

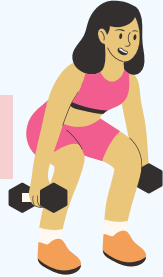


HOME EXERCISES

FITNESSMAKEOVER.COM

Warm-up: Each exercise 1 set of 6-10 reps with light or half regular weight

Squat



Squat

1-3 sets

8-15 reps

30-60 seconds rest between sets

Hamstring Bridge



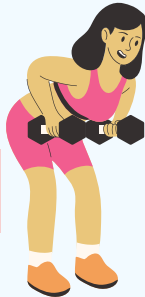
Hamstring Bridge

1-3 sets

6-10 reps

30-60 seconds rest between sets

Bent Over Row



Bent Over Row-Seated or Standing

1-3 sets

8-12 reps

30-60 seconds rest between sets

Shoulder Press



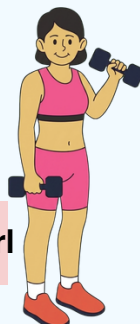
Shoulder Press-Seated or Standing

1-3 sets

8-12 reps

30-60 seconds rest between sets

Biceps Hammer Curl



Biceps Hammer Curl-Seated or Standing

1-3 sets

8-15 reps

30-60 seconds rest between sets



HOME EXERCISES

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Warm-up: Each exercise 1 set OF 6-10 reps with light or half regular weight

WORKOUT 1					WORKOUT 2		
	DATE						
EXERCISE	STATS	WARMUP	SET 1	SET 2	WARMUP	SET 1	SET 2
SQUAT	WEIGHT						
	REPS						
	REST						
HAMSTRING BRIDGE	WEIGHT						
	REPS						
	REST						
BENT OVER ROW	WEIGHT						
	REPS						
	REST						
SHOULDER PRESS	WEIGHT						
	REPS						
	REST						
BICEPS HAMMER CURL	WEIGHT						
	REPS						
	REST						
		☐ WORKOUT 1 COMPLETE			☐ WORKOUT 2 COMPLETE		