

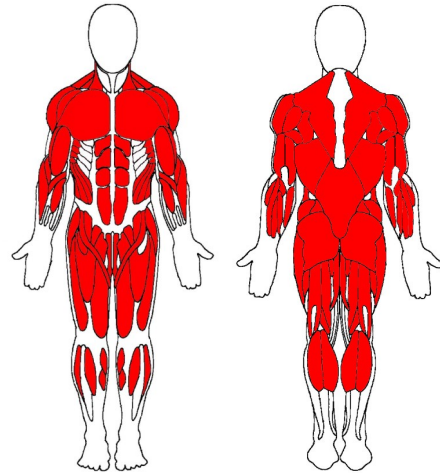
## EXERCISES

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- 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

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## DETAILS

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- Goal** Muscular Endurance
- Level** Intermediate
- 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, Balance Ball

## NOTES

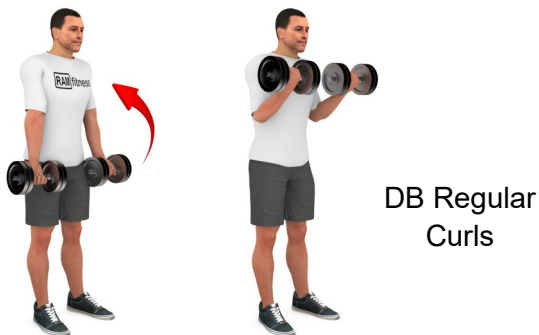
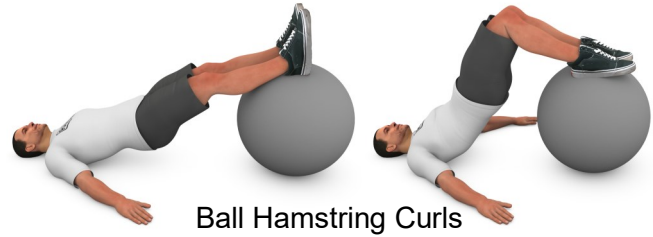
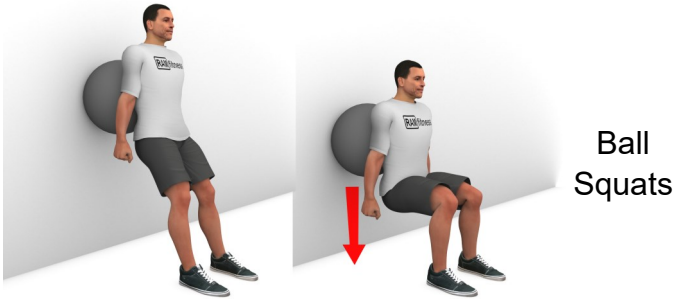
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- Balance ball is a great tool to help with stability and balance
- Modify any exercise based on your ability

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

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# ROUTINE # 108

**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		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	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												
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