

# BODYLINES NATURAL GYM

HIGH INTENSITY ONE HOUR WORKOUT [3 x per week]

Keep the weights light but taxing & work for thirty seconds non-stop on each exercise & maintain good form throughout.

**5 mins warm up : Bike, Rower, 2 x lap of the block , skipping .ETC**

- **Chest / Back {superset} x 4 - DAY 1: Bench press / Lat pull downs**  
**DAY 2: Incline press / Bent over rows**  
**DAY 3: Flat flyes / low pulley rows**
  
- **Leg / Shoulders x 4 - DAY 1: Clean & Press**  
**DAY 2: Jump lunges / side lateral raise**  
**DAY 3: Squats / upright rows**
  
- **Biceps / triceps x 4 - DAY 1 : Strict Barbell curl / Bench dips**  
**DAY 2 : Seated Dumbell Curl / Close grip bench**  
**DAY 3 : Under arm pulldowns / Tricep push downs**
  
- **Core / Abs x 4 - DAY 1 : [wrist to knee] sit ups / Hyperextensions**  
**DAY 2 : Hanging leg raise / Dorsal raise**  
**DAY 3 : Wheel / Plank**

**IF YOU FEEL LIKE YOU HAVE PLENTY OF ENERGY LEFT DO FOUR GOOD HILL SPRINTS**

**YOU ARE DONE!**