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| **Exercise** | **Sets** | **Repetitions** |
| Reverse Lunges | 3 | 15-20 |
| Balanced Deadlifts | 3 | 15-20 |
| Chest Fly | 3 | 15-20 |
| Lateral Raises | 3 | 15-20 |
| Tricep Dips | 3 | 15-20 |
| Bicycles | 3 | 15-20 |

**Lift 1 Lift 2**

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| **Exercise** | **Sets** | **Repetitions** |
| Weighted Squats | 3 | 10 |
| Weighted Deadlifts | 3 | 10 |
| Push-ups | 3 | 10 |
| Reverse Fly | 3 | 10 |
| Planks | 3 | 10-30 seconds |
| Side Leg Raises | 3 | 10 |

**Lift 3 Lift 4**

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| **Exercise** | **Sets** | **Repetitions** | **Exercise** | **Sets** | **Repetitions** |
| Goblet Squats | 3 | 10 | Single Leg Squats | 3 | 15-20 |
| Weighted Deadlifts | 3 | 10 | Balanced Deadlifts | 3 | 15-20 |
| Triangle Push-ups | 3 | 10 | Chest Fly | 3 | 15-20 |
| Reverse Fly | 3 | 10 | Swimmers | 3 | 20 |
| Front Raise | 3 | 10 | Shoulder Press | 3 | 15-20 |
| Planks | 3 | 30-60 seconds | Ladder Climbers | 3 | 15-20 |