WEEK OF: 23-27 JULY 2018

DAY	EXERCISE	EQUIPMENT	METHOD
MONDAY	20 Air Squats 15 Push Ups 15 DB Rows 20 Sit Ups	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.
TUESDAY	25 Walking Lunges 25 Band Chest Press 25 Band Rows 25 Crunches	Resistance Band	Perform all exercises and then rest :30. Repeat for 5 rounds.
WEDNESDAY	Cardio Intervals	Stopwatch	Walk 1:00 Jog 1:00 Repeat for a total time of 42:00.
THURSDAY	15 Split Squats 15 DB Chest Press 15 One Arm DB Row 15 Russian Twists	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.
FRIDAY	25 Side Lunges 25 DB Tricep Kick Backs 25 DB Curls 25 Twist Crunches	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.