
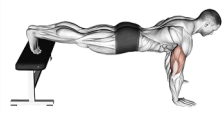





BODYWEIGHT WORKOUT PLAN / DAY 1

DAY 1	SETS-REPS	EXERCISES	TARGET
Push-up	2 x 10		Chest Arms Traps
Decline Push-up	2 x 10		Upper Chest Front Delt Arms
Dips	3 x 10		Chest Front Delt Arms
Pike Push-up	2 x 10		Deltoid Upper Chest Traps
Knee Raise	3 x 15		Abs