

*P.H.A (Peripheral Heart Action)*

*Leg Extensions: 20 Reps*

*SS*

*Overhead Weighted Crunches: 20 Reps*

*SS*

*DB Flat Press: 20 Reps*

*SS*

*Overhead DB Press: 20 Reps*

*3 Rounds total: no rest continue each set till all rounds are completed*

*Incline DB Press: 30 Reps*

*SS*

*Feet Elevated BB Squats 30 Reps*

*SS*

*Alternating DB Curls 30 Reps*

*SS*

*Push-Ups 30 Reps*

*SS*

*Overhead DB Extensions 30 Reps*

*3 Round total: no rest continue each set till all rounds are completed*

*Leg Press 25 reps*

*SS*

*Front BB Raises 25 reps*

*SS*

*Wide Lat Pulls 25 reps*

*SS*

*BB Back Squats 25 reps*

*SS*

*Close Grip Cable Rows 25 reps*

*3 Rounds total: no rest continue each set till all rounds are completed*