Monday and Wednesday

Bench Press - 3x10

Incline Dumbbell Press - 2x10

Tricep Dips - 2x12

Tricep Pushdowns - 2x10

Push-Ups - 2x10

Pull-Ups - 3x8

Dumbbell Shoulder Press - 3x12

Cable Seated Row - 2 x 10

Dumbbell Lateral Shoulder Raise - 2x10

Bicep Curls - 3x10

Hammer Curls - 3x10

Abs – 100 Reps

Tuesday and Thursday

Squats - 3x12,10,8

Dumbbell Lunge - 3 x 10

Jump Rope - 5x30-45 seconds

Plank - 2x60 seconds

Abs – 100 Reps

Calf Raises 2 x 60

Lunge Jumps - 3x12

Box Jumps - 3x8

Backboard Touches - 3x25