

Workout A

Order	Exercise	Sets	Reps
1	Romanian Deadlifts	2	12 14
2	Squats	2	12 14
3	Pulldowns	2	12 14
4	Walking Lunges	2	20
5	Bench	2	12 14
6	Bent Over Rows	2	12 14
7	1 Arm Snatches	1	20
8	Curls	2 2 2	8 10 15
AB Workout			
9	Hanging Knee Raises	1	8
10	Lying Leg Thrusts	1	10
11	Reverse Crunches	1	12
12	Ab Bicycle	1	20
13	Ab Scissors	1	12
14	Side Planks	1 Each	30-60 Sec.
15	Abdominal Vacuums	1	20

Workout B

Order	Exercise	Sets	Reps
1	Squats	2	12 14
2	Military Press	2	12 14
3	Deadlifts	2	12 14
4	1 Arm Dumbbell Rows	2	20
5	Dumbbell Step-ups	2	12 14
6	Inclined Bench	2	12 14
7	1 Arm Swings	1	20
8	Tricep Extensions	2	8
		2	10
		2	15
AB Workout			
9	Hanging Leg Raises	1	8
10	Lying Leg Thrusts	2	8
11	Reverse Crunches	1	10
12	Ab Bicycles	1	20
13	Alternating Crunches	1	20
14	Planks	1	60 Sec.
15	Abdominal Vacuums	1	20