

Strength Drop Sets

SR	Exercise Name			
1	Chest Press	3 KG	4 KG	5 KG
2	Leg Extension	5 KG	7.5 KG	10 KG
3	Squats	4 KG	6 KG	10 KG
4	Biceps Curl	3 KG	5 KG	5 KG
5	D/B Triceps	4 KG	6 KG	6 KG
6	Back side Lat Pull Down	30 KG	40 KG	45 KG
7	Rowing machine	30 KG	40 KG	45 KG
8	Side's	10 KG	10 KG	10 KG
9	Sumo Squats	10 KG	12.5 KG	15 KG
10	Front Raise	2 KG	3 KG	3 KG
11	Hammer Biceps	3 KG	3 KG	3 KG
12	Knee PushUp's Only	0 KG	0 KG	0 KG
13	Planks with Weights	5 KG	5 KG	5 KG
14	Support Legs with Pillar and do crunches	3 KG	3 KG	3 KG
15	Squats Side walk	4 KG	4 KG	4 KG
16				
17				
18				

Rules

Members ko 6 Round Tabata ke karane hai

Har set me weight change karna hai

Tabata song ke sath har exercise ko alternate karna hai

Thodi si intesity badhane ke liye weight hands me le sakte hai

workout ke beech me 2 Min ka gap rahega

Note:- Trainer apne hisab koi bhi exercise add kar sakte hai