

Station 1.

Bicep Curl

Equipment Required:

- A. 2 x Resistance Bands OR 5Kg weights

Station 2.

Leg Scissors



Equipment Required:

- A. 2 x Mats

Station 3.



Dynamic Bridge

Equipment Required:

- A. 2 x Mats
- B. 2 x Gym Balls OR elevate leg on ground onto chair.

Station 4.

Tricep Curl

Equipment Required:

- A. 2 x 4Kg Weights

Station 5.



Russian Twist

Equipment Required:

- A. 2 x Disk Weights 5 Kg
- B. 2 x Mats

Station 6.

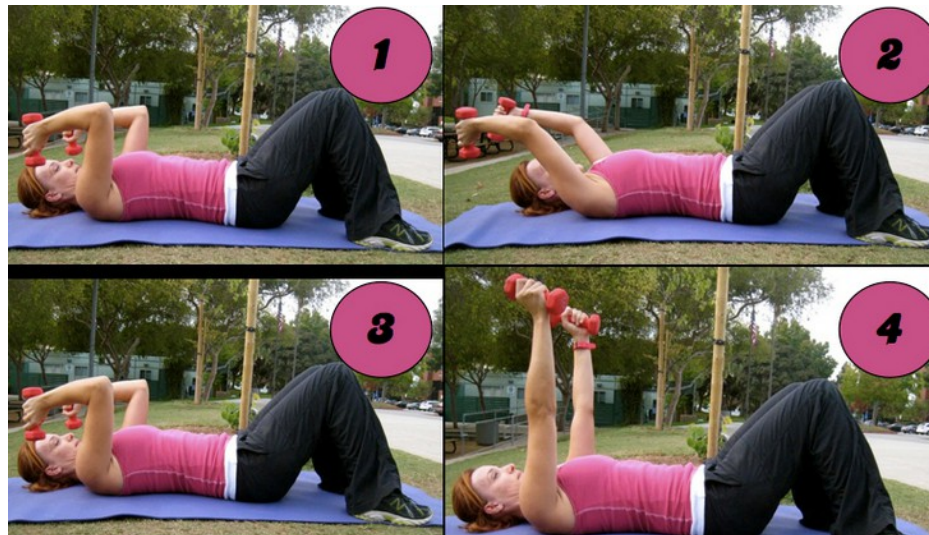


Rotational Pressup

Equipment Required:

- A. 2 x Mats

Station 7.



Arm Raises with Weights

Equipment Required:

- A. 2 x Mats
- B. 2 x 3Kg weights

Station 8.



Kick-up

Equipment Required:

- A. 2 x Mats

Station 9.



Side Plank

Equipment Required:

- A. 2 x Mats

Station 10.



Step -up

Equipment Required:

- A. 1 x medium step
- B. 4 x 4kg weights