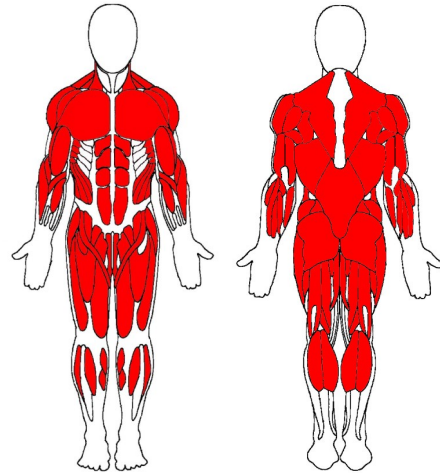


EXERCISES

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

TARGET MUSCLES



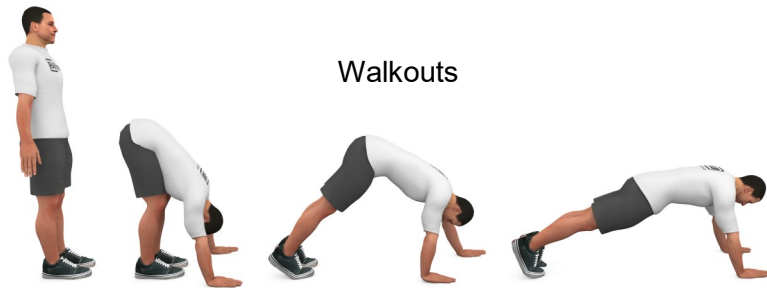
DETAILS

- 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** Pull up bar

NOTES

- 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.



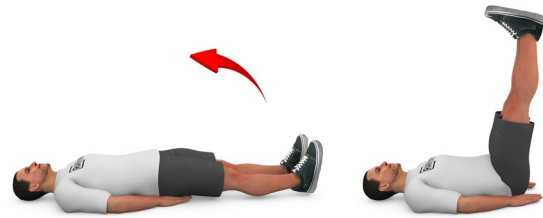
Walkouts



Reverse Lunges



Deadhang



Leg Raises



Hip Raises



Push ups



Dips



Plank

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

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ROUTINE # 110

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
Walkouts												
Reverse Lunges												
Deadhang												
Leg Raises												
Hip Raises												
Push ups												
Dips												
Plank												

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Walkouts												
Reverse Lunges												
Deadhang												
Leg Raises												
Hip Raises												
Push ups												
Dips												
Plank												

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Walkouts												
Reverse Lunges												
Deadhang												
Leg Raises												
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Push ups												
Dips												
Plank												

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Walkouts												
Reverse Lunges												
Deadhang												
Leg Raises												
Hip Raises												
Push ups												
Dips												
Plank												

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