





# Week 1


## MONDAY

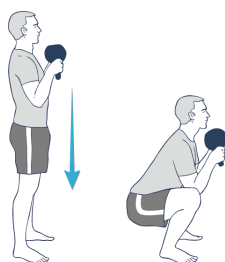
Exercise	Reps	Sets	Tempo	Rest (secs)	✓
Goblet Squat	15	2	Normal		✓
Regular Row 	15	2	Normal	75	✓
Single Handed Deadlift 	15	2	Normal		✓
Push Press 	15	2	Normal	75	✓
Reverse Lunge 	15	2	Normal		✓
Shoulder Taps	30 secs	2	Slow	75	✓

### Super Sets

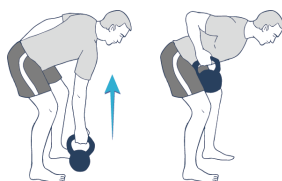
Here's how you perform the above type of workout.

The Goblet Squat is performed for 15 reps at a normal tempo and then the Regular Row is completed for 15 reps on each side at a normal tempo. You would then rest for 75 seconds and then repeat the pair again for a total of 2 times. Following this super-set you would move onto the next pair.

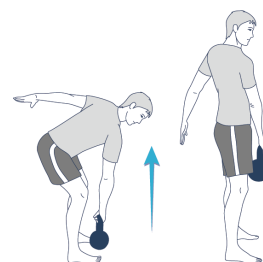
 perform the reps on both sides eg. 15 left and 15 right



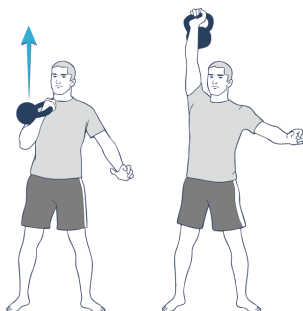
Goblet Squat



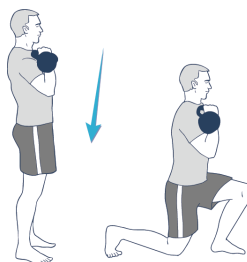
Regular Row



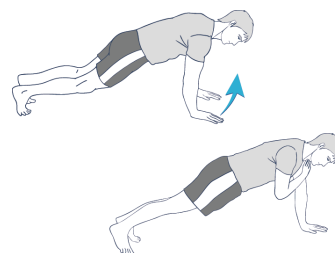
Single Handed Deadlift



Push Press



Reverse Lunge



Shoulder Taps