

Workout #1

Exercise	Reps	Sets	Rest
Warmup	10min		
Dynamic Stretching		3	1:00
Bench Press	10-12		
Side Bends	10/side	3	1:00
Glute Bridge	10	3	1:00
Lateral-Frontal Raises	10	3	1:00
Internal Shoulder Rotation	10/side	3	Superset
External Shoulder Rotation	10/side		
Back Extensions	15	3	Superset
Crossover Crunches	20/side		
Cool Down and Static Stretching			

Workout #2

Exercise	Reps	Sets	Rest
Rowing Machine	5-10min	1	
Dynamic Stretching			
Back Squats	10-12 reps	4	1:30
Deadlifts	10-12 reps	4	1:30
Calf Raises	10-12 reps	4	1:00
Plank	2:00	2	1:00
Cool Down and Static Stretching			

Workout #3

Exercise	Reps	Sets	Rest
Cardio Warmup	10min		
Dynamic Stretching			
Bench Press	10	5	1:30
Bent over rows	10	5	1:30
Seated Shoulder Press	10	5	1:30
Lat Pulldowns	10	5	1:30
Cool Down and Static Stretching			