

Muscle Time Fitness

[Workout 1 40 days plan]

- o Start slowly.
- o Do not exercise for more than one and half hours 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.

First Day Week Body WORKOUT (BEGINNERS)

Day 1 Free Body workout <u>Warm each body joints</u> Move joint clock and anti-clock Push-ups OR knee Push-up 3x10-15 Free Squats 2x20 Skipping OR free jump 3x15-20 Standing Twists 20 seconds Stretch muscles Day 2 Free Body workout <u>Warm each body joints</u> Move joint clock and anti-clock Push-ups OR knee Push-up. 3x10-15 Free Squats 2x20 Cardio Treadmill - Normal walk 5/8 minutes Cycle - Normal pain-del run 5/8 minutes Skipping OR free jump 3x15-20 20 seconds Stretch muscles Day 3 Free Body workout <u>Warm each body joints</u> Move joint clock and anti-clock Push-ups OR knee Push-up 3x10-15 Free Squats 2x20 Chin up - Normal Skipping OR free jump 3x15-20 Dumbbells Chest machine 2x20 One Arms Dumbbells 2x20 Latpull-down 2x20 Dumbbells Shrug 2x20 20 seconds Stretch muscles	Day 4 Free BODY workout <u>Warm each body joints</u> Move joint clock and anti-clock Cardio workout walk outside or on the treadmill 10/15 minutes Cycle Run - Normal. 8/10 minutes Cross trainer - Normal. 8/10 minutes Skipping - Normal 3x25 Step up - Normal. 3x25 Twister machine. 3x25 20 seconds Stretch muscles Day 5 Free Body Workout <u>Warm each body joints</u> Move joint clock and anti-clock Push-ups OR knee Push-up 3x10-15 Free Squats 2x20 Free Lunges 2x20 Leg Press machine 2x20 Squats Hold - 30/60 sec 20 seconds Stretch muscles DAY 6. Body Workout <u>Warm each body joints</u> Move joint clock and anti-clock Push-ups OR knee Push-up 3x10-15 Free Squats 2x20 Chin up - Normal Skipping OR free jump 3x15-20 Dumbbells Chest machine 2x20 One Arms Dumbbells 2x20 Lat pull-down 2x20 Dumbbells Shrug 2x20 20 seconds Stretch muscles Choose the day as per you like for groups exercise any middle day ZUMBA, YOGA, ABS, CROSS FIT BATCH Sunday Rest Day
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4 WEEKS WORKOUT

WORKOUT TIPS: - For Better Results

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Day 1/4 UPPER BODY

Warm each body joint

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**