

# ROUTINE # 031: Full Body / Intermediate

### **EXERCISES**

**01** DB Squats

02 DB Low Back Extensions

03 DB Calf Raises

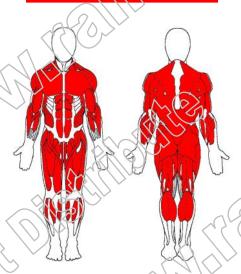
DB Shoulder Press

05 DB Floor Chest Press

06 DB Bent Over Rows

07 DB Sit Ups

## TARGET MUSCLES



#### **DETAILS**

Goal Strength / Power

Leve! Intermediate

**Sets** 1-4

Jets |--

**Reps** 1-6

Rest 2-5 minutes

Load 80-100% 1RM / 8-10 RPE

Freq 2-5X Week

Prog WP+10%

Dur 3-4 weeks

Equip Dumbbells, Mat

#### NOTES

- Read all machines instructions before exercising
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE



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**DB** Squats

DB Low Back Extensions







DB Calf Raises

DB Shoulder Press







**DB** Floor Chest Press

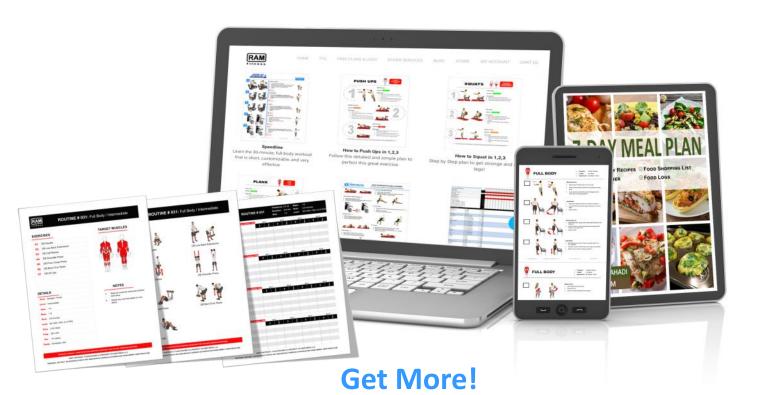
DB Bent Over Rows



DB Sit Ups

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