



Warm Up with 10-20 min cardio

UPPER BODY GYM WORKOUT

REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

12 x seated row
12 x dumbbell bench press
12 x lat pull down (bar in front of body)
12 x seated fly machine

REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

10 x shoulder press
10 x bicep curl (squeeze at the top)
10 x tricep dip
6 - 10 pushups

ABS - REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

12 double leg lifts (keep lower back on the ground)
12 single leg lifts (keep lower back on the ground)

30 second plank

5-10 minutes stretching and water

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LOWER BODY GYM WORKOUT

Warm Up with 10-20 min cardio

REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

- 12 x goblet squat
- 12 x single leg squat (weights optional)
- 12 x barbell straight leg dead lift

REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

- 12 x leg extension
- 12 x lying leg curl

ABS - REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

- 12 x supported bridge lift
- 12 alternate side crunch
- 12 x upper body sit up
- 12 x superman (lying on tummy)

5-10 minutes stretching and water





FULL BODY GYM WORKOUT

Warm Up with 10-20 min cardio

LEGS - REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

20 x weighted squats

20 x weighted walking lunges (or stationary)

zoom incline treadmill as fast as possible

UPPER BODY - REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

15 Bicep curl to shoulder press

15 Push Ups (Hold in your core)

zoom rower sprint

ABS - REPEAT 3 TIMES REST 30 SECS BETWEEN SETS

15 Full sit ups

30 bicycle crunches

30 seconds mountain climbers

5-10 minutes stretching and water

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