

6 Month Pre-Wedding: HOME or GYM

Dumbbell Squat to Press	3 Sets	10 reps
Bicycles	3 Sets	10 each leg
Jumping Jacks	3 Sets	30 seconds
Dumbbell Lunge Curl	3 Sets	7 each leg
Russian Twist	3 Sets	10 reps
Butt Kicks	3 Sets	30 seconds
Dumbbell Still Leg Dead Lift	3 Sets	15 reps
Dumbbell Row	3 Sets	12 reps
Burpee	3 Sets	30 seconds
Dumbbell Side Lunge	3 Sets	10 each leg
Dumbbell Lateral Raise	3 Sets	10 reps
Mountain Climber	3 Sets	30 seconds

REST INTERVAL 30 SECONDS

3 Month Pre-Wedding: HOME or GYM

Floor Dumbbell Chest Press	3 Sets	12 reps
Plank Shoulder Tap	3 Sets	8 each arm
Laying Hip Raises	3 Sets	15 reps
Dumbbell Single Leg Stiff Leg Deadlift	3 Sets	10 each leg
Dumbbell One Arm Press	3 Sets	10 reps
Sit Ups	3 Sets	10 reps
Dumbbell Tricep Kickback	3 Sets	10 each
Dumbbell Sumo Squat	3 Sets	15 reps
Supermans	3 Sets	12 reps
Jumping Jacks	2 Sets	1 minute
Air Jump Rope	2 Sets	1 minute

REST INTERVAL 30 SECONDS

1 Week Pre-Wedding: CARDIO

TREADMILL - 35 MINUTES

WARM UP FOR 5 MINUTES AT A SPEED 3.0 INCLINE 2

WALK 3 MINUTES PACE 3.5-3.9, INCLINE 6

WALK 2 MINUTES PACE 3.2 INCLINE 6

REPEAT UNTIL REACH 35 MINUTES