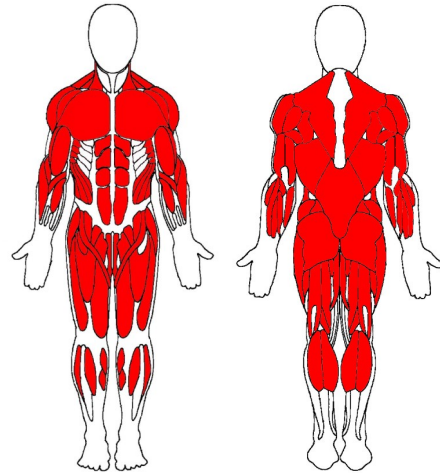


EXERCISES

- 01** DB Squats
- 02** DB Calf Raises
- 03** DB Low Back Extensions
- 04** DB Chest Press
- 05** DB Lateral Raises
- 06** DB Bent Over Rows
- 07** DB Sit Ups

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** DB: Dumbbells

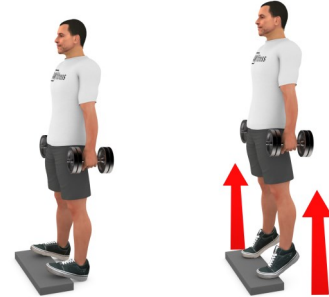
NOTES

- Great for starting a new routine at the gym
- Modify any exercise based on your ability

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



DB Squats



DB Calf Raises



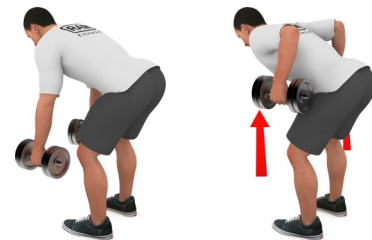
DB Low Back Extensions



DB Chest Press



DB Lateral Raises



DB Bent Over Rows



DB Sit Ups

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

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ROUTINE # 106

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	
					Wt	Reps	Wt	Reps	Wt	Reps
DB Squats										
DB Calf Raises										
DB Low Back Extensions										
DB Chest Press										
DB Lateral Raises										
DB Bent Over Rows										
DB Sit Ups										

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
DB Squats										
DB Calf Raises										
DB Low Back Extensions										
DB Chest Press										
DB Lateral Raises										
DB Bent Over Rows										
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Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
DB Squats										
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Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
DB Squats										
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DB Lateral Raises										
DB Bent Over Rows										
DB Sit Ups										

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