

**WARM-UP - WARM-UP - TREADMILL**

Image 1 - Start

Image 2 - End



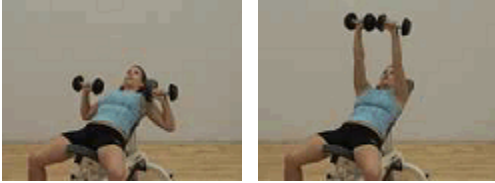
Treadmill

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

**CHEST - INCLINE DUMBBELL CHEST PRESS**

Image 1 - Start

Image 2 - End



Starting Position: - Start on your back on an incline bench; hold a dumbbell in each hand and held at shoulder height, elbows out and both feet flat on the floor. Movement: - Exhale as you press the dumbbells upward to a straight-arm position. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**BACK - DUMBBELL ROW**

Image 1 - Start

Image 2 - End



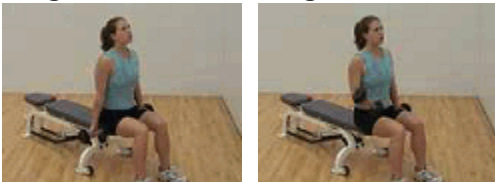
Starting Position: - Place one hand and the same-side knee on an exercise bench, the foot of the opposite leg on the floor, and the hand on that side of the body holding a dumbbell in your hand hanging at arms length below your shoulder. Movement: - Exhale as you pull the dumbbell upward until it touches your outer chest. Inhale as you lower the dumbbell slowly to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**BICEPS - SEATED ALT DUMBBELL CURLS**

Image 1 - Start

Image 2 - End



Starting Position: - Sit with your arms by your sides and one dumbbell in each hand. Movement: - Exhale while bending only at your elbows alternately curling the weights up to your shoulders. Inhale while lowering the weights to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0

**TRICEPS - SINGLE DUMBBELL DIAGONAL EXTENSIONS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on a flat bench with your feet flat on the floor. Grip a dumbbell in your right hand and place it close to your left shoulder with your elbow bent and palm turned up. Movement: Exhale as you press the dumbbell straight up into the air until there is just a slight bend in your elbows. Inhale as you slowly lower the dumbbell back down to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0

**SHOULDERS - PRONE DUMBBELL REAR DELT ROW**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Lean your chest against the backrest of an incline bench with your feet flat on the floor. Grip a dumbbell in each hand. Allow your arms to hang down in front of you palms turned in. Movement: - Exhale while pulling the dumbbells apart and raising them up to shoulder level keeping just a slight bend in your elbows. Inhale as you slowly lower the weights to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0

**LEGS - BARBELL STEP-UPS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart in front of a flat bench or step. Place a barbell across your shoulder and keep your back straight. Movement: Exhale as you take a large step onto the bench with your right foot. Pull your left foot onto the bench also, and stand with a slight bend in your knees. Inhale as you slowly return back down to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**ABS - DECLINE SLANT BOARD CRUNCHES**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Position yourself on a declined slant board with your feet secured between the pads and your back flat on the bench. Cross your hands over your chest. Movement: Exhale as you curl your upper body off of the bench. Inhale as you slowly lower yourself back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0