

Welcome to Fit By Design Bali and here are some workouts for you to start your journey.

Day One



Warm Up :

3 rounds of
5 each side shoulder rotation backward and forward
5 each side lunges
30 second wall sit

Work :

4 rounds of :
5 each arm seated dumbbell press
6 each leg step up
6 elevated push up

Intensity :

3 rounds of 3 min:
20 Mountain climbers
10 bicycle crunch
10 sit up
20 jumping squat

*Rest remaining time of 3 min

Day Two



Warm Up

3 rounds :
6 each leg swings (hold on the wall)
8 air squat (control)

30 second plank

Work

4 rounds :

6 each single arm KB deadlift

8 each side KB or DB row

20 meter KB or DB over head walk

Intensity

30-20-10

KB swing

Shoulder taps

Note :

KB is Kettlebell

DB is Dumbbell

Day Three



Warm Up

3 rounds
100 m run
10 plank jack

Rest 30 second each round

Work

4 rounds

5 reps 1 ¼ weighted squat
10 -12 glute bridges
1 min plank hold

AMRAP 6

6 Ground to Overhead
8 sit up