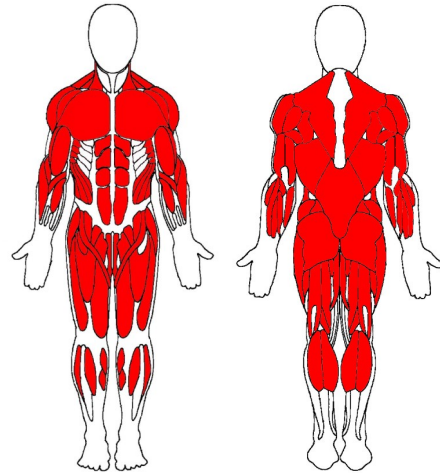


EXERCISES

- 01** Ball Squats
- 02** Ball Hamstring Curls
- 03** Side Lunges
- 04** DB Chest Press
- 05** DB Shoulder Press
- 06** DB Reverse Flyes
- 07** DB Regular Curls
- 08** DB Triceps Kickbacks

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-6
- 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** DB: Dumbbells, Balance Ball

NOTES

- Balance ball is a great tool to help with stability and balance
- Modify any exercise based on your ability

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

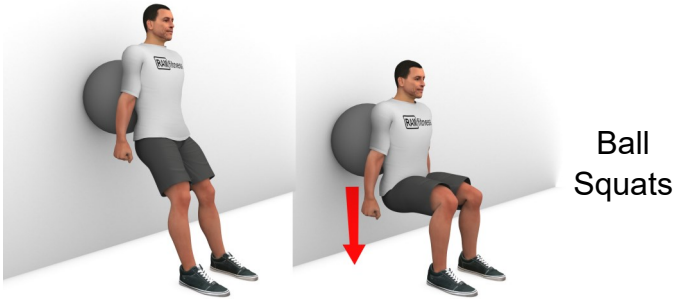
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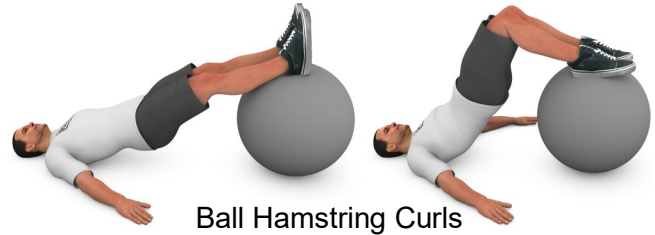


ROUTINE # 107

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



Ball Squats



Ball Hamstring Curls



Side Lunges



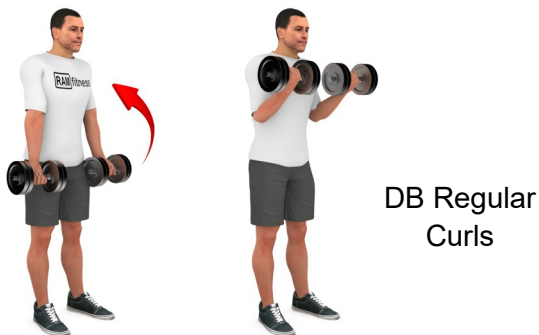
DB Chest Press



DB Shoulder Press



DB Reverse Flyes



DB Regular Curls



DB Triceps Kickbacks

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ROUTINE # 107

Frequency: 2 wk **Reps:** 8-12
Duration: 8-12 wks **Rest:** 1-2 minutes
Sets: 2-6 **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 |
| Ball Squats | | | | | | | | | | |
| Ball Hamstring Curls | | | | | | | | | | |
| Side Lunges | | | | | | | | | | |
| DB Chest Press | | | | | | | | | | |
| DB Shoulder Press | | | | | | | | | | |
| DB Reverse Flyes | | | | | | | | | | |
| DB Regular Curls | | | | | | | | | | |
| DB Triceps Kickbacks | | | | | | | | | | |

| Week#: | Day: | Date: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | |
|----------------------|------|-------|------------------|-----|-------|------|-------|------|-------|------|
| | | | | | Wt | Reps | Wt | Reps | Wt | Reps |
| Ball Squats | | | | | | | | | | |
| Ball Hamstring Curls | | | | | | | | | | |
| Side Lunges | | | | | | | | | | |
| DB Chest Press | | | | | | | | | | |
| DB Shoulder Press | | | | | | | | | | |
| DB Reverse Flyes | | | | | | | | | | |
| DB Regular Curls | | | | | | | | | | |
| DB Triceps Kickbacks | | | | | | | | | | |

| Week#: | Day: | Date: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | |
|----------------------|------|-------|------------------|-----|-------|------|-------|------|-------|------|
| | | | | | Wt | Reps | Wt | Reps | Wt | Reps |
| Ball Squats | | | | | | | | | | |
| Ball Hamstring Curls | | | | | | | | | | |
| Side Lunges | | | | | | | | | | |
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| DB Reverse Flyes | | | | | | | | | | |
| DB Regular Curls | | | | | | | | | | |
| DB Triceps Kickbacks | | | | | | | | | | |

| Week#: | Day: | Date: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | |
|----------------------|------|-------|------------------|-----|-------|------|-------|------|-------|------|
| | | | | | Wt | Reps | Wt | Reps | Wt | Reps |
| Ball Squats | | | | | | | | | | |
| Ball Hamstring Curls | | | | | | | | | | |
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