






DECEMBER 9, 2022 / UNCATEGORIZED

BODYWEIGHT WORKOUT PLAN / DAY 3

DAY 3	SETS-REPS	EXERCISES	TARGET
Hill Sprints	4 x 50 mt		Sprint
Squat	3 x 15		Quadriceps Hamstring Glutes
Lunge	3 x 15		Quadriceps Hamstring Glutes
Pike Push-up	3 x 10		Abs
Plank	2 x 20 sec		Core