

Muscle Building Exercise Program Home - Level 3 - M Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions
1	Doorway Stretch	119			3*15 sec hold Doorframe Place both elbows onto doorframe. Lean forward.
2	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
3	Upright Cycle	94			6-8 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			3*12 reps Barbell Lay on back. Feet on bench. Grip barbell. Push weight up. Push breath out.
5	Push-ups	83			4*12 reps Exercise matt Back straight. Bend arms 90°.
6	DB One Arm Row	71			4*10L/10R Weight, bench or chair Back flat. Head up. Pull weight up to side.
7	Chest Flyes/DB	72			3*10 reps Weights Arms slightly bent. Back flat. Chest pushed out. Brace yourself. Lift weights to side.
8	Praying Mantis	13			4*10 reps Exercise ball Keep back straight. Only arms move forwards.
9	Pushup/DB/alt legs	24			4*20 reps Dumbells Hold onto Db's. Lift one leg, then alternate.
10	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
11	Sit-up, feet hooked in	21			4*20 reps Exercise matt Hook feet in, place hands behind ears.



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Day 2

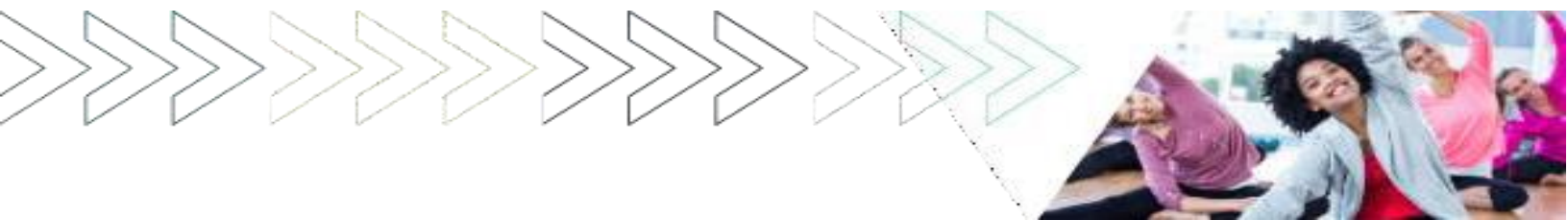
	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Lower & Upper Back Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel backwards.
2	Glute Stretch	114			3*15 sec hold Exercise matt Ankle over opposite knee. Pull leg towards.
3	Upright Cycle	94			6-8 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.
4	One Legged Squat	42			4*10L/10R Bench or chair Squat down so both knees bend at 90°.
5	Walking Lunges	41			4*20 steps Open floor Step forward. Bend knees 90°. Repeat.
6	Ball Squats	37			3*15 reps Exercise ball and wall Ball against back, roll down until legs are 90°.
7	Standing calf raises	170			4*20 reps Step or bench Drop heels and lift up with toes.
8	Superman, all fours	33			4*20 reps Exercise matt Lift left arm, right leg then alternate
9	Push-up/ball roll-ins	35			4*10 reps Exercise matt and ball Place ball under shins, roll ball in bending knees.
10	Chinnies	26			4*30 reps Exercise matt Like cycling. Bring opposite arm to opposite knee.



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Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Hamstring stretch w. towel / theraband	109			3*15 sec hold Exercise matt and strap/towel Towel over foot. Pull leg.
2	Standing Side Stretch	215			3*15 sec Space Lean to the side lifting one arm up to the side and stretch
3	Upright Cycle	94			6-8 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.
4	Tricep dips on 2 benches	57			3*12 reps Two benches Feet on bench .Dip down,bending elbows 90°.
5	Barbell Bicep Curl	224			3*12 reps Barbell Palms facing forward. Lift the weights.
6	Seated DB shoulder press	64			3*12 reps Weights, chair or bench Make sure your back is flat and well supported. Weights shoulder height. Extend arms and push weights up.
7	DB lateral raises	62			4*10 reps Dumbbells Lift weights to shoulder height.
8	Pushup/DB/alt legs	24			4*10 reps Dumbbells Hold onto Db's.Lift one leg, then alternate.
9	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
10	Sit-up, feet hooked in	21			4*20 reps Exercise matt Hook feet in, place hands behind ears.



Muscle Building Exercise Program Home - Level 3 - M

Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Doorway stretch	119			3*15 sec hold Exercise matt Place both elbows onto doorframe. Lean forward. Protect back.
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			6-8 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally you'd want to keep the rpms at 90-100.
4	One legged squat	42			4*10L/10R Exercise matt Squat down so both knees bend at 90°.
5	Walking Lunges	41			4*20 reps Open floor Step forward. Bend knees 90°. Repeat.
6	Ball squats	37			3*15 reps Exercise ball and wall Ball against back, roll down untill legs are 90°.
7	Calf raises	170			4*20 reps Step and wall Drop heels and lift up with toes.
8	Superman, all fours	33			4*20 reps Exercise matt Lift left arm ,right leg then alternate
9	Push-up/ball roll-ins	35			4*10 reps Exercise matt and ball Place ball under shins, roll ball in bending knees.
10	Chinnies	26			4*30 reps Exercise matt Like cycling. Bring opposite arm to opposite knee.

