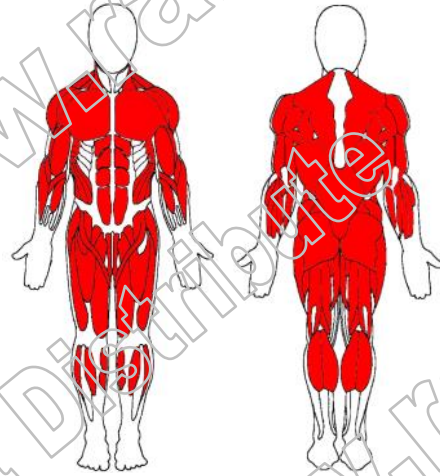


EXERCISES

- 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

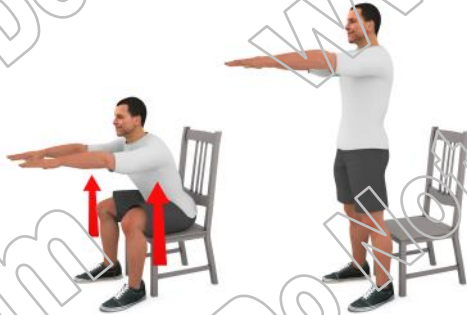
NOTES

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

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



ROUTINE # 026: Full Body / Beginner



Chair Squats



Low back Extensions



Wall Push Ups



Chair Dips



Calf Raises



Sit Ups

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

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ROUTINE # 026

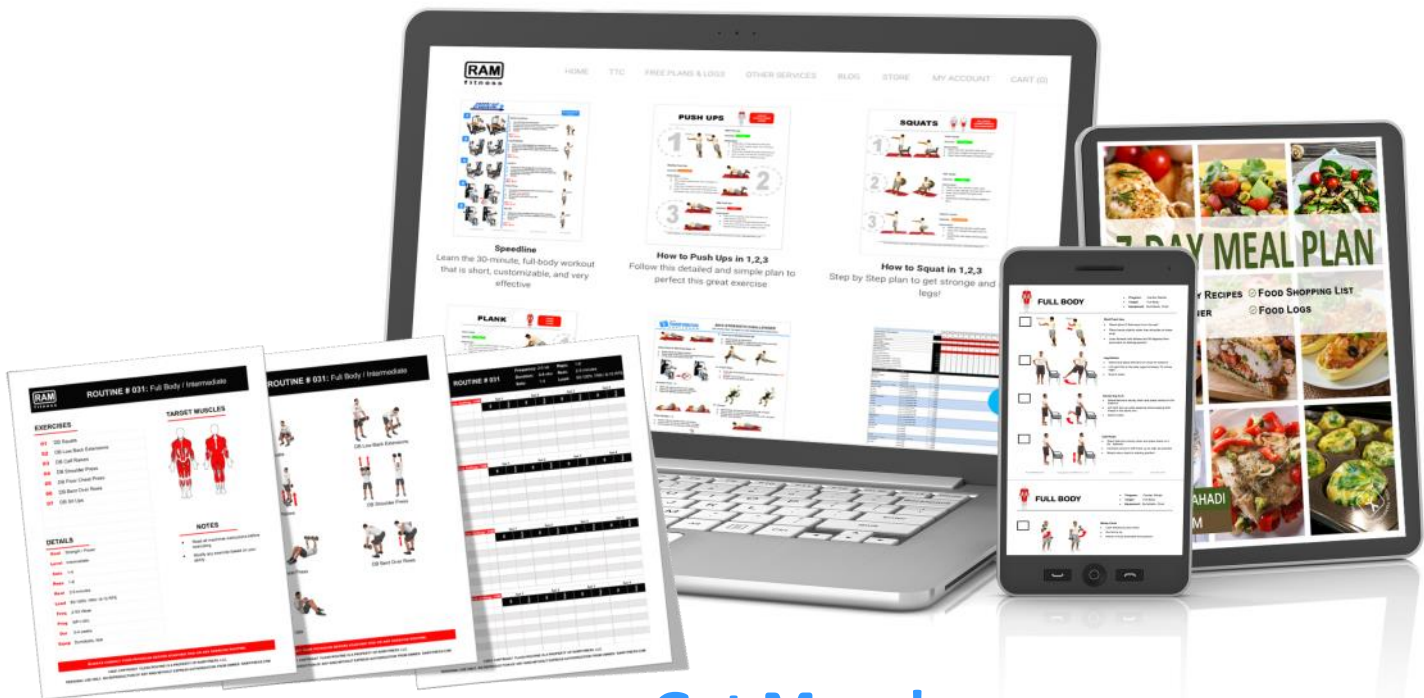
Frequency: 2-3 wk Reps: 15-25+
Duration: 4-8 wks Rest: 30-45 seconds
Sets: 3-4 Load: 4-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Chair Squats											
Low back Extensions											
Wall Push Ups											
Chair Dips											
Calf Raises											
Sit Ups											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Chair Squats											
Low back Extensions											
Wall Push Ups											
Chair Dips											
Calf Raises											
Sit Ups											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Chair Squats											
Low back Extensions											
Wall Push Ups											
Chair Dips											
Calf Raises											
Sit Ups											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Chair Squats											
Low back Extensions											
Wall Push Ups											
Chair Dips											
Calf Raises											
Sit Ups											



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