

# Muscle Building Program

## Home- Level 1- F

### Day 1

|    | Exercise                      | Code | Image 1                                                                             | Image 2                                                                             | Repetitions/Equipment/Instructions                                                                                                                         |
|----|-------------------------------|------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | Hamstring Stretch/<br>Pulling | 110  |    |    | <b>3*15 sec hold</b> Exercise matt<br>Hands locked behind one knee. Pull leg.                                                                              |
| 2  | Stick Stretch                 | 134  |    |    | <b>50 reps</b> Exercise matt and stick<br>Lay on back and hold a stick with arms stretched out. Slowly move arms overhead and slowly return back to start. |
| 3  | Upright Cycle                 | 94   |    |    | <b>5-7 min</b> Upright Cycle<br>Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.                            |
| 4  | Db Lateral Raises             | 62   |    |    | <b>3*8 reps</b> Dumbbells<br>Lift weights to shoulder height.                                                                                              |
| 5  | DB Bicep Curls                | 63   |   |   | <b>3*8 reps</b> Dumbbells<br>Palms facing forward. Lift the weights.                                                                                       |
| 6  | Ladies pushups                | 84   |  |  | <b>3*10 reps</b> Exercise matt<br>Knees bent. Back straight. Bend arms 90°.                                                                                |
| 7  | DB One Arm Rows               | 71   |  |  | <b>3*8L/8R</b> Dumbbells<br>Back flat. Head up. Pull weight up to side.                                                                                    |
| 8  | Ladies Tricep dips            | 55   |  |  | <b>3*10 reps</b> Bench or chairs<br>Palms on bench. Dip down , bending elbows 90°.                                                                         |
| 9  | Bridging/<br>Plank            | 10   |  |  | <b>3*30 sec hold</b> Exercise matt and stopwatch<br>Don't arch back. Hips level with the floor.                                                            |
| 10 | 30° crunch (sliding up)       | 30   |  |  | <b>3*20 reps</b> Exercise matt<br>Bend knees, place hands on thighs, crunch up.                                                                            |



# Muscle Building Program

## Home- Level 1- F

### Day 2

|    | Exercise                   | Code | Photo 1 | Photo 2 | Repetitions/Equipment/Instructions                                                                                              |
|----|----------------------------|------|---------|---------|---------------------------------------------------------------------------------------------------------------------------------|
| 1  | Standing Side Stretch      | 215  |         |         | <b>3*15 sec hold</b> Exercise matt<br>Lean to the side, lifting one arm up and stretch                                          |
| 2  | Standing Toe Touch Stretch | 181  |         |         | <b>3*15 sec hold</b> Exercise matt<br>Bend over till you touch your toes, keep your legs straight.                              |
| 3  | Upright Cycle              | 94   |         |         | <b>5-7 min</b> Upright Cycle<br>Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100. |
| 4  | Ball Squats                | 37   |         |         | <b>3*10 reps</b> Exercise ball and wall<br>Ball against back, roll down until legs are 90°.                                     |
| 5  | Wall lunges                | 39   |         |         | <b>3*10L/10R</b> Wall and dumbbells<br>Front foot against wall, other foot 1m behind.                                           |
| 6  | Calf Raises                | 170  |         |         | <b>3*10 reps</b> Step and wall<br>Drop heels and lift up with toes.                                                             |
| 7  | Hip Ball pullins           | 6    |         |         | <b>3*10 reps</b> Ball/Exercise matt<br>Both feet on ball. Lift hips. Pull ball in.                                              |
| 8  | Side Bridging, Knees Bent  | 231  |         |         | <b>3*30 sec hold</b> Exercise matt<br>Rest body weight on forearm and bent knees.                                               |
| 9  | Side leg lifts             | 34   |         |         | <b>3*15L/15R</b> Exercise matt<br>Bottom leg bent, top leg straight, lifting 30cm                                               |
| 10 | Hundreds, feet on ball     | 20   |         |         | <b>3*20 reps</b> Exercise matt and ball<br>Arms straight. Crunch bringing hands to knees.                                       |



# Muscle Building Program

## Home- Level 1- F

### Day 3

|    | Exercise                 | Code | Photo 1                                                                             | Photo 2                                                                             | Repetitions/Equipment/Instructions                                                                                                                          |
|----|--------------------------|------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | Leg kick-ups             | 127  |    |    | <b>3*10L/10R</b><br>Wall/Chair<br>Hold onto wall, kick 1 leg up as far as possible                                                                          |
| 2  | Lunge Stretch            | 117  |    |    | <b>3*15 sec</b><br>Exercise matt<br>Place one foot to front. Lean forward.                                                                                  |
| 3  | Upright Cycle            | 94   |    |    | <b>5-7 min</b><br>Upright Cycle<br>Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.                          |
| 4  | DB Bicep Curls           | 63   |    |    | <b>3*15 reps</b><br>Dumbbells<br>Palms facing forward. Lift the weights.                                                                                    |
| 5  | Seated DB Shoulder Press | 64   |   |   | <b>3*10 reps</b><br>Weights, chair or bench<br>Make sure your back is flat and well supported. Weights at shoulder height. Extend arms and push weights up. |
| 6  | Ladies pushups           | 84   |  |  | <b>3*10 reps</b><br>Exercise matt<br>Knees bent. Back straight. Bend arms 90°.                                                                              |
| 7  | DB One Arm Rows          | 71   |  |  | <b>3*8L/8R</b><br>Weight, bench or chair<br>Back flat. Head up. Pull weight up to side.                                                                     |
| 8  | Ladies Tricep dips       | 55   |  |  | <b>3*10 reps</b><br>Bench or chairs<br>Palms on bench. Dip down , bending elbows 90°.                                                                       |
| 9  | Bridging/ Plank          | 10   |  |  | <b>3*30 sec hold</b><br>Exercise matt and stopwatch<br>Don't arch back. Hips level with the floor.                                                          |
| 10 | 30° crunch (sliding up)  | 30   |  |  | <b>3*20 reps</b><br>Exercise matt<br>Bend knees, place hands on thighs, crunch up.                                                                          |



# Muscle Building Program

## Home- Level 1- F

### Day 4

|    | Exercise                   | Code | Photo 1 | Photo 2 | Repetitions/Equipment/Instructions                                                                   |
|----|----------------------------|------|---------|---------|------------------------------------------------------------------------------------------------------|
| 1  | Figure 4 Stretch           | 113  |         |         | <b>3*15 sec hold</b> Exercise matt<br>Leg crossed over. Push knee downwards.                         |
| 2  | Lower & Upper Back Stretch | 121  |         |         | <b>3*15 sec hold</b> Exercise matt<br>Stand all fours. Take one arm over the other. Kneel backwards. |
| 3  | Ball Squats                | 37   |         |         | <b>3*10 reps</b> Exercise ball and wall<br>Ball against back, roll down until legs are 90°.          |
| 4  | Wall lunges                | 39   |         |         | <b>3*10L/10R</b> Exercise matt/Weight<br>Front foot against wall, other foot 1m behind.              |
| 5  | Calf Raises                | 170  |         |         | <b>3*10 reps</b> Step and wall<br>Drop heels and lift up with toes.                                  |
| 6  | Pelvic Lifts               | 2    |         |         | <b>4*20 reps</b> Exercise mat<br>Lifting your hips. Don't hyperextend back. Feet stay flat.          |
| 7  | Ball squeezes              | 3    |         |         | <b>3*20 reps</b> Small ball or pillow<br>Squeezing knees together with ball/pillow.                  |
| 8  | Ring Squeezes              | 4    |         |         | <b>3*20 reps</b> Exercise ring or belt<br>Squeezing knees outwards with ring/belt.                   |
| 9  | Superman, all fours        | 33   |         |         | <b>4*20 reps</b> Exercise matt<br>Lift left arm ,right leg then alternate                            |
| 10 | Hundreds, feet on ball     | 20   |         |         | <b>3*20 reps</b> Exercise matt and ball<br>Arms straight. Crunch bringing hands to knees.            |

