

Daily Exercise Chart

Week No. 1

Date 3/9/2015

Length of Workouts 45 minutes

Exercises	Workout 1					Workout 2					Workout 3				
	TR	R1	R2	R3	Rest	TR	R1	R2	R3	Rest	TR	R1	R2	R3	Rest
Narrow grip push ups	10	15	13	11	1 m										
Bench Dips	8	14	11	9	1 m										
Diamond push ups	10	13	11	10	1 m										
Wall push ups	15	18	15	15	1 m										
Pull ups						8	12	10	11	1 m					
Inverted rows						12	15	14	12	1 m					
Supermans						7	10	8	7	1 m					
Chin Ups						12	16	14	13	1 m					
Squats											30	37	34	31	2 m
Lunges											20	29	27	23	2 m
Pike Push ups											10	13	12	11	1 m
Wide Grip Push Ups											15	17	17	16	1 m

