

Super Set Workout

Leg Extension... 12 } 5 cycles (90 sec -2 min sec rest between sets)
BB Squats..... 10 }

Weighted crunches 2 x 15reps

Leg Press..... 12 } 6 cycles (90 sec rest between sets)
Hamstring curls... 12 }

Weighted crunches 2 x 15reps

Lateral raises..12 } 5 cycles (90 sec rest between sets)
Db press..... 12 }

Weighted crunches 2 x 15reps

Bent raises.. 12 } 5 cycles (90 sec rest between sets)
Db Press..... 12 }



Weighted crunches 2 x 15reps

Bench press..... 10-12 } 7 cycles (90 sec -2 min sec rest between
Negative pushups.. 4 }

Weighted crunches 2 x 15reps