

GOGETFIT

— THE RIGHT WAY —

MY WORKOUT PLAN

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Workout Type: Home Workout (Men)

Workout Equipment: Pair of Dumbbell

Workout Plan: 6 Days Workout Plan

Let's Begin This & GOGETFIT

Disclaimer - This video has not been made by a doctor or medical professional. This content is not a medical advice or a personalized treatment plan and is intended for general education and demonstration purpose only. Perform the moves in the content at your own risk.

DAY 1: CHEST + TRICEPS + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. High Knees



YouTube Link: <https://youtu.be/86jGUOLM85w>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WARMUP

4. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

WEIGHT TRAINING (CHEST + TRICEPS)

1. Dumbbell Floor Press



YouTube Link: <https://youtu.be/kGwsmzBAPk4>

Number of Sets	Number of Repetition / Duration
4	12 to 15

2. Floor Plate/Pinch Press



YouTube Link: <https://youtu.be/vguOwVuSo3g>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + TRICEPS)

3. Incline Push Ups



YouTube Link: <https://youtu.be/STYbfucUyUc>

Number of Sets	Number of Repetition / Duration
4	10 to 15

4. Dumbbell floor pullover



YouTube Link: <https://youtu.be/MdsxJ1Zrpaw>

Number of Sets	Number of Repetition / Duration
4	12 to 15

5. Lying dumbbell triceps press



YouTube Link: <https://youtu.be/ZW13gbX3hOM>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + TRICEPS)

6. Standing Overhead dumbbell Triceps Extension



YouTube Link: <https://youtu.be/d3VN9-JaQHk>

Number of Sets	Number of Repetition / Duration
4	12 to 15

7. Lying Dumbbell Floor Triceps Extension



YouTube Link: https://youtu.be/n9_JaCSzZq8

Number of Sets	Number of Repetition / Duration
4	12 to 15

8. Triceps Bench Dips



YouTube Link: <https://youtu.be/IYw9po4e-bo>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

1. Crunches



YouTube Link: <https://youtu.be/AKbG60OSbko>

Number of Sets	Number of Repetition / Duration
3	15 to 25

2. Floor Knee Raises



YouTube Link: <https://youtu.be/F5yjrEQ6kKc>

Number of Sets	Number of Repetition / Duration
3	10 to 20

3. Heel Touch



YouTube Link: https://youtu.be/b_35QzYDYW8

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

4. Flutter kicks



YouTube Link: <https://youtu.be/RAI4BMw7HME>

Number of Sets	Number of Repetition / Duration
3	15 to 25

5. Glute Bridge



YouTube Link: <https://youtu.be/Dze5jRGBXHI>

Number of Sets	Number of Repetition / Duration
3	15 to 25

6. Alternate Superman (Swimmer)



YouTube Link: <https://youtu.be/vVDv69c6deA>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 2: BACK + BICEPS + CARDIO

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. High Knees



YouTube Link: <https://youtu.be/86jGUOLM85w>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WARMUP

4. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

WEIGHT TRAINING (BACK + BICEPS)

1. Reverse/curl Grip Bent Over Rows



YouTube Link: https://youtu.be/KNt0l8d_nFO

Number of Sets	Number of Repetition / Duration
4	12 to 15

2. Neutral Grip Dumbbell Bent Over Rows



YouTube Link: <https://youtu.be/wCBZ9nVK7Dk>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

3. Dumbbell Bent Over Delt Flies



YouTube Link: <https://youtu.be/7pK1TDpMDdc>

Number of Sets	Number of Repetition / Duration
4	12 to 18

4. Seated bent over lateral raises



YouTube Link: https://youtu.be/h77k_Ei_mwA

Number of Sets	Number of Repetition / Duration
4	12 to 15

5. Dumbbell Shrugs



YouTube Link: https://youtu.be/d0Ne_22afLE

Number of Sets	Number of Repetition / Duration
4	12 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

6. Standing Alternate Biceps Curl



YouTube Link: <https://youtu.be/VREFnbZdbe0>

Number of Sets	Number of Repetition / Duration
4	8 to 12

7. Dumbbell Plate Curl



YouTube Link: <https://youtu.be/acXi9vZY1uw>

Number of Sets	Number of Repetition / Duration
4	8 to 12

8. Dumbbell Concentration curls (Perform both arm in turn)



YouTube Link: <https://youtu.be/NTa1eIPaPL0>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

9. Standing Alternate Hammer Curl



YouTube Link: <https://youtu.be/593puucjFtk>

Number of Sets	Number of Repetition / Duration
4	12 to 15

CARDIO

1. Outdoor walk+run

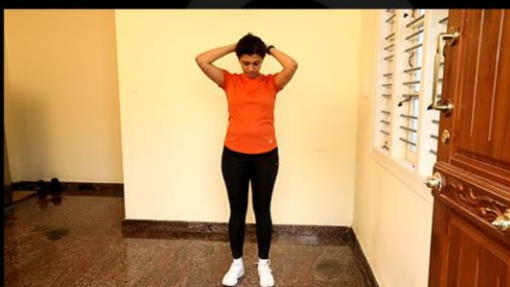


YouTube Link:

Number of Sets	Number of Repetition / Duration
	15 TO 20 Minutes

COOL DOWN STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 3: LEGS + SHOULDER + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. High Knees



YouTube Link: <https://youtu.be/86jGUOLM85w>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WARMUP

4. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

WEIGHT TRAINING (LEGS + SHOULDER)

1. Sumo squats



YouTube Link: <https://youtu.be/XJm3mMHYM-4>

Number of Sets	Number of Repetition / Duration
4	12 to 15

2. Goblet Squats



YouTube Link: <https://youtu.be/brR4TzK6opY>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (LEGS + SHOULDER)

3. Dumbbell Reverse Lunges



YouTube Link: <https://youtu.be/dhFd4OSk8gl>

Number of Sets	Number of Repetition / Duration
4	12 to 15

4. Dumbbell Romanian Deadlift



YouTube Link: <https://youtu.be/avaYMrTSXkY>

Number of Sets	Number of Repetition / Duration
4	12 to 15

5. Seated shoulder press



YouTube Link: <https://youtu.be/DsahyRUL-Uw>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (LEGS + SHOULDER)

6. Seated lateral raises



YouTube Link: <https://youtu.be/RfivE3gOcmE>

Number of Sets	Number of Repetition / Duration
4	12 to 15

7. Seated dumbbell front raises



YouTube Link: https://youtu.be/fY4A7rZ_PQc

Number of Sets	Number of Repetition / Duration
4	15 to 20

8. Standing Calf Raise



YouTube Link: <https://youtu.be/ERNSQOHTuSQ>

Number of Sets	Number of Repetition / Duration
4	10 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

1. Crunches



YouTube Link: <https://youtu.be/AKbG60OSbko>

Number of Sets	Number of Repetition / Duration
3	15 to 25

2. Floor Knee Raises



YouTube Link: <https://youtu.be/F5yirEQ6kKc>

Number of Sets	Number of Repetition / Duration
3	10 to 20

3. Heel Touch



YouTube Link: https://youtu.be/b_35QzYDYW8

Number of Sets	Number of Repetition / Duration
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CORE TRAINING

4. Flutter kicks



YouTube Link: <https://youtu.be/RAI4BMw7HME>

Number of Sets	Number of Repetition / Duration
3	15 to 25

5. Glute Bridge



YouTube Link: <https://youtu.be/Dze5iRGBXHI>

Number of Sets	Number of Repetition / Duration
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6. Alternate Superman (Swimmer)



YouTube Link: <https://youtu.be/vVDv69c6deA>

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COOL DOWN / STRETCHING

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Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 4: CHEST + TRICEPS + CORE

REPEAT DAY 1

DAY 5: BACK + BICEPS + CARDIO

REPEAT DAY 2

DAY 6: LEGS + SHOULDER + CORE

REPEAT DAY 3

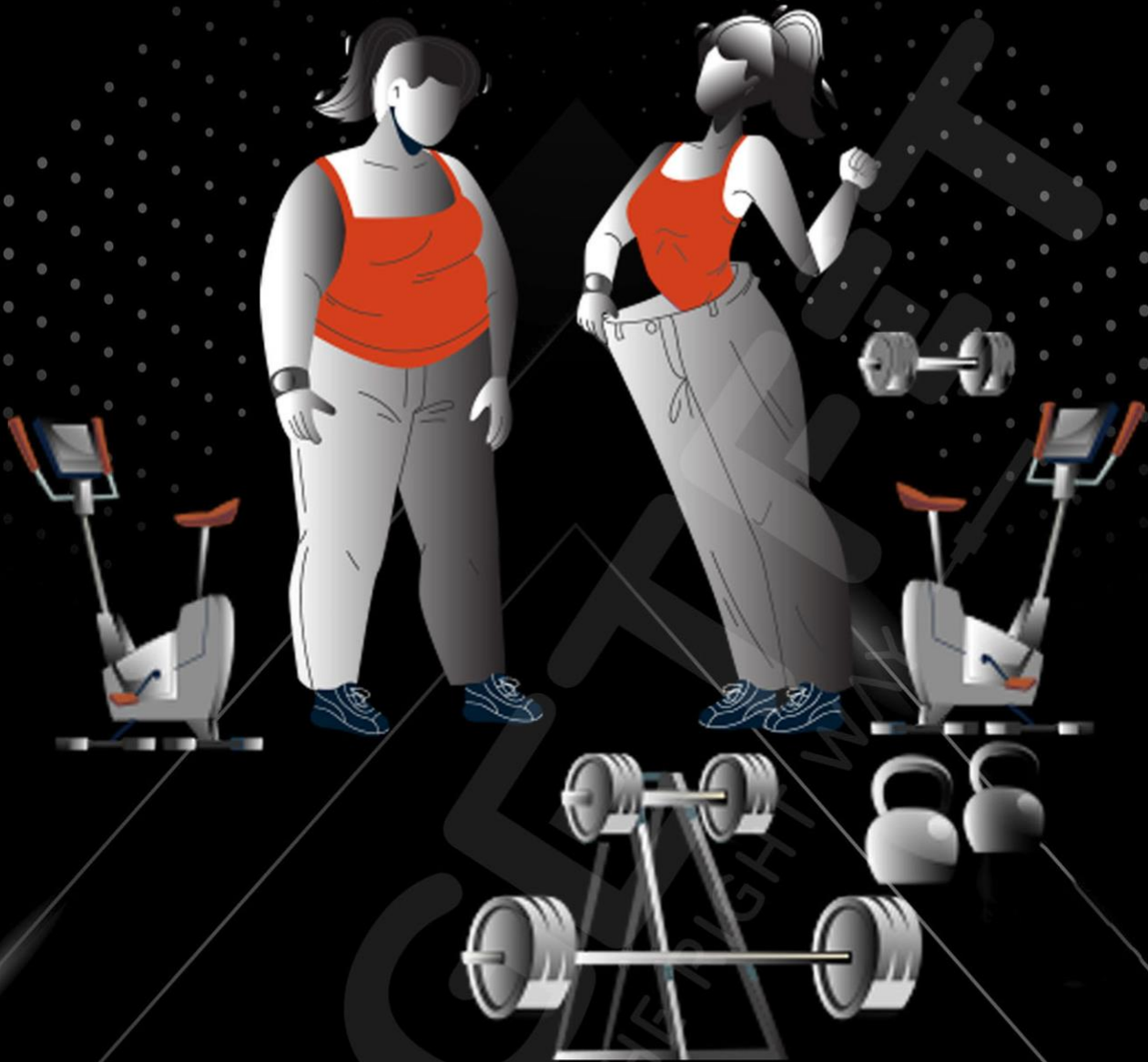
Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 7: REST DAY



Don't make it a lazy day. Go hit those 10k steps.

**Got queries regarding your workout plan/your form?
Click below to post your queries on our official community
and get it cleared form GOGETFIT experts**



Group

<https://www.facebook.com/groups/759591404539390/>

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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