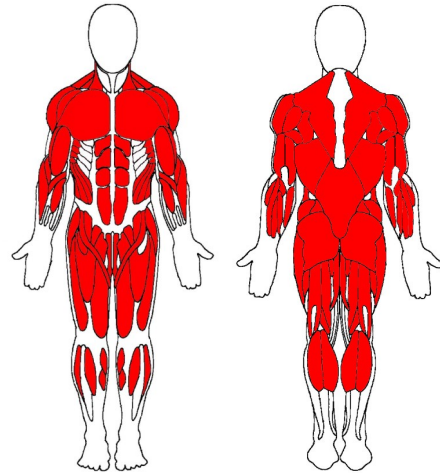


EXERCISES

- 01** Squats
- 02** Wall Push Ups
- 03** Lunges
- 04** Low Back Extensions
- 05** Sit Ups
- 06** Calf Raises

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 2X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** None

NOTES

- Great for starting a new routine at the gym
- No equipment needed
- Modify any exercise based on your ability

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

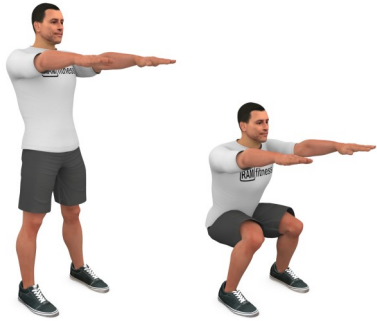
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ROUTINE # 103

Frequency: 2 wk Reps: 8-12
Duration: 8-12 wks Rest: 1-2 minutes
Sets: 2-3 Load: 70-80% 1RM / 6-7 RPE



Squats



Wall Push Ups



Lunges



Low Back Extensions



Sit Ups



Calf Raises

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ROUTINE # 103

Frequency: 2 wk Reps: 8-12
 Duration: 8-12 wks Rest: 1-2 minutes
 Sets: 2-3 Load: 70-80% 1RM / 6-7 RPE

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
Squats										
WallPush ups										
Lunges										
Low back Extensions										
Sit Ups										
Calf Raises										

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
Squats										
WallPush ups										
Lunges										
Low back Extensions										
Sit Ups										
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Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
Squats										
WallPush ups										
Lunges										
Low back Extensions										
Sit Ups										
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Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
Squats										
WallPush ups										
Lunges										
Low back Extensions										
Sit Ups										
Calf Raises										