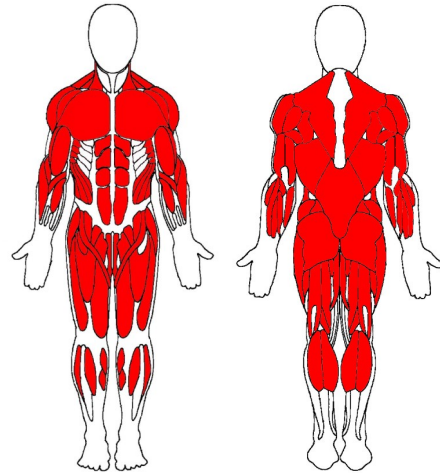


EXERCISES

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

TARGET MUSCLES



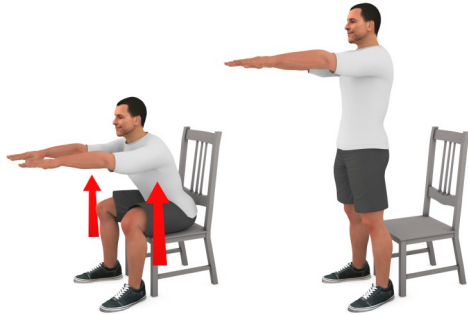
DETAILS

- 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.



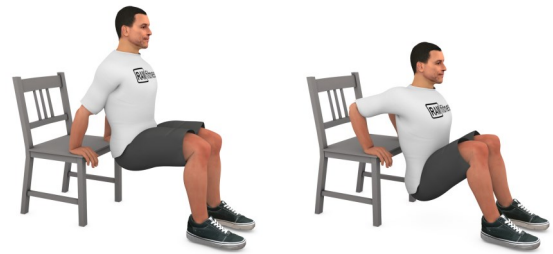
Chair Squats



Low back Extensions



Wall Push Ups



Chair Dips



Calf Raises



Sit Ups

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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											