



7 DAY Exercise Planner

by Selasi Berdie

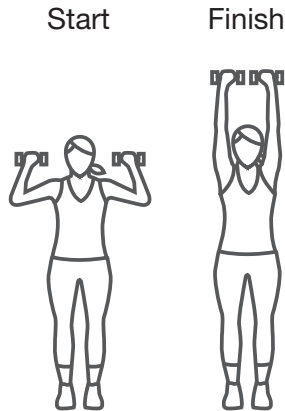
Light weights



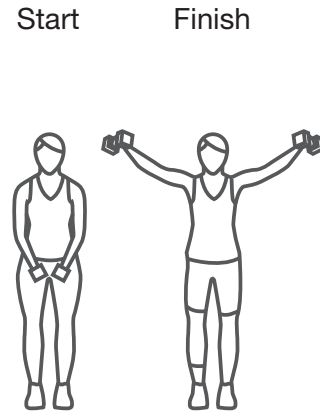
What you need: Suitable exercise space and light weight dumbbells. If you don't have dumbbells just grab some cans out of the pantry.

Explanation: Think lifting weights is only for body builders? Think again. Research has shown that lifting weights increases your Basal Metabolic rate more than straight cardio exercise helping you with the fat burning process, not to mention it helps give you a lean toned physique.

Shoulder Press



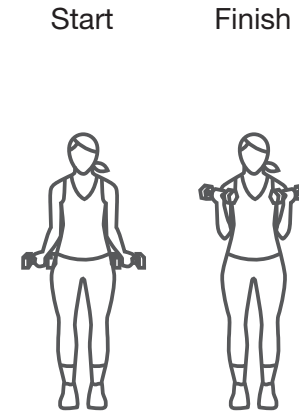
Side Raise



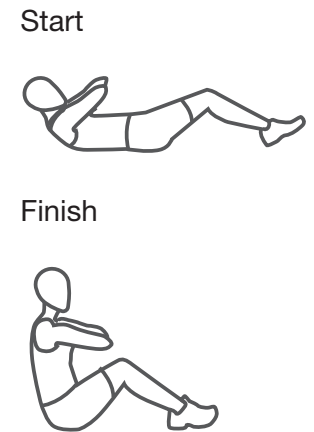
Squat Jumps



Bicep Curls



Crunches



Beginner

20 REPS Dumbbell shoulder press

20 REPS Dumbbell Side raise

15 REPS Squat Jumps

20 REPS Dumbbell Bicep curls (15 reps each arm)

30 REPS Crunches

Intermediate

15 REPS x 2 Dumbbell shoulder press

15 REPS x 2 Dumbbell Side raise

15 REPS x 2 Squat Jumps

20 REPS x 2 Dumbbell Bicep curls (20 reps each arm)

20 REPS x 2 Crunches

Advanced

15 REPS x 3 Dumbbell shoulder press

15 REPS x 3 Dumbbell Side raise

15 REPS x 3 Squat Jumps

20 REPS x 3 Dumbbell Bicep curls (15 reps each arm)

20 REPS x 3 Crunches