

Tuesday Workout - Month 2

Exercise	Reps	Sets	Weight
Deadlift	5,5,4,4		4 60,60,70,70
Bench press		8	4 45
Mini band walks		4	3 bodyweight
Chin-ups		5	3 black band
Knee Drives		8	3 50cm 6kgs/arm
1-arm press		8	3 10kg
Single leg balance		15	3 bodyweight
Hammer curls		10	3 10kgs
Tricep Extension		15	3 bodyweight
Assault bike	15cal		3 ±400Watts

Thursday Workout - Month 2

Exercise	Reps	Sets	Weight
Front Squat (KBs)		5	4 14
Kettle bell swings		10	4 24
1-arm Row		8	4 16
Lateral Step-up		8	3 50cm (8kgs/arm)
Chest Flyes		6	3 10
Bosu Crunches		10	3 bodyweight
1-Reverse Flyes		6	3 8
Bicep curls		10	3 25kgs
Skull crushers		10	3 25kgs
Rowing	±20cal		3 ±1:45/500m