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## Strength with Equipment #10

### Warm Up

Cuban Press 2x5  
Cat/Cow 2x5 each  
Spiders 2x3 each

### Circuit #1

1 1/4 Back Squat 4x8  
Rear foot elevated split-squat 4x8 each (0,3,0)  
Stability Ball Knee Tuck 4x10

### Circuit #2

1 1/4 Bench Press 4x8  
1 arm dumbbell Bench Press 4x8 (0,3,0)  
Dynamic Side Plank 4x8 each

### Circuit #3

Romanian Deadlift 3x6 (0,3,0)  
Plank Pull Through 3x8 each  
Barbell Row 3x8 (0,3,0)  
Alternating Supermans 3x8 each

