

GYM RETRO



PROGRAM MIX 1

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

CARDIO WARM UP
JOG ON THE SPOT

2 - MINS

SKIPPING

50 REPS
1 SETS

REVERSE GLUTE RAISES

15 REPS
L-R (2-3 SETS)

LYING PULL OVER

10 REPS
2 SETS

LUNGE WITH KNEE

10 REPS
L-R 2 SETS

HIP FLEX - LOWER BACK

10 - 20 SEC
HOLDS

REVERSE DUMBBELL FLIES

20 REPS
2 SETS

PUSHUP CLAP

10 REPS
2 SETS

TRICEP STRETCH

30 SEC
1 SET

BENCH DIPS

10 REPS
2 SETS



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK