



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

Strength with Equipment #11

Warm Up

Arm Circles 2x10 each
Sumo Stretch 2x20 seconds
Open Books 2x5 each

Circuit #1

Back Squat 4x6 (0,3,0)
Pulse Squat 4x8
Stability Ball Plank Circles/Knee Ups 4x8 each

Circuit #2

Barbell Bench Press 4x6 (0,3,0)
T-Push Ups 4x8
Side Plank Reach Under 4x8 each

Circuit #3

Dumbbell Lateral Lunge 3x8 each
Arnold Press 3x8
Birddog Corkscrew 3x8 each
V-Ups 3x8

