

### 30 Min Training Program (Body Weight Workout)

Name of Client	
Name of the Instructor/Trainer	Gromiko
	<b>Program start date</b>

<b>Suggestions</b>
<b>Warm-Up:</b> 1 to 2 mins prior to exercising
<b>Suggestions</b>
<b>Super-Set:</b> Perform the exercises according to its letter before resting.

Ex. Perform (A1 & A2) before resting That is considered 1 set.
<b>Circuit:</b> Perform the exercise to its letter before resting
Ex. Perform (A1, A2 & A3) before resting That is considered 1 set.

Upper Body Day						
Exercises	Sets	Reps	Rest	Super-Set	Duration	
Regular Push- Ups or Modified Push Ups (Knee Push-Ups)	2	10 to 12	1 to 1:30 mins	A1	1 month	
Chair Dips	2	10 to 12	1 to 1:30 mins	A2	1 month	
Overhead Shoulder Press (grab something heavy from your home)	2	10 to 12	1 to 1:30 mins	B1	1 month	
Plank Hold (30 sec hold)	2	None	1 to 1:30 mins	B2	1 month	
Wide Stance Push- Ups or Modified Wide Stance	2	10 to 12	1 to 1:30 mins	C1	1 month	
Mountain Climbers (slow tempo)	2	10 to 12	1 to 1:30 mins	C2	1 month	

Lower Body Day						
Exercises	Sets	Reps	Rest	Super-Set	Duration	
Body- Weight Squats	2	10 to 12	1 to 1:30 mins	A1	1 month	
Knee Raises (10 to 12 each leg)	2	10 to 12	1 to 1:30 mins	A2	1 month	
Stationary Lunges (10 to 12 each leg)	2	10 to 12	1 to 1:30 mins	B1	1 month	
Glute Bridges	2	10 to 12	1 to 1:30 mins	B2	1 month	
Clam Shells	2	10 to 12	1 to 1:30 mins	C1	1 month	
Sit Ups	2	10 to 12	1 to 1:30 mins	C2	1 month	

Full Body						
Exercises	Sets	Reps	Rest	Circuit	Duration	
Jumping Jacks (do it between 30 to 45 sec) before resting	2	None	1 to 1:30 mins	A1	1 month	
Wall Sits (hold between 15 to 30 sec)	2	None	1 to 1:30 mins	A2	1 month	
Jump Squats	2	10 to 12	1 to 1:30 mins	A3	1 month	
Air Punches (do it between 30 to 45 sec) before resting	2	None	1 to 1:30 mins	B1	1 month	
Single Leg Glute Bridges (10 to 12 each leg)	2	10 to 12	1 to 1:30 mins	B2	1 month	
Push Ups or Modified Push Ups (Knee Push Ups)	2	10 to 12	1 to 1:30 mins	B3	1 month	