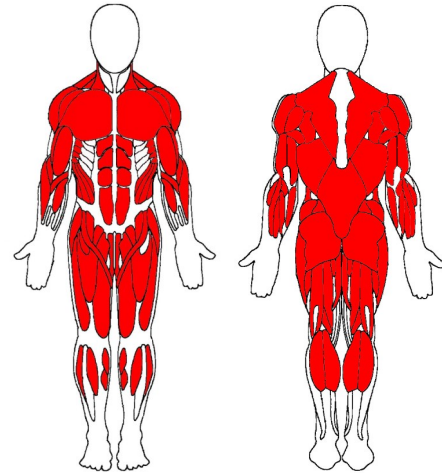


EXERCISES

- 01** Burpees
- 02** Reverse Lunges
- 03** Jumping Squats
- 04** Flutter Kicks
- 05** Superman
- 06** Push ups
- 07** Dips
- 08** Plank

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** None

NOTES

- No equipment needed
- Modify any exercise based on your ability

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

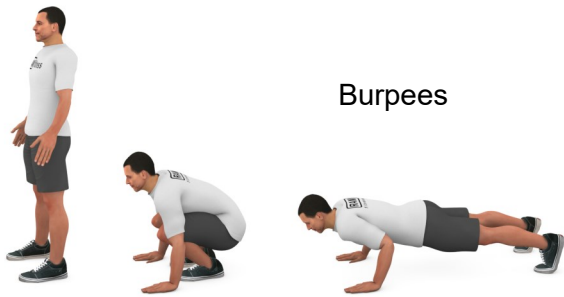
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ROUTINE # 150

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



Burpees



Reverse Lunges



Jumping Squats



Flutter Kicks



Superman



Push ups



Dips



Plank

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

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ROUTINE # 150

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
Burpees																
Reverse Lunges																
Jumping Squats																
Flutter Kicks																
Superman																
Push ups																
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Plank																

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
Burpees																
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					Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Burpees																
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					Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Burpees																
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