

Sonia D'Souza

WEEK 1

MONDAY ABS & LEGS

Every accomplishment starts with the decision... to try!



BRIDGE



20 REPS SLOW
20 REPS FAST

AB BIKES



20 REPS

PLANK



3 REPS / 20 SEC
(20SEC REST BTW EACH)

CIRCUIT 1 - TOTAL : 10MIN

SIT UPS



20 REPS

AB BIKES



20 REPS

SUMO SQUAT



20 REPS

CIRCUIT 2 - TOTAL : 10MIN

SINGLE LEG HIP RAISE



20 REPS BY LEG

SQUAT



40 REPS

PLANCHE



4 REPS / 20 SEC
(20SEC REST BTW EACH)

CIRCUIT 3 - TOTAL : 10MIN

TOP BODY CHALLENGE

Training Program

GET YOUR TOP BODY IN LESS THAN 12 WEEKS

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Wenbin Ji



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