your starting position. Now curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Exhale as you perform this movement. **Tip:** Try to bring your shoulder up towards your knee rather than just your elbow and remember that the key is to contract the abs as you perform the movement; not just to move the elbow. Now go back down to the starting position as you inhale and repeat with the left elbow and the right knee. Continue alternating in this manner until all prescribed repetitions are done.



4. **Planks** : Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.



5. **Decline crunches** : Secure your legs at the end of the decline bench and lie down. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head. While pushing the small of your back down in the bench to better isolate your abdominal muscles, begin to roll your shoulders off it. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the bench only about four inches, and your lower back should remain on the bench. At the top of the movement, contract your abdominals hard and keep the contraction for a second. **Tip:** Focus on slow, controlled movement - don't cheat yourself by using momentum. After the one second contraction, begin to come down slowly again to the starting position as you inhale. Repeat for the recommended amount of repetitions.

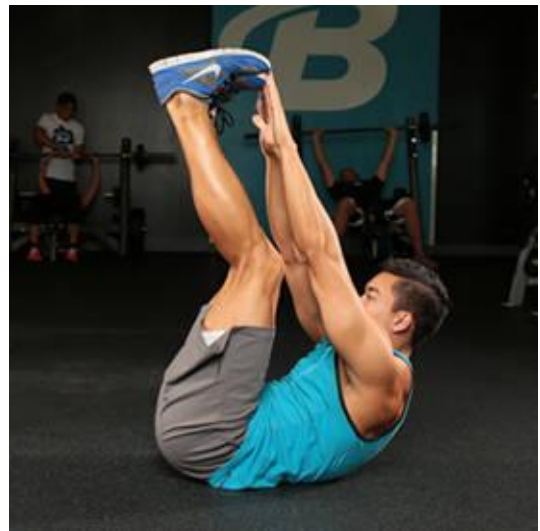


6. **Decline reverse crunches** : Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position. Hold your legs parallel to the floor using your abs to hold them there while keeping your knees and feet together. **Tip:** Your legs should be fully extended with a slight bend on the knee. This will be your starting position. While exhaling, move your legs towards the torso as you roll your pelvis backwards and you raise your hips off the bench. At the end of this movement your knees will be touching your chest. Hold the contraction for a second and

move your legs back to the starting position while inhaling. Repeat for the recommended amount of repetitions.



7. **Box or suitcase crunches (transverse abdominis)** : Begin by lying on your back on the ground. Your legs should be straight and your arms extended behind your head. This will be your starting position. To perform the movement, tuck the knees toward your chest, rotating your pelvis to lift your glutes from the floor. As you do so, flex the spine, bringing your arms back over your head to perform a simultaneous crunch motion. After a brief pause, return to the starting position.



8. **Planks** : Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.



Day 3 : Back, biceps, traps and lower back

Start your workout with complete body stretch from head to toe and a cardio of 10 minutes which includes your treadmill or outdoor run.

S.NO	WORKOUT	SETS	REPS	REST
1	Lat pull down front wide grip	4	10-14	45 secs
2	Seated rowing	3	10-14	45 secs
3	Bent over rowing under hand grip (reverse grip)	4	10-14	45 secs
4	Single arm rowing	3	10-14	45 secs
5	Barbell curl normal grip	4	10-14	45 secs
6	Alternate dumbbell curl standing	3	10-14	45 secs
7	Cross hammer curl	4	10-14	45 secs
8	Preacher curl using ez barbell	4	10-14	45 secs
9	Shrugs on smith machine	3	10-14	45 secs
10	Shrugs with dumbbells	4	10-14	45 secs
11	Hyper extension	3	10-14	45 secs

- Lat pull down wide grip:** Start with your legs positioned snugly under the kneepads of a pulldown machine. Your feet should be flat on the floor. Grasp the wide bar firmly with an overhand grip. Your hands should be almost twice your shoulder width apart. Pull the bar down on top of your chest, arching your back slightly. Focus on keeping your elbows directly below the bar. Pause briefly with the bar in position right on top of your collarbone. Slowly raise the bar back to the starting position. Do NOT lean back too far and pull the weight down using your body weight.



- 2. Seated rowing :** For this exercise you will need access to a low pulley row machine with a V-bar. **Note:** The V-bar will enable you to have a neutral grip where the palms of your hands face each other. To get into the starting position, first sit down on the machine and place your feet on the front platform or crossbar provided making sure that your knees are slightly bent and not locked. Lean over as you keep the natural alignment of your back and grab the V-bar handles. With your arms extended pull back until your torso is at a 90-degree angle from your legs. Your back should be slightly arched and your chest should be sticking out. You should be feeling a nice stretch on your lats as you hold the bar in front of you. This is the starting position of the exercise. Keeping the torso stationary, pull the handles back towards your torso while keeping the arms close to it until you touch the abdominals. Breathe out as you perform that movement. At that point you should be squeezing your back muscles hard. Hold that contraction for a second and slowly go back to the original position while breathing in. Repeat for the recommended amount of repetitions.



- 3. Bent over rowing underhand grip (reverse grip) :** Stand erect while holding a barbell with a supinated grip (palms facing up). Bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. **Tip:** Make sure that you keep the head up. The barbell should hang directly in front of you as your arms hang perpendicular to

the floor and your torso. This is your starting position. While keeping the torso stationary, lift the barbell as you breathe out, keeping the elbows close to the body and not doing any force with the forearm other than holding the weights. On the top contracted position, squeeze the back muscles and hold for a second. Slowly lower the weight again to the starting position as you inhale. Repeat for the recommended amount of repetitions.



4. **Single arm rowing :** Choose a flat bench and place a dumbbell on each side of it. Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support. Use the left hand to pick up the dumbbell on the floor and hold the weight while keeping your lower back straight. The palm of the hand should be facing your torso. This will be your starting position. Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary. Breathe out as you perform this step. **Tip:** Concentrate on squeezing the back muscles once you reach the full contracted position. Also, make sure that the force is performed with the back muscles and not the arms. Finally, the upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the dumbbell; therefore do not try to pull the dumbbell up using the forearms. Lower the resistance straight down to the starting position. Breathe in as you perform this step. Repeat the movement for the specified amount of repetitions. Switch sides and repeat again with the other arm.



5. **Barbell curl normal grip** : Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.



6. **Alternate dumbbell curl standing** : Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps. Then, inhale and slowly begin to lower the dumbbells back to the starting position. Repeat for the recommended amount of repetitions.



- 7. Cross hammer curl :** Stand up straight with a dumbbell in each hand. Your hands should be down at your side with your palms facing in. While keeping your palms facing in and without twisting your arm, curl the dumbbell of the right arm up towards your left shoulder as you exhale. Touch the top of the dumbbell to your shoulder and hold the contraction for a second. Slowly lower the dumbbell along the same path as you inhale and then repeat the same movement for the left arm. Continue alternating in this fashion until the recommended amount of repetitions is performed for each arm.



- 8. Preacher curl using ez barbell :** To perform this movement you will need a preacher bench and an E-Z bar. Grab the E-Z curl bar at the close inner handle (either have someone hand you the bar which is preferable or grab the bar from the front bar rest provided by most preacher benches). The palm of your hands should be facing forward and they should be slightly tilted inwards due to the shape of the bar. With the upper arms positioned against the preacher bench pad and the chest against it, hold the E-Z Curl Bar at shoulder length. This will be your starting position. As you breathe in, slowly lower the bar until your upper arm is extended and the biceps is fully stretched. As you exhale, use the biceps to curl the weight up until your biceps is fully contracted and the bar is at shoulder height. Squeeze the biceps hard and hold this position for a second. Repeat for the recommended amount of repetitions.



9. **Shrugs on smith machine** : To begin, set the bar height on the smith machine around the middle of your thighs. Once the correct height is chosen and the bar is loaded, grab the bar using a pronated grip (palms facing you) shoulder width apart from each other. Lift the barbell up and fully extend your arms with your back straight. This is the starting position. While exhaling, elevate the bar by raising your shoulders until they come close to touching your ears. Hold the contraction for a second before lowering the bar back down to the starting position while inhaling. Repeat for the recommended amount of repetitions. **Variations:** This exercise can be performed using a squat rack with a barbell. However, be careful not to select a weight that is so heavy that it causes you to break good form as you do not have the support of the smith machine for this variation. Too much weight can harm your back. You can also use dumbbells to perform this exercise.



10. **Shrugs with dumbbells** : Stand erect with a dumbbell on each hand (palms facing your torso), arms extended on the sides. Lift the dumbbells by elevating the shoulders as high as possible while you exhale. Hold the contraction at the top for a second. **Tip:** The arms should remain extended at all times. Refrain from using the biceps to help lift the dumbbells. Only the shoulders should be moving up and down. Lower the dumbbells back to the original position. Repeat for the recommended amount of repetitions. **Variations:** You can perform this exercise with bands, barbells or cables. You can also use a single handle and work one side at a time.



- 11. Hyper extension :** Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. With your body straight, cross your arms in front of you (my preference) or behind your head. This will be your starting position. **Tip:** You can also hold a weight plate for extra resistance in front of you under your crossed arms. Start bending forward slowly at the waist as far as you can while keeping your back flat. Inhale as you perform this movement. Keep moving forward until you feel a nice stretch on the hamstrings and you can no longer keep going without a rounding of the back. **Tip:** Never round the back as you perform this exercise. Also, some people can go farther than others. The key thing is that you go as far as your body allows you to without rounding the back. Slowly raise your torso back to the initial position as you inhale. **Tip:** Avoid the temptation to arch your back past a straight line. Also, do not swing the torso at any time in order to protect the back from injury. Repeat for the recommended amount of repetitions.



Day 4 : Core training

We will be doing 2 circuits of your core workout which includes 4 different exercises in each circuit. Complete one cycle then another and 4 cycles in total completes your 1 circuit.

Start your workout with complete body stretch from head to toe and a cardio of 15 minutes which includes brisk walking.

S.NO	WORKOUT	SETS	REPS	REST
1	Decline crunches	4	16-20	45 secs
2	Decline reverse crunches	4	16-20	45 secs
3	Cross body crunches	4	16-20	45 secs
4	Planks	4	60 secs	45 secs
5	Alternate heel touchers	4	20-25	45 secs
6	Jack knife sit ups	4	16-20	45 secs
7	Straight leg hip raise on floor	4	16-20	45 secs
8	Hanging leg raises	4	10-14	45 secs

1. **Decline crunches** : Secure your legs at the end of the decline bench and lie down. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head. While pushing the small of your back down in the bench to better isolate your abdominal muscles, begin to roll your shoulders off it. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the bench only about four inches, and your lower back should remain on the bench. At the top of the movement, contract your abdominals hard and keep the contraction for a second. **Tip:** Focus on slow, controlled movement - don't cheat yourself by using momentum. After the one second contraction, begin to come down slowly again to the starting position as you inhale. Repeat for the recommended amount of repetitions.



2. **Decline reverse crunches** : Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position. Hold your legs parallel to the floor using your abs to hold them there while keeping your knees and feet together. **Tip:** Your legs should be fully extended with a slight bend on the knee. This will be your starting position. While exhaling, move your legs towards the torso as you roll your pelvis backwards and you raise your hips off the bench. At the end of this movement your knees will be touching your chest. Hold the contraction for a second and move your legs back to the starting position while inhaling. Repeat for the recommended amount of repetitions.



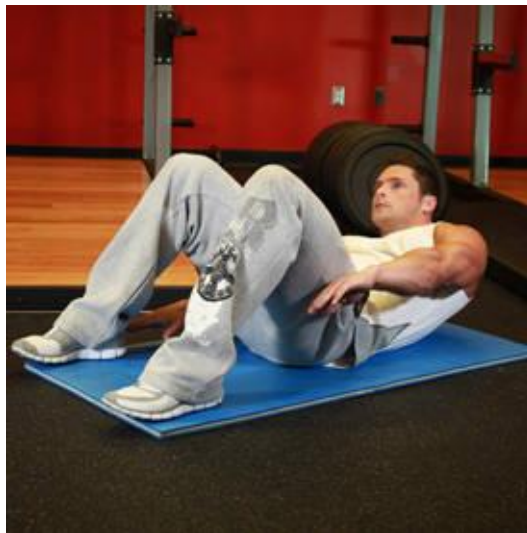
- 3. Cross body crunches :** Lie flat on your back and bend your knees about 60 degrees. Keep your feet flat on the floor and place your hands loosely behind your head. This will be your starting position. Now curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Exhale as you perform this movement. **Tip:** Try to bring your shoulder up towards your knee rather than just your elbow and remember that the key is to contract the abs as you perform the movement; not just to move the elbow. Now go back down to the starting position as you inhale and repeat with the left elbow and the right knee. Continue alternating in this manner until all prescribed repetitions are done.



- 4. Planks :** Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.



5. **Alternate heel touchers** : Lie on the floor with the knees bent and the feet on the floor around 18-24 inches apart. Your arms should be extended by your side. This will be your starting position. Crunch over your torso forward and up about 3-4 inches to the right side and touch your right heel as you hold the contraction for a second. Exhale while performing this movement. Now go back slowly to the starting position as you inhale. Now crunch over your torso forward and up around 3-4 inches to the left side and touch your left heel as you hold the contraction for a second. Exhale while performing this movement and then go back to the starting position as you inhale. Now that both heels have been touched, that is considered 1 repetition. Continue alternating sides in this manner until all prescribed repetitions are done.



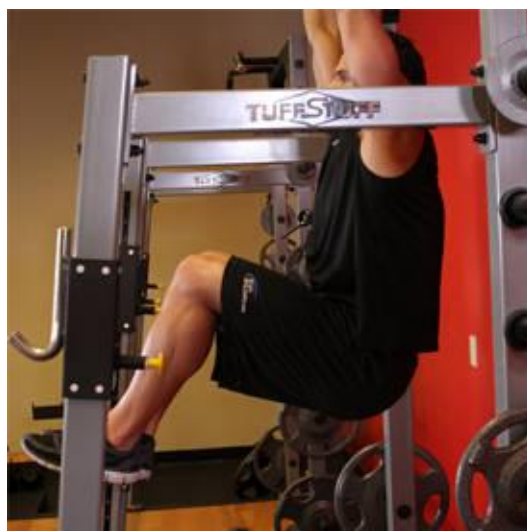
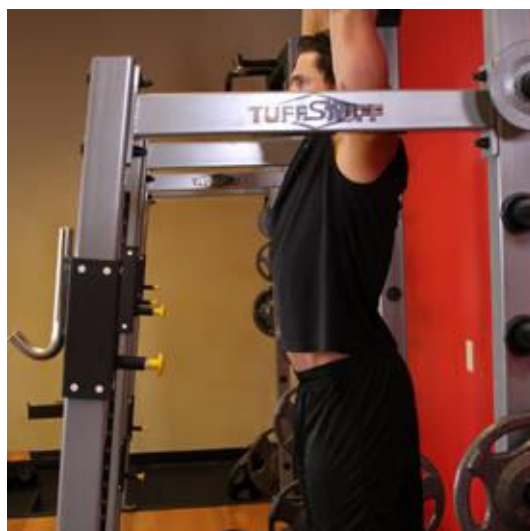
6. **Jack knife sit ups** : Lie flat on the floor (or exercise mat) on your back with your arms extended straight back behind your head and your legs extended also. This will be your starting position. As you exhale, bend at the waist while simultaneously raising your legs and arms to meet in a jackknife position. **Tip:** The legs should be extended and lifted at approximately a 35-45 degree angle from the floor and the arms should be extended and parallel to your legs. The upper torso should be off the floor. While inhaling, lower your arms and legs back to the starting position. Repeat for the recommended amount of repetitions.



- 7. Straight leg hip raise on floor :** Begin by lying on your back on the ground. Your legs should be straight and your arms at your side. This will be your starting position. To perform the movement, rotate and elevate your pelvis to raise your glutes from the floor. After a brief pause, return to the starting position.



- 8. Hanging leg raises :** Hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in. Repeat for the recommended amount of repetitions.



Day 4 : Legs, calves and forearms

Start your workout with complete body stretch from head to toe and a cardio of 10 minutes which includes cycling. You can see 9 workouts in this table. Out of these 9 there are 3 workouts in which you have to perform DTP training. Giving you a very brief introduction of DTP training. DTP stands for Dramatic Transformation principle. I don't want to confuse you by going in deep detailing of the training. It's a training system that utilizes a variety of rep ranges, weights and techniques to get the maximum output from your body. Lets understand it better with an example. 1st DTP workout is Seated Leg Press. In the first set you start with weight 20kg in which you have to perform 50 reps, second set 25kg – 40 reps, third set 30kg – 30 reps, fourth set 40kg – 20 reps and now you have to go exactly reverse. Fifth set again 40kg – 20 reps, Sixth set 30kg – 30 reps, seventh set 25kg – 40 reps and the last eight set will end up by lifting 20kg – 50 reps. I hope that gives you a little more clarification on how DTP works.

S.NO	WORKOUT	SETS	REPS	REST
1	Body weight squats (normal stance)	4	20-25	45 secs
2	Barbell full squats	4	10-14	45 secs
3	Seated Leg press	8	DTP	45 secs
4	Leg extensions	8	DTP	45 secs
5	Seated Leg curl	8	DTP	45 secs
6	Stiffed legged dumbell deadlift	4	10-14	45 secs
7	Calf raises on smith machine	4	20-25	45 secs
8	Seated Palms-Up Barbell Wrist Curl	4	10-14	45 secs
9	Palms-Down Wrist Curl Over A Bench	4	10-14	45 secs

1. **Body weight squats (normal stance)** : Stand with your feet shoulder width apart. You can place your hands behind your head. This will be your starting position. Begin the movement by flexing your knees and

hips, sitting back with your hips. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position. As you squat, keep your head and chest up and push your knees out.



- 2. Barbell full squats :** This exercise is best performed inside a squat rack for safety purposes. To begin, first set the bar on a rack just above shoulder level. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso. Step away from the rack and position your legs using a shoulder-width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back. This will be your starting position. Begin to slowly lower the bar by bending the knees and sitting back with your hips as you maintain a straight posture with the head up. Continue down until your hamstrings are on your calves. Inhale as you perform this portion of the movement. Begin to raise the bar as you exhale by pushing the floor with the heel or middle of your foot as you straighten the legs and extend the hips to go back to the starting position. Repeat for the recommended amount of repetitions. This type of squat allows a greater range of motion, and allows the trunk to maintain a more vertical position than other types of squats, due to foot position and the higher bar position.



- 3. Seated Leg press :** Adjust the bottom position of the machine and seat yourself. Select an appropriate load for your training, and then plant your feet a little wider than shoulder width on the platform. Grasp the handles, maintaining good spinal position with your chest up and your head looking forward. This will be your starting position. Driving through the heels of your feet, extend through the hips and knees to push the sled upward. Do not lock out your knees. After holding the top position for a movement, return to the starting position without fully returning the weight to the stack.



- 4. Leg extensions :** For this exercise you will need to use a leg extension machine. First choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position. **Tip:** You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit. Repeat for the recommended amount of times. **Variations:** As mentioned at in the foot positioning section, you can use various foot positions in order to maximize stimulation of certain thigh areas. Also, you can perform the movement unilaterally (one leg at a time).



5. **Seated leg curl** : Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. Place the back of lower leg on top of padded lever (just a few inches under the calves) and secure the lap pad against your thighs, just above the knees. Then grasp the side handles on the machine as you point your toes straight (or you can also use any of the other two stances) and ensure that the legs are fully straight right in front of you. This will be your starting position. As you exhale, pull the machine lever as far as possible to the back of your thighs by flexing at the knees. Keep your torso stationary at all times. Hold the contracted position for a second. Slowly return to the starting position as you breathe in. Repeat for the recommended amount of repetitions. **Caution:** Do not ever use so much weight on the exercise that you start using swinging and jerking as you can risk both lower back injury and also a hamstring tear. **Variations:** Since you have three foot positions you have in reality three exercises.



6. **Stiff legged dumbbell deadlift** : Grasp a couple of dumbbell holding them by your side at arm's length. Stand with your torso straight and your legs spaced using a shoulder width or narrower stance. The knees should be slightly bent. This is your starting position. Keeping the knees stationary, lower the dumbbells to over the top of your feet by bending at the waist while keeping your back straight. Keep moving forward as if you were going to pick something from the floor until you feel a stretch on the hamstrings. Exhale as you

perform this movement. Start bringing your torso up straight again by extending your hips and waist until you are back at the starting position. Inhale as you perform this movement. Repeat for the recommended amount of repetitions. **Caution:** This is not an exercise that is recommended for people with lower back problems. Also, it needs to be treated with the utmost respect paying special attention not to round the back forward as you move the torso down; the back should always be straight. Finally, jerking motions or doing too much weight can injure your back. **Variations:** The exercise can also be performed with a barbell also.



7. **Calf raises on smith machine** : Place a block or weight plate below the bar on the Smith machine. Set the bar to a position that best matches your height. Once the correct height is chosen and the bar is loaded, step onto the plates with the balls of your feet and place the bar on the back of your shoulders. Take the bar with both hands facing forward. Rotate the bar to unrack it. This will be your starting position. Raise your heels as high as possible by pushing off of the balls of your feet, flexing your calf at the top of the contraction. Your knees should remain extended. Hold the contracted position for a second before you start to go back down. Return slowly to the starting position as you breathe in while lowering your heels. Repeat for the recommended amount of repetitions.



8. **Seated palms up barbell wrist curl** : Hold a barbell with both hands and your palms facing up; hands spaced about shoulder width. Place your feet flat on the floor, at a distance that is slightly wider than shoulder width apart. Lean forward and place your forearms on top of your upper thighs with your palms up. **Tip:** Make sure that the front of the wrists lay on top of your knees. This will be your starting position. Lower the bar as far as possible while inhaling and keeping a tight grip. Now curl bar up as high as possible while flexing the forearms and exhaling. Hold the contraction at the top for a second and **Tip:** Only the wrist should move. **Variations:** This exercise can also be done with one or two dumbbells. Alternatively an EZ bar can also be used.



9. **Palms-Down Wrist Curl Over A Bench** : Hold a barbell with both hands and your palms facing down; hands spaced about shoulder width. Place your feet flat on the floor, at a distance that is slightly wider than shoulder width apart. Lean forward and place your forearms on top of your upper thighs with your palms down. **Tip:** Make sure that the back of the wrists lay on top of your knees. This will be your starting position. Lower the bar as far as possible while inhaling and keeping a tight grip. Now curl bar up as high as possible while flexing the forearms and exhaling. Hold the contraction at the top for a second and **Tip:** Only the wrist should move. **Variations:** This exercise can also be done with one or two dumbbells. Alternatively an EZ bar can also be used.



Day 6 : Core training

We will be doing 2 circuits of your core workout which 4 different exercises in each circuit. Complete one cycle then another and 4 cycles in total completes your 1 circuit.

Start your workout with complete body stretch from head to toe and a cardio of 15 minutes which includes brisk walking and jogging.

S.NO	WORKOUT	SETS	REPS	REST
1	Decline crunches	4	16-20	45 secs
2	Decline obliques crunches	4	16-20	45 secs
3	Cross body crunches	4	16-20	45 secs
4	Side bridge	4	12-16	45 secs
5	Seated barbell twist	4	25-30	45 secs
6	Russian twist	4	16-20	45 secs
7	Side jack knife	4	16-20	45 secs
8	Obliques crunches on floor	4	16-20	45 secs

1. **Decline crunches** : Secure your legs at the end of the decline bench and lie down. Now place your hands lightly on either side of your head keeping your elbows in. **Tip:** Don't lock your fingers behind your head. While pushing the small of your back down in the bench to better isolate your abdominal muscles, begin to roll your shoulders off it. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the bench only about four inches, and your lower back should remain on the bench. At the top of the movement, contract your abdominals hard and keep the contraction for a second. **Tip:** Focus on slow, controlled movement - don't cheat yourself by using momentum. After the one second contraction, begin to come down slowly again to the starting position as you inhale. Repeat for the recommended amount of repetitions.



2. **Decline oblique crunches** : Secure your legs at the end of the decline bench and slowly lay down on the bench. Raise your upper body off the bench until your torso is about 35-45 degrees if measured from the floor. Put one hand beside your head and the other on your thigh. This will be your starting position. Raise your upper body slowly from the starting position while turning your torso to the left. Continue crunching up as you exhale until your right elbow touches your left knee. Hold this contracted position for a second. **Tip:** Focus on keeping your abs tight and keeping the movement slow and controlled. Lower your body back down slowly to the starting position as you inhale. After completing one set on the right for the recommended amount of repetitions, switch to your left side. **Tip:** Focus on really twisting your torso and feeling the contraction when you are in the up position. **Variations:** You can perform this exercise on a flat surface or you can also alternate from side to side in each repetition.



3. **Cross body crunches** : Lie flat on your back and bend your knees about 60 degrees. Keep your feet flat on the floor and place your hands loosely behind your head. This will be your starting position. Now

curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Exhale as you perform this movement. **Tip:** Try to bring your shoulder up towards your knee rather than just your elbow and remember that the key is to contract the abs as you perform the movement; not just to move the elbow. Now go back down to the starting position as you inhale and repeat with the left elbow and the right knee. Continue alternating in this manner until all prescribed repetitions are done.



4. **Side bridge :** your obliques and helps stabilize your spine. Lie on your side and support your body between your forearm and knee to your feet. Hold position for two to four seconds. Repeat on the other side. Build up to at least 60 seconds on each side of your body!

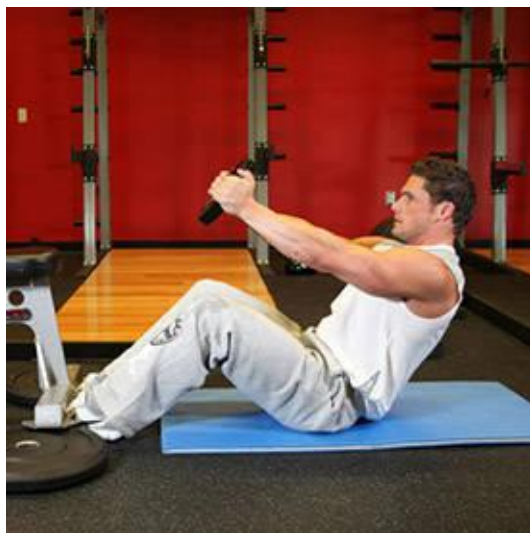


5. **Seated barbell twist :** out by sitting at the end of a flat bench with a barbell placed on top of your thighs. Your feet should be shoulder width apart from each other. Grip the bar with your palms facing down and make sure your hands are wider than shoulder width apart from each other. Begin to lift the barbell up over your head until your arms are fully extended. Now lower the barbell behind your head until it is resting along the base of your neck. This is the starting position. While keeping your feet and head stationary, move your waist from side to side so that your oblique muscles feel the contraction.

Only move from side to side as far as your waist will allow you to go. Stretching or moving too far can cause an injury to occur. **Tip:** Use a slow and controlled motion. Remember to breathe out while twisting your body to the side and in when moving back to the starting position. Repeat for the recommended amount of repetitions.



6. **Russian twist :** Lie down on the floor placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees. Elevate your upper body so that it creates an imaginary V-shape with your thighs. Your arms should be fully extended in front of you perpendicular to your torso and with the hands clasped. This is the starting position. Twist your torso to the right side until your arms are parallel with the floor while breathing out. Hold the contraction for a second and move back to the starting position while breathing out. Now move to the opposite side performing the same techniques you applied to the right side. Repeat for the recommended amount of repetitions. **Variation:** As you get more advanced, you can hold a weight with both arms for resistance.



7. **Side jack knife** : Works your obliques. Lying on your right side and keeping your left leg over your right one, place your right hand in a comfortable spot and clasp your left hand behind your head. Bring your torso and left leg toward each other as you pull with your obliques. Squeeze for a moment and return to the starting position. You can use ankle weights to make it tougher!



8. **Obliques crunches on the floor** : Start out by lying on your right side with your legs lying on top of each other. Make sure your knees are bent a little bit. Place your left hand behind your head. Once you are in this set position, begin by moving your left elbow up as you would perform a normal crunch except this time the main emphasis is on your obliques. Crunch as high as you can, hold the contraction for a second and then slowly drop back down into the starting position. Remember to breathe in during the eccentric (lowering) part of the exercise and to breathe out during the concentric (elevation) part of the exercise. **Note:** While you cannot add resistance to this exercise you can concentrate on perfect execution and slow speed.

