

PINK WOMEN FITNESS

ABSTRACT

Welcome to Pink Fitness - India's largest & most comprehensive all-women fitness studio chain. Customised and scientific fitness plans. Nutritionists and personal trainers who can truly guide and motivate you. Visit the internationally styled Pink Fitness Centre to begin a rewarding journey towards healthy living. Getting into shape is possibly the most significant commitment you are making to improve the quality of your life. You own it to yourself. While it may be hard to believe now, a month or so into Pink Programme, and you will find you have completely adjusted to a better way of living. Crash diets, and too-good-to-be-true weight loss plans are best avoided. Beware schemes that encourage you to pay per kilo lost, because they never pay you back for every kilo you gain. There are no short cuts. Eat right. Sleep right. Stop thinking about exercise, and start exercising. Our expert counsellors at Pink Fitness set targets focused on fat loss as well as flexibility, strength and stamina. We will guide and motivate you through customized nutrition and exercise plans.

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WORKOUT

Complete three sets of each exercise (with reps for each noted below), resting for 30 seconds between each set. After finishing all three sets, move to the next exercise. Try to increase the weight you use for each set.

1 DEADLIFT

Do 15 reps, then 12, then 10



2 REVERSE GRIP PULL DOWN

Do 15 reps, then 12, then 10



3 DUMBBELL HAMMER CURL

Do 15 reps, then 12, then 10



4 SEATED CHEST FLY

Do 15 reps, then 12, then 10



5 DUMBBELL BENT ARM SIDE RAISE

Do 15 reps, then 12, then 10



6 STRAIGHT BAR CABLE PRESSDOWN

Do 15 reps, then 12, then 10



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