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Strength with Equipment #12

Warm Up

Lat Stretch 2x20sec each
Corkscrew Lunge 2x5 each
Floor Scrapes 2x8

Circuit #1

Barbell/Dumbbell Deadlift 4x6
Jump Squat 4x8
1 arm 1 leg Sit Up 4x8 each

Circuit #2

Dumbbell Bench Press 1/1/2 4x6
Feet Elevated Push Ups 4x8
Side Plank Knee to Elbow 4x8 each

Circuit #3

Isometric squat 3pt Touch 3x5 each
Kettlebell/Dumbbell High Pull 3x10
Bench Dips 3x10
Plank Shoulders, Knees, Toes 3x8

Cool Down

3 Way Childs Pose 1x10sec/10sec/10 seconds
Quad Pull 1x15sec each
Crossbody Arm Stretch 1x15sec each

