

MOBILITY

90s/90s Couch Stretch
 90s/90s Pigeon Stretch
 Open Gate (10m)
 Close Gate (10m)
 Heel Walking (10m)
 Toe Walking (10m)
 Walking Lunges (10m)
 Reverse Lunges (10m)
 Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
 Butt kicks (10m)
 Punter Kicks (10m)
 Forward Skips (10m)
 Backward Skips (10m)
 Lateral Side Shuffle Down (10m)
 Lateral Side Shuffle Back (10m)
 2x:
 10 Squats
 10 Push Ups

BACK

3 X 15

DB Row (single Arm)
 Barbell Bent Over Rows
 (palms facing down)
 Barbell Good Mornings
 Lat Pull Downs (front)
 Cable Seat Close Grip Row
 Seated Row (machine with
 free weights) (single arm)

SHOULDERS

3 X 15

DB Lateral Raises
 DB Upright Row
 DB Anterior Raise
 DB Rear Delt
 DB or Barbell Overhead Press
 (seated)
 Crossbody Cable Flies
 Machine Lateral Raises
 Machine Overhead Press

CHEST

3 X 15

Barbell Bench Press
 DB Flat Bench Flies
 DB Incline Press
 Push Ups
 Machine Chest Press with
 plates
 Machine Chest Flies
 (hugging)
 Machine Incline Press

LEGS

3 X 15

Barbell Squats
 Machine - Leg Press (narrow stance)
 DB Lunges
 Barbell Roman Deadlift
 Machine - Leg Extensions
 Machine - Leg Curls
 Machine - Adductors
 Machine - Abductors

ARMS

3 X 15

DB Hammer Curls
 DB Kick Backs
 DB Preacher Curls
 DB Skull Crushers
 DB Lateral Bicep Curls (palms face up
 arms out to side)
 Dips (Machine or Body weight)
 Cable Rope Curls
 Cable Straight Bar Press Downs