

BEGINNER PROGRAM

LEVEL 1

DAY 1

Day 1	Exercises	Reps	Sets	Rest
	Australian pull ups	6	4	Sufficient
	Knee push ups	6	4	Sufficient
	Biceps curls	4	3	Sufficient
	Bench dips	8	4	Sufficient
	Australian chin ups	6	3	Sufficient
	Hollow body hold	40 sec	3	Sufficient
	Slow motion squats	8	4	Sufficient
	Lying leg raise	8	4	Sufficient

DAY 2 REST

DAY 3

Day 3	Exercises	Reps	Sets	Rest
	Push ups negatives	4	4	Sufficient
	Australian chin ups	6	3	Sufficient
	Knee push ups	6	4	Sufficient
	Biceps curls	8	4	Sufficient
	Bench dips	8	3	Sufficient
	Jump squats	10	4	Sufficient
	Plank	40 sec	3	Sufficient
	Wall sit	40 sec	3	Sufficient

DAY 4 REST

DAY 5

Day 5	Exercises	Reps	Sets	Rest
	Pull ups negatives	4	3	Sufficient
	Wide incline push ups	6	4	Sufficient

Biceps curls	6	3	Sufficient
Push ups negatives	6	4	Sufficient
Slow australian pull ups	4	3	Sufficient
Hip plank raises	30 sec	3	Sufficient
Plank	40 sec	4	Sufficient
Bulgarian split squats		3	Sufficient