

Push day

EXERCISE	SETS	REPS
PUSH UPS	3	Near Failure
WIDE PUSH UPS	3	25
DIAMOND PUSH UPS	3	25
PIKE PUSH UPS	3	20
DIPS	3	25

Pull Day

EXERCISE	SETS	REPS
PULL UPS	3	8-12
CHIN UPS	3	8-12
HORIZONTAL PULL UPS	3	8-12
HORIZONTAL CHIN UPS	3	8-12
FRONT LEVER TRUCK	3	To failure

Leg day

Exercise	Sets	Reps
Squats	3	30-50
Single leg squats	3	8-12
Calf raises	3	50
Sit Ups	3	15
Leg raises	3	12
Russian twist	3	26
Plank	1	1M
Side plank	1	30Sec
Run	1	5-10 KM