

Upper body Circuit machines

12 reps Tricep press-down
12 reps Bicep curl

12 reps Shoulder press
12 reps Back row
Repeat 3 times

Any cardio: 15 - 30 mins

Lower body circuit machines

12 reps Leg press
12 reps Calf raise

12 reps Quad extensions
12 reps Hamstring extension

12 reps Inner and outer thigh
Repeat 3 times

Cardio: 15 - 30 mins Incline walk

Core and cardio

30 seconds Crunches
30 seconds Flutter kicks

30 seconds Plank
30 seconds Russian twists

Cable rotations
30 seconds Left side
30 seconds Right side
Repeat 3 times

Any cardio: 15 - 30 mins