



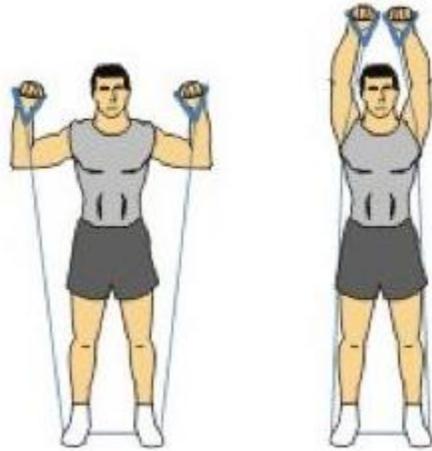
Home Workouts

(Remember: always rest 40 seconds in-between rounds to prevent muscle failure)

Upper body

Exercise: Overhead Press

10-12 reps for 4 rounds



Exercise: Back row

10-12 reps for 4 rounds

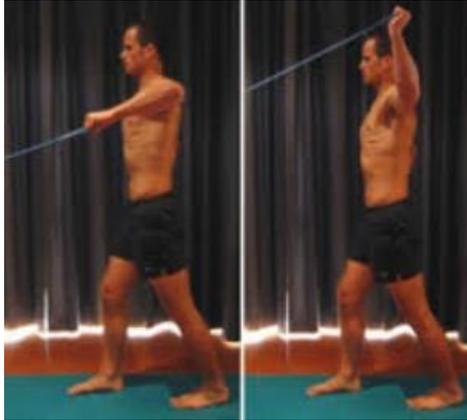
Make sure you properly support band to door or frame.





Exercise: Shoulder rotations

12-16 reps for 3 rounds



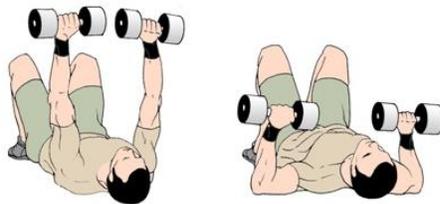
Exercise: High pull

12 reps for 4 rounds



Exercise: Floor press

12 reps for 4 rounds





Exercise: Side shoulder raise

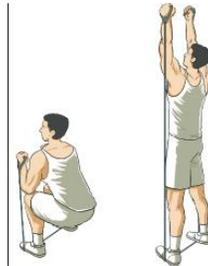
15-20 reps for 4 rounds



Lower body

Exercise: Squat

12-15 reps for 4 rounds



Exercise: Wall sit

60 seconds for 4 rounds

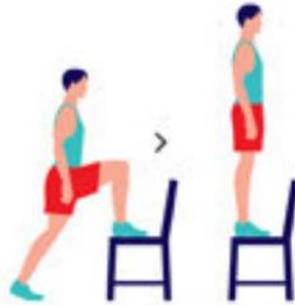




Exercise: Step ups

(use dumbbells and go heavier with each round)

12- 15 reps per leg for 4 rounds



Exercise: Quad extensions

12-15 reps per leg for 3 rounds



Exercise: Ball or pillow squeeze (or foam roller)

30 second pulse with 30 second squeeze and hold.

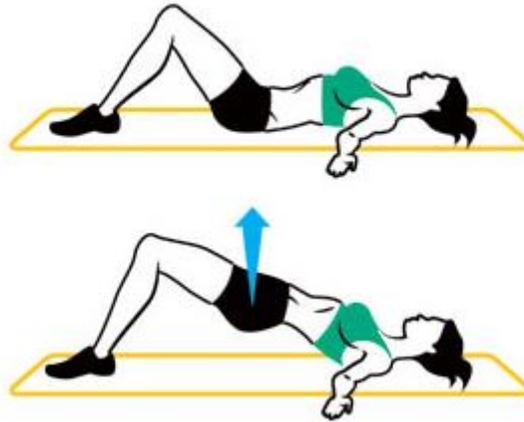




Exercise: Hip Raise from floor

(use dumbbells and go heavier with each round)

12-15 reps for 4 rounds



Enjoy and Have fun!