

# TRIMION AFRICA™

## Body Sculpt System™

Training structure with sets, reps, beginner routines and body-shaping focus.

### Beginner Weekly Split

- Monday: Full body strength - 3 sets per movement.
- Wednesday: Upper body + cardio.
- Friday: Lower body + core.
- Saturday: Optional 30 minute walk or mobility session.

### Push Day

- Bench Press - 4 sets x 8 reps.
- Incline Dumbbell Press - 3 sets x 10-12 reps.
- Shoulder Press - 4 sets x 10 reps.
- Lateral Raises - 3 sets x 15 reps.
- Tricep Pushdowns - 3 sets x 12-15 reps.

### Pull Day

- Pull Ups or Lat Pulldown - 4 sets x 8-12 reps.
- Seated Row - 4 sets x 10 reps.
- Single Arm Dumbbell Row - 3 sets x 12 reps.
- Rear Delt Fly - 3 sets x 15 reps.
- Bicep Curls - 3 sets x 12-15 reps.

### Leg Day

- Squats - 4 sets x 8-10 reps.
- Romanian Deadlifts - 3 sets x 10-12 reps.
- Leg Press - 4 sets x 12 reps.
- Lunges - 3 sets x 12 each leg.
- Standing Calf Raises - 4 sets x 15 reps.

### Core System

- Plank - 3 rounds x 45-60 seconds.

- Cable Crunch - 3 sets x 12-15 reps.
- Leg Raises - 3 sets x 10-15 reps.
- Controlled breathing and bracing on all lifts.

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| Brand     | TRIMION AFRICA™             |
| Framework | Premium Final Form Systems™ |
| Document  | Body Sculpt System™         |
| WhatsApp  | 061 118 5978                |

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