ROUTINE # 026: Full Body / Beginner

EXERCISES

01 Chair Squats
02 Low back Extensions
03 Wall Push Ups
04 Chair Dips
05 Calf Raises
06 Sit Ups

TARGET MUSCLES

DETAILS

Goal Muscular Endurance
Level Beginner
Sets 3-4
Reps 15-25+
Rest 30-45 seconds
Load 4-7 RPE
Freq 2-3X Week
Prog RP+2
Dur 4-8 weeks
Equip Chair, Mat

NOTES

• Simple and effective routine for home or on the go
• Make sure chair used is stable
• Chair is optional for squats
• Mat is optional!
• Modify any exercise based on your ability

MORE INFO

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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Frequency: 2-3 wk
Duration: 4-8 wks
Sets: 3-4
Reps: 15-25+
Rest: 30-45 seconds
Load: 4-7 RPE

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