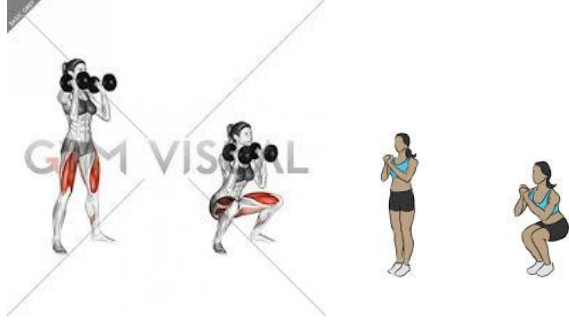




PUSH

Complete 10 reps of each exercise; 2-3 sets of each superset
Rest 1-2 min. between supersets before moving on.

1a) Squat (*narrow to wide / in out stance*)



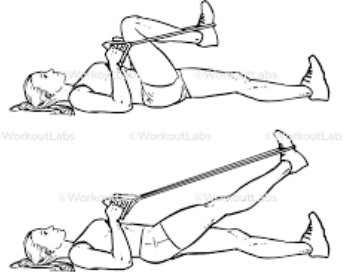
1b) Chest Press



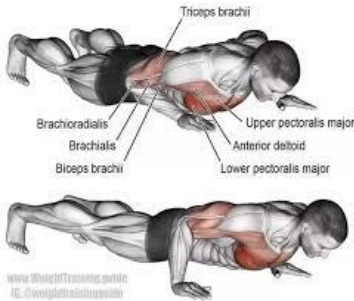
2a) Overhead Press



2b) Single Leg Banded Press (*substitute with lunges if you do not have a band*)



3a) Push-up



3b) Dip



4a) Tricep Extension



4b) Glute Bridge



5a) Weighted Toe Touches



5b) Plank with Leg Raises

