

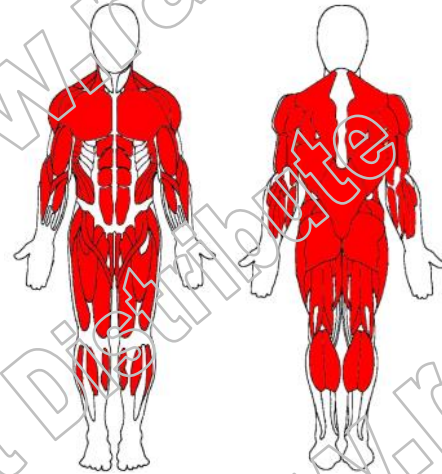
## EXERCISES

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- 01** Chair Squats
- 02** Low back Extensions
- 03** Wall Push Ups
- 04** Chair Dips
- 05** Calf Raises
- 06** Chair Oblique Twists

## TARGET MUSCLES

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## DETAILS

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- Goal** Muscular Endurance / Weight Loss
- Level** Beginner / Easy
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Freq** 2-3X Week
- Dur** 4-8 weeks
- Equip** Chair

## NOTES

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- Simple and effective routine for home or on the go
- Make sure chair used is stable
- Chair is optional for squats
- Modify any exercise based on your ability

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

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# ROUTINE # 159

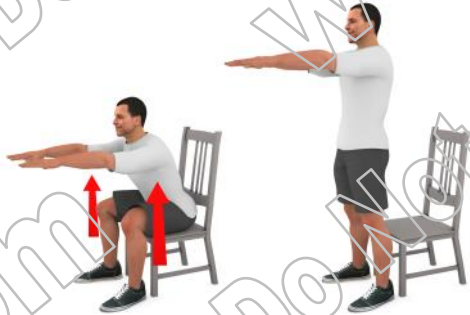
Frequency: 2-3 wk

Reps: 15-25+

Duration: 4-8 wks

Rest: 30-45 seconds

Sets: 3-4



Chair Squats



Low back Extensions



Wall Push Ups



Chair Dips



Calf Raises



Chair Oblique Twists

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# ROUTINE # 159

Frequency: 2-3 wk

Reps: 15-25+

Duration: 4-8 wks

Rest: 30-45 seconds

Sets: 3-4

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
					Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Chair Squats												
Low back Extensions												
Wall Push Ups												
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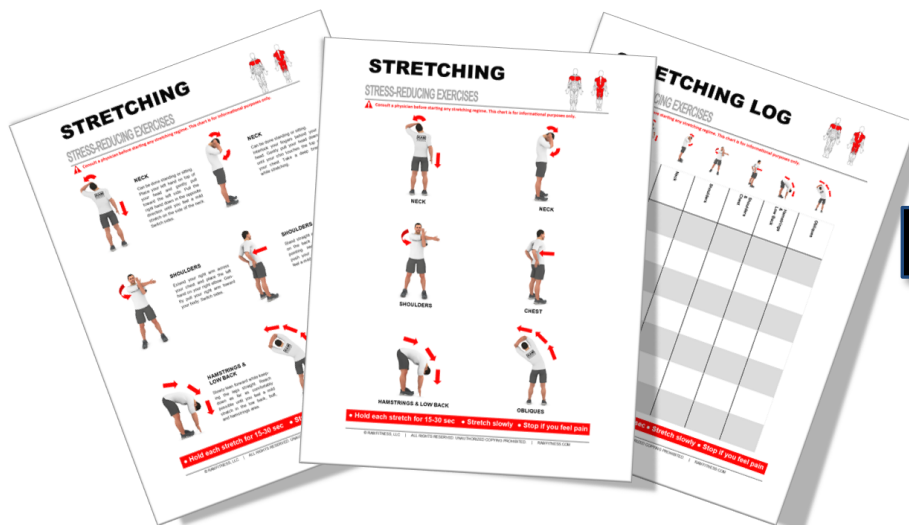
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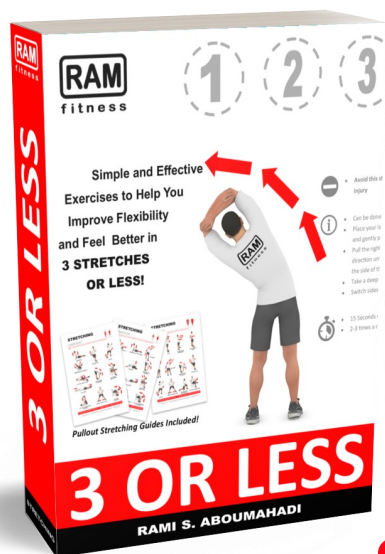
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