

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>BATTLE ROPES</b> (3 sets X 30 sec) <b>SIT UPS</b> (3 x 20 Reps) <b>SLEDGE</b> (5 X 2 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (3 X 30 sec)	<b>LEG PRESS</b> (3 X 12 Reps) <b>CHEST PRESS</b> (3 X 12 Reps) <b>LEG EXTENSION</b> (3 X 12 Reps) <b>SHOULDER PRESS</b> (3 X 12 Reps) <b>BODY WEIGHT SQUATS</b> (3 X 20 Reps)	REST DAY	<b>JUMP SQUATS</b> (3 set x 30 sec) <b>LEG RAISES</b> (3 X 15 Reps) <b>BATTLE ROPES</b> (3 x 30 sec) <b>CRUNCHES</b> (3 X 20 Reps) <b>SIDE BENDS</b> (3 X 15 Reps)	<b>PEC FLY</b> (3 X 12 Reps) <b>LEG EXTNSION</b> (3 X 12 Reps) <b>ARM CURL</b> (3 X 15 Reps) <b>TRICEP EXTENSION</b> (3 X 15 Reps) <b>LAT PULLDOWN</b> (3 X 12 Reps)	REST DAY	Steady Walk
2	<b>BATTLE ROPES</b> (3 sets X 30 sec) <b>SIT UPS</b> (3 x 20 Reps) <b>SLEDGE</b> (5 X 2 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (3 X 30 sec)	<b>LEG PRESS</b> (3 X 12 Reps) <b>CHEST PRESS</b> (3 X 12 Reps) <b>LEG EXTENSION</b> (3 X 12 Reps) <b>SHOULDER PRESS</b> (3 X 12 Reps) <b>BODY WEIGHT SQUATS</b> (3 X 20 Reps)	REST DAY	<b>JUMP SQUATS</b> (3 set x 30 sec) <b>LEG RAISES</b> (3 X 15 Reps) <b>BATTLE ROPES</b> (3 x 30 sec) <b>CRUNCHES</b> (3 X 20 Reps) <b>SIDE BENDS</b> (3 X 15 Reps)	<b>PEC FLY</b> (3 X 12 Reps) <b>LEG EXTNSION</b> (3 X 12 Reps) <b>ARM CURL</b> (3 X 15 Reps) <b>TRICEP EXTENSION</b> (3 X 15 Reps) <b>LAT PULLDOWN</b> (3 X 12 Reps)	REST DAY	Steady Walk
3	<b>BATTLE ROPES</b> (4 sets X 30 sec) <b>SIT UPS</b> (3 x 25 Reps) <b>SLEDGE</b> (5 X 3 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (3 X 45 sec)	<b>LEG PRESS</b> (3 X 15 Reps) <b>CHEST PRESS</b> (3 X 15 Reps) <b>LEG EXTENSION</b> (3 X 15 Reps) <b>SHOULDER PRESS</b> (3 X 15 Reps) <b>BODY WEIGHT SQUATS</b> (3 X 25 Reps)	REST DAY	<b>JUMP SQUATS</b> (3 set x 45 sec) <b>LEG RAISES</b> (3 X 20 Reps) <b>BATTLE ROPES</b> (3 x 45 sec) <b>CRUNCHES</b> (3 X 25 Reps) <b>SIDE BENDS</b> (3 X 20 Reps)	<b>PEC FLY</b> (3 X 15 Reps) <b>LEG EXTNSION</b> (3 X 15 Reps) <b>ARM CURL</b> (3 X 20 Reps) <b>TRICEP EXTENSION</b> (3 X 20 Reps) <b>LAT PULLDOWN</b> (3 X 15 Reps)	REST DAY	Steady Walk

4	<b>BATTLE ROPES</b> (3 sets X 45 sec) <b>SIT UPS</b> (3 x 30 Reps) <b>SLEDGE</b> (5 X 3 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (3 X 45 sec)	<b>LEG PRESS</b> (3 X 15 Reps) <b>CHEST PRESS</b> (3 X 15 Reps) <b>LEG EXTENSION</b> (3 X 15 Reps) <b>SHOULDER PRESS</b> (3 X 15 Reps) <b>BODY WEIGHT SQUATS</b> (3 X 30 Reps)	REST DAY	<b>JUMP SQUATS</b> (4 set x 30 sec) <b>LEG RAISES</b> (3 X 30 Reps) <b>BATTLE ROPES</b> (3 x 30 sec) <b>CRUNCHES</b> (3 X 20 Reps) <b>SIDE BENDS</b> (3 X 15 Reps)	<b>PEC FLY</b> (3 X 15 Reps) <b>LEG EXTNSION</b> (3 X 15 Reps) <b>ARM CURL</b> (3 X 20 Reps) <b>TRICEP EXTENSION</b> (3 X 20 Reps) <b>LAT PULLDOWN</b> (3 X 15 Reps)	REST DAY	Steady Walk
5	<b>BATTLE ROPES</b> (4 sets X 45 sec) <b>SIT UPS</b> (4 x 30 Reps) <b>SLEDGE</b> (6 X 3 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (4 X 45 sec)	<b>LEG PRESS</b> (3 X 20 Reps) <b>CHEST PRESS</b> (3 X 20 Reps) <b>LEG EXTENSION</b> (3 X 15 Reps) <b>SHOULDER PRESS</b> (3 X 15 Reps) <b>BODY WEIGHT SQUATS</b> (4 X 25 Reps)	REST DAY	<b>JUMP SQUATS</b> (4 set x 45 sec) <b>LEG RAISES</b> (3 X 30 Reps) <b>BATTLE ROPES</b> (4 x 45 sec) <b>CRUNCHES</b> (3 X 25 Reps) <b>SIDE BENDS</b> (3 X 20 Reps)	<b>PEC FLY</b> (4 X 12 Reps) <b>LEG EXTNSION</b> (4 X 12 Reps) <b>ARM CURL</b> (4 X 15 Reps) <b>TRICEP EXTENSION</b> (4 X 15 Reps) <b>LAT PULLDOWN</b> (4 X 12 Reps)	REST DAY	Steady Walk
6	<b>BATTLE ROPES</b> (4 sets X 1 min) <b>SIT UPS</b> (4 x 20 Reps) <b>SLEDGE</b> (5 X 4 Lengths) <b>PUSH UPS</b> (3 X Maximum reps) <b>BURPEES</b> (3 X Maximum reps) <b>MOUNTAIN CLIMBER</b> (4 sets X 1 min sec)	<b>LEG PRESS</b> (4 X 12 Reps) <b>CHEST PRESS</b> (4 X 12 Reps) <b>LEG EXTENSION</b> (4 X 12 Reps) <b>SHOULDER PRESS</b> (4 X 12 Reps) <b>BODY WEIGHT SQUATS</b> (4 X 25 Reps)	REST DAY	<b>JUMP SQUATS</b> (4 x 1 min sec) <b>LEG RAISES</b> (4 X 15 Reps) <b>BATTLE ROPES</b> (4 x 1 min sec) <b>CRUNCHES</b> (4 X 20 Reps) <b>SIDE BENDS</b> (4 X 15 Reps)	<b>PEC FLY</b> (4 X 12 Reps) <b>LEG EXTNSION</b> (4 X 12 Reps) <b>ARM CURL</b> (4 X 15 Reps) <b>TRICEP EXTENSION</b> (4 X 15 Reps) <b>LAT PULLDOWN</b> (4 X 12 Reps)	REST DAY	Steady Walk

5-minute warm up at the beginning of every session on any cardio equipment. Also complete a 10-minute cool down at the end of the session