**DAY 1 – EXERCISES YOU MAY NOT KNOW!**

SINGLE LEG DEADFLIFT SINGLE LEG SQUAT

1 LEG CABLE ROWS STEP UPS (USE 1 DUMBELL AND HOLD ABOVE HEAD)

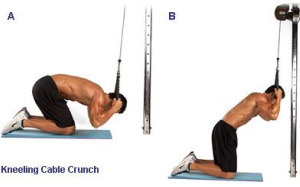
 

BENT OVER BARBELL ROW SIDE PLANK



PUSH PRESS

**DAY 2 – EXERCISES YOU MAY NOT KNOW!**

ROPE CRUNCH CABLE TWISTS

ROMAN CHAIR BICYCLE CRUNCHES

WALKING LUNGES(ONE DUMBELL) TYRE FLIPS



BATTLE ROPES