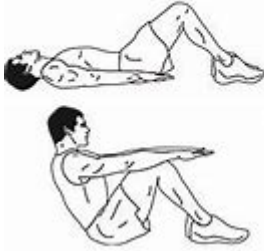
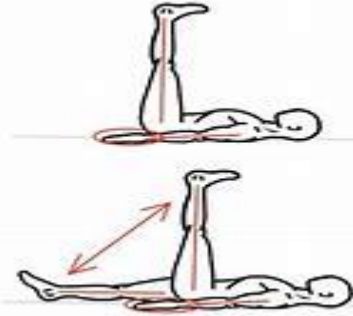


Weight loss program

1



2



3



Weight loss program

Superset	Exercise	Sets	Reps						
1a	Leg press (30 sec of high intensity between sets-step ups-skip rope)	3	15						
1b	Cable row (30 sec of high intensity between sets-step ups-skip rope)	3	15						
2a	Smith's machine squat (30 sec of high intensity between sets-step ups-skip rope)	3	15						
2b	Lat pulldown (30 sec of high intensity between sets-step ups-skip rope)	3	15						
3a	Machine Pull ups (30 sec of high intensity between sets-step ups-skip rope)	3	15						
3b	Dumbbell deadlift (30 sec of high intensity between sets-step ups-skip rope)	3	15						
4a	Static lunges (30 sec of high intensity between sets-step ups-skip rope)	3	15						
4b	Seated shoulder press (30 sec of high intensity between sets-step ups-skip rope)	3	15						
5a	Ezi bar curls (30 sec of high intensity between sets-step ups-skip rope)	3	15						
5b	Seated chest press (30 sec of high intensity between sets-step ups-skip rope)	3	15						
6a	Reverse fly on machine (30 sec of high intensity between sets-step ups-skip rope)	3	15						
6b	Front lateral raise (30 sec of high intensity between sets-step ups-skip rope)	3	15						
	CORE EXERCISES								
	Sit ups	3	15						
	Leg lowers	3	15						
	Russian twist	3	15						

Weight loss program

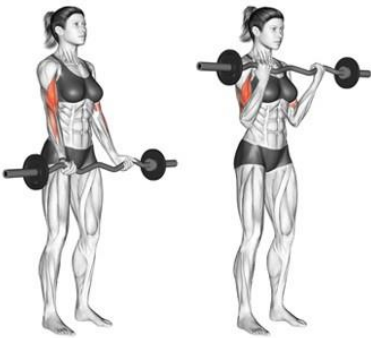
4a



4b



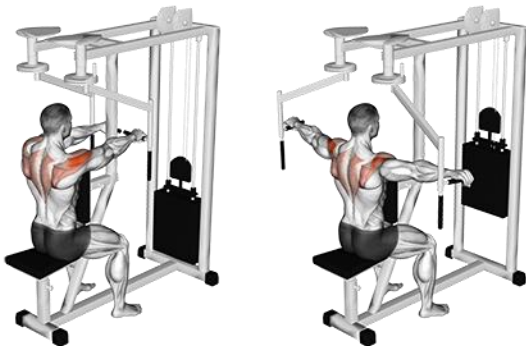
5A



5B



6A

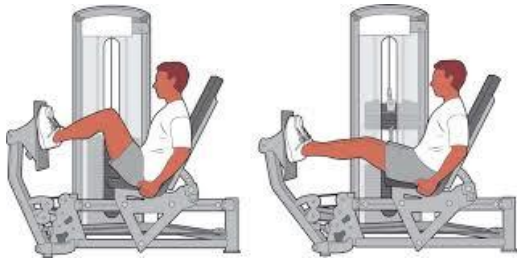


6B



Weight loss program

1A



1B

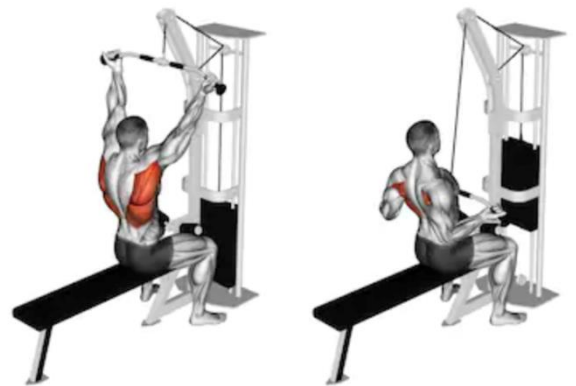


2A

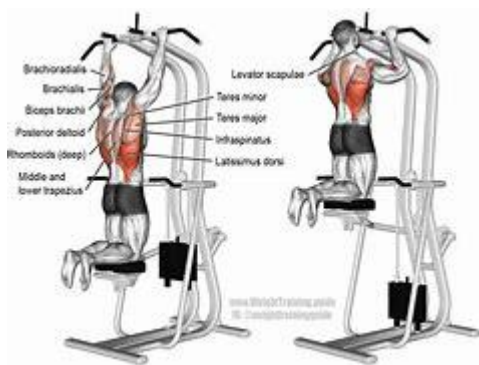
Smith machine chair squat



2B



3A



3B



Weight loss program

