

WHOLE BODY - CHEST FOCUS +ENDURANCE



5-10 Min Warm - Up

3x

Butterfly + chest press
+ 250 meters rowing machine

3x

Triceps dips
+ dumbbell press
(standing/horizontal)
+1 min treadmill

3x

Walking Lunges+ Deadlift
+ 1 min bike

5 min ABS+ Core

5-10 min cool down

ABDOMEN, LEGS, BOOTY +ENDURANCE



5–10 Min Warm – Up

3x
Deadlift + Squat
+ 1 Min Stepper

3x
Hip Thrust + Kickbacks
+1 Min Treadmill

3x
Leg extension + leg curl
+ 1 min bike

5 min ABS+ Core

5–10 min cool down