



8610 North 32nd St. • PO Box 641 • Richland, MI 49083 • [269] 743-2277  
www.AMWellnessCoaching.com

# Strength with Equipment #1

## Warm Up

Open Books 2x5 each  
Medicine Ball Toe Touch to Over Head Squat 2x5  
Spiders 2x5 each

## Circuit #1

Goblet Squat 4x8  
Squat Jump 4x5  
Rolling Plank 4x8 each

## Circuit #2

Alternating Dumbbell Bench Press 4x8 each  
Plyo Push Up 4x5  
Reverse Crunch 4x8

## Circuit #3

Dumbbell Row 3x10 each  
Single Leg Straight Leg Deadlift 3x8 each  
Curl to Push Press 3x8  
Stability ball Leg Curl 3x10  
Stability ball Knee Tuck 3x10

## Cool Down

Floor Scrapes 1x5  
Couch Stretch 1x20 seconds each  
90/90 Hip Stretch 1x8 each

