

Workout A- Arms and Legs

Arms				
DB Bicep Curl				
Overhead Triceps Extension				
One Arm Concentrated Curls	R L	R L	R L	R L
Lying Down Triceps Extension	R L	R L	R L	R L

Legs				
Squats				
Deadlifts				
Fire Hydrant	R L	R L	R L	R L
Calf Raises				
Squat Walk with Band				

Workout B- Chest and Abs

Chest				
Push-ups				
DB Flies				
Incline DB Press				

Abs				
Ankle Taps				
Reverse Crunch				
Kayakers				
Superman				
Swimmers				

Workout C- Back and Legs

Back				
Bent Over Rows	R L	R L	R L	R L
Reverse Fly				
Standing Two Armed Bent Over DB				

Legs				
Squats				
Deadlifts				
Fire Hydrant	R L	R L	R L	R L
Calf Raises				
Squat Walk with Band				

Workout D- Shoulders and Abs

Shoulders				
Upright Rows				
DB Press				
Shoulder Raises				

Abs				
Ankle Taps				
Reverse Crunch				
Kayakers				
Superman				
Swimmers				