

5 day Gym Workout

Monday

WARM UP 5 MINUTES, STRETCH, BIKE, STRETCH

Tuesday

TREADMILL 5 MINUTES, STRETCH, CHEST PRESS, LAT PULLDOWNS, LEG EXTENSIONS, SHOULDER PRESS, INNER AND OUTER THIGH, AB, LEG CURL, TRICEP EXT., BICEP CURL, LOWER BACK, STRETCH

Wednesday

WARM UP 5 MINUTES, STRETCH, TREADMILL, STRETCH

Thursday

TREADMILL 5 MINUTES, STRETCH, CHEST PRESS, LAT PULLDOWNS, LEG EXTENSIONS, SHOULDER PRESS, INNER AND OUTER THIGH, AB, LEG CURL, TRICEP EXT., BICEP CURL, LOWER BACK, STRETCH

Friday

WARM UP 5 MINUTES, STRETCH, BIKE, STRETCH