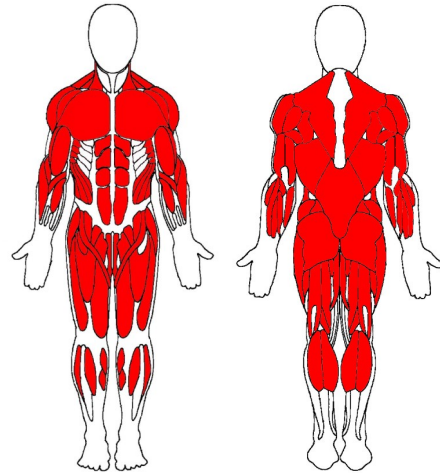


EXERCISES

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

TARGET MUSCLES



DETAILS

- Goal** Muscular Endurance
- Level** Beginner
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 50-70% 1RM / 4-7 RPE
- Freq** 2-3X Week
- Prog** WP+10%
- Dur** 4-8 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.



Squats



Wall Push Ups



Lunges



Low Back Extensions



Sit Ups



Calf Raises

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ROUTINE # 104

Frequency: 2-3 wk **Reps:** 15-25+
Duration: 4-8 wks **Rest:** 30-45 seconds
Sets: 3-4 **Load:** 50-70% 1RM / 4-7 RPE

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
					Wt	Reps	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		Set 4	
					Wt	Reps	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		Set 4	
					Wt	Reps	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		Set 4	
					Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Squats												
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Lunges												
Low back Extensions												
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Calf Raises												

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