

# TRANSFORMATION-30

## MALE & FEMALE WORKOUT

DESIGNED & CREATED BY GURU MANN

### WORKOUT PLAN

## WORKOUT SPLIT

MONDAY	UPPER BODY BLASTER
TUESDAY	LOWER BODY BLASTER
WEDNESDAY	AB BLASTER
THURSDAY	UPPER BODY BLASTER
FRIDAY	LOWER BODY BLASTER
SATURDAY	AB BLASTER
SUNDAY	OFF

### UPPER BODY BLASTER

1	Wide Pushups	10reps
2	Stretch Walk	10reps
3	Close Pushups	10reps
4	Shoulder Pushups	10reps
5	Hindu Stretches	10reps

**Rounds: 5-8 & Rest: 1min**

**NOTE: No rest in-between the 5 exercises**

### LOWER BODY BLASTER

1	Wide Jump Squats	10reps
2	Mountain Climber	10reps
3	Back Lunge	10reps
4	Split Lunge	10reps
5	Diagonal Calf raises	10reps

**Rounds: 5-8 & Rest: 1min**

**NOTE: No rest in-between the 5 exercises**

### ABS BLASTER

1	Cat Cow stretch	10reps
2	Sit Ups	10reps
3	Knee Raises	10reps
4	Oblique Crunches	10reps
5	Planks	30sec hold

**Rounds: 5-8 & Rest: 1min**

**NOTE: No rest in-between the 5 exercises**

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ISSA/ASFA/NASM/ACE Level-III CERTIFIED | Biomechanics & Kinesiology – Human Kinetic

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