

7 for 7

Session 1

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Squats	Full	2	12	30	
2	Lateral Raises	Full	2	8	20	
3	DB Arm Curls	Full	2	10	20	
4	DB Front Raises	1 DB	2	8	20	
5	Twists	1 DB	2	12	10	

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Session 2

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Mini Lunges	Full	2	6/6	30	
2	Push Ups	Body	2	8	20	
3	Running Arms	Full	2	30 secs	20	
4	Bicep Curls/ Shoulder Press	Full	2	8	20	
5	Sit up/ Shoulder Press	1 DB	2	10	20	

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Session 3

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Squat/ Shoulder Press	Full	2	8	30	
2	Shrugs	Full	2	16	20	
3	Kneeling Alt Shoulder Press	Full	2	16	20	
4	Climber Push Ups	Body	2	12	20	
5	DB Kickbacks	Full	2	10	20	

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Session 4

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Back Arches/ Down Dog	Body	2	6	30	
2	Supine Climbers	1 DB	2	8	20	
3	Alt Upright Row	Full	2	12	20	
4	Prone Single rows	Full	2	12	20	
5	Bent over side rows	Full	2	10	5	

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Session 5

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Single Leg Dead Lift	Full	2	6	30	
2	Narrow Push ups	Body	2	10	20	
3	Shoulder Press L/R	1 DB	2	6/6	20	
4	Overhead Tricep Press	1 DB	2	10	20	
5	Rollers	Wheel	3	8	20	

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Session 6

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Planks	Body	2	30 secs	10	
2	Alt Arm Curls	Full	2	14	20	
3	Front raises	1 DB	2	8	20	
4	Alt Back arches/ Push Ups	Body	2	8/8	20	
5	Seated DB Rows	1 DB	2	12	20	

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Session 7

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Push Ups/ Shoulder Press	Body	2	6	10	
2	Alt Lat Raises	Full	2	12	20	
3	Supine DB Flyes	Full	2	8	15	
4	Supine Alt Hip ext	DB/ Body	2	12	20	
5	Rollers	Wheel	2	8	20	

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Session 8

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Goblet Squat	1 DB	2	8	10	
2	V Crunches	Full	2	12	20	
3	Back Arches	Body	2	10	10	
4	Side Steps/ Shoulder Press	Full	2	12	20	
5	Upright Row	Full	2	8	20	

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Session 9

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Lawn Mowers	1 DB	2	8/8	10	
2	Rollers	Wheel	2	10	20	
3	Clean n Jerk	Full	2	10	10	
4	Side Dips	Body	2	8/8	10	
5	Running Arms	Full	2	45 secs	20	

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Session 10

#	Exercise	Load	Sets	Reps	Rest	Demo
1	Push Up Alt Wings	Body	2	1/1/1 x 3	10	
2	Overhead Front raises	1 DB	2	10	20	
3	Rollers	Wheel	2	10	10	
4	Twist/ DB	1 DB	2	16	10	
5	Bicep Curls/ Shoulder Press	Full	2	10	20	