

Muscle Building Exercise Program Home- Level 3- F

Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions
1	Lower & Upper Back Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel backwards.
2	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
3	Upright Cycle	94			10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.
4	Barbell Bench Press	91			4*10 reps Barbell Lay on back. Feet on bench. Grip barbell. Push weight up. Push breath out.
5	Reverse Flyes	69			4*10 reps Dumbbells Arms slightly bent. Back flat. Lift weights to side.
6	Ladies push ups	84			4*10 reps Exercise matt Knees bent. Back straight. Bend arms 90°.
7	Db one arm rows	71			4*10L/10R Dumbbells and bench Back flat. Head up. Pull weight up to side.
8	Praying Mantis	13			4*10 reps Exercise ball Keep back straight. Only arms move forwards.
9	Push-up, alt legs	8			4*20 reps Exercise matt Push up position. Shoulders over hands.
10	Sit-up, feet hooked in	21			4*30 reps Exercise matt Hook feet in, place hands behind ears.
11	Chinnies	26			4*30 reps Exercise matt Like cycling. Bring opposite arm to opposite knee.

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Day 2

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Doorway Stretch				3*15 sec hold Exercise matt Place both elbows onto doorframe. Lean forward.
2	Glute Stretch				3*15 sec hold Exercise matt Ankle over opposite knee. Pull leg towards.
3	Upright Cycle				10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the at 90-100.
4	Step-ups				4*10L/10R Steps or bench Step up with leg and step down with same leg.
5	Ball Squats	37			4*15 reps Exercise ball and wall Ball against back, roll down until legs are 90°.
6	Walking Lunges	41			4*20 reps Open floor Step forward. Bend knees 90°. Repeat.
7	Standing Calf Raises				4*20 reps Step Drop heels and lift up with toes.
8	Side Bridging				3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
9	Hip lift, alt legs with ball				4*20 reps Exercise matt and ball Hips stay lifted. Alternate legs.
10	Sit-up, feet hooked in				4*30 reps Exercise matt Hook feet in, place hands behind ears.
11	Chinnies				4*30 reps Exercise matt Like cycling. Bring opposite arm to opposite knee.

Muscle Building Exercise Program Home- Level 3- F Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Hamstring Stretch/ Pulling	110			3*15 sec hold Exercise mat Hands locked behind one knee. Pull leg.
2	Standing Side Stretch	215			3*15 sec hold Space to stretch Lean to the side lifting one arm up and stretch
3	Upright Cycle	94			10 min Upright Cycle 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			4*10 reps Dumbbells Palms facing forward. Lift the weights.
5	Ladies Tricep dips	55			4*10 reps Bench or chairs Palms on bench. Dip down , bending elbows 90°.
6	DB lateral raises	62			4*10 reps Dumbbells Lift weights to shoulder height.
7	Seated DB Shoulder Press	64			4*10 reps Dumbbells, chair or bench Make sure your back is flat and well supported. Weights shoulder height. Extend arms and push weights up.
8	Praying Mantis	13			4*10 reps Exercise ball Keep back straight. Only arms move forwards.
9	Push-up, alt legs	8			4*20 reps Exercise mat Push up position. Shoulders over hands.
10	30 Degree side Crunch	218			4*10L/10R Exercise mat Lay down on your back, crunching up to the side touching opposite knee
11	30° crunch (sliding up)	30			4*30 reps Exercise mat Bend knees, place hands on thighs, crunch up.

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Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Standing Quad Stretch	210			3*15 sec hold Exercise matt Pull foot to bum and stand on one leg
2	Lower & Upper Back Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel backwards.
3	Upright Cycle	94			10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.
4	Ball Squats	37			4*15 reps Exercise ball Ball against back, roll down until legs are 90°.
5	Walking Lunges	41			4*20 reps Open floor Step forward. Bend knees 90°. Repeat.
6	Step-ups	50			4*10L/10R Steps or bench Step up with leg and step down with same leg.
7	Calf Raises	170			4*20 reps Step and wall Drop heels and lift up with toes.
8	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
9	Hip lift, alt legs with ball	7			4*20 reps Exercise matt and ball Hips stay lifted. Alternate legs.
10	30 Degree side Crunch	218			4*10L/10R Exercise matt Lay down on your back, crunching up to the side touching opposite knee
11	30° crunch (sliding up)	30			4*30 reps Exercise matt Bend knees, place hands on thighs, crunch up.