



PERIPHERAL HEART ACTION ROGRAM

EXERCISE	SETS	REP/TIME	REST
WARM UP : DYNOMIC STRECHES HIP, ANKLE WAIST MOBILITY	1	10 SECONDS EACH	N/A
WARM UP : ON THE SPOT JOB	2	50 SECONDS	10 SECONDS
WARM UP: FINGER TO TOE TAP (L-R)	2	12	10 SECONDS
MAIN WORK OUT	MAIN WORK OUT	MAIN WORK OUT	MAIN WORKOUT
DB STANDING SHOULDER PRESS	1	12-25	UPPER BODY PUSH
DB SQUATS	1	12-25	LOWER BODY
DB REAR DELT FLY	1	12-25	UPPER BODY PULL
HIGH KNEE JOG	1	12-25	CARDIO
REST 2-3 MINUTES	REST 2-3 MINUTES	REST 2-3 MINUTES	REST 2 -3 MINUTES
DB STANDING SHOULDER PRESS	1	12-25	UPPER BODY PUSH
DB SQUATS	1	12-25	LOWER BODY
DB REAR DELT FLYER	1	12-25	UPPER BODY PULL
HIGH KNEE JOG	1	12-25	CARDIO
REST 2-3 MINUTES	REST 2-3 MINUTES	REST 2-3 MINUTES	REST 2-3 MINUTES