

MUSCLE TIME FITNESS

8 WEEKS WORKOUT

WORKOUT TIPS: - For Better Result

- o Start slowly.
- o Do not exercise for more than one and half-hour at a time.
- o Wear the right shoes and clothes.
- o Stretch before and after exercise.
- o Do not exercise on a heavy stomach.
- o Train each muscle group 2-3 non-consecutive days a week.
- o for beginners, do one set of 8-16 reps of each exercise to fatigue. More advanced exercisers can do 3-4 sets.
- o Consistency is the key to success in any exercise program
- o If your goal is to increase your muscular endurance, you should use lighter weights and perform 10 to 12 repetitions.
- o If your goal is to increase your muscular strength, you should use heavier weights and perform five to eight repetitions.
- o Begin today. You will benefit, regardless of fitness level, age and weight.

Day 1/4 UPPER BODY

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-up 3x10-15
Chin up - Normal
Skipping OR free jump 3x15-20
Shoulder press. 2x20
Chest press. 2x20
Bent over rows. 2x20
Alternate Dumbbells press 2x20
Kick back triceps. 2x20

Day 2 / 5 LOWER BODY

Warm each body joints

Move joint clock and anti-clock

Free Squats 2x20
Sumo Squats 2x20
Straight Leg Deadlifts 2x20
Free Lunges 2x20

Day 3 / 6 CARDIO

Warm each body joints

Move joint clock and anti-clock

20-30 min cardio
Treadmill - 8-10 minutes
Cycling - 5-8 minutes
Cross trainer- 5-8 minutes
OR
Floggers Jumping Lunges 2x20
Burpees 2x20
Skipping 2x20

SUNDAY REST DAY