

45 Minute Workout

DAY 1-- UPPER BODY

Run for 3 minutes		
Bench Press (with Dumbbells)	1x8	3x10
Regular Fly	1x8	3x10
Hammer Curls	1x8	3x10
Skull Crushers	1x8	3x10
Pull Backs	1x8	3x10

DAY 2-- LEGS

Run for 3 minutes		
Air Squats	1x8	3x10
Leg Curls	1x8	3x10
Lunges	1x8	3x10
Roman Dead Lifts	1x8	3x10

DAY 3-- CORE

Run for 3 minutes		
Full Sit-ups	1x8	3x10
Supermans	1x8sec	3x10sec
Russian Twists	1x8	3x10
Trunk Twists	1x8	3x10

DAY 4-- REST DAY

REPEAT