

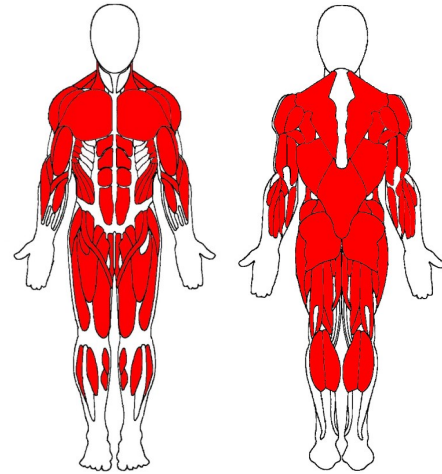
## EXERCISES

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- 01** Walkouts
- 02** Reverse Lunges
- 03** Deadhang
- 04** Leg Raises
- 05** Hip Raises
- 06** Push ups
- 07** Dips
- 08** Plank

## TARGET MUSCLES

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## DETAILS

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- 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** Pull up bar

## NOTES

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- No equipment needed
- Use a doorway pull up bar for Deadhang at home
- Modify any exercise based on your ability

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

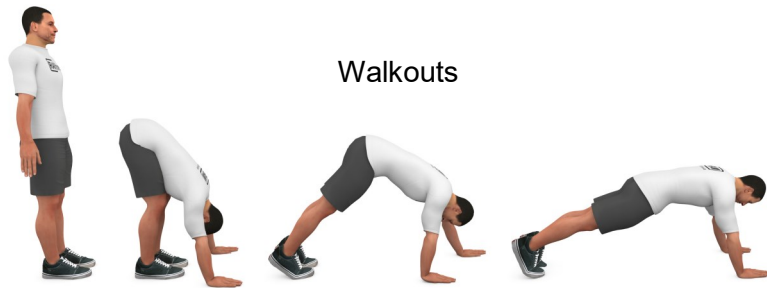
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# ROUTINE # 109

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



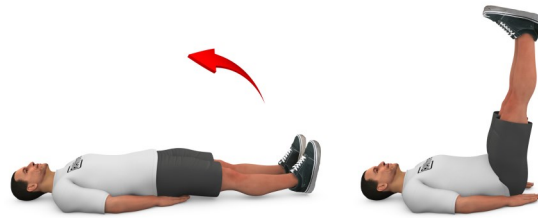
Walkouts



Reverse Lunges



Deadhang



Leg Raises



Hip Raises



Push ups



Dips



Plank

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**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		Set 4		Set 5		Set 6	
			Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
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