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Strength With Equipment #3

Warm Up

Cuban Press 2x10

Hip Openers 2x5 each

Open Books 2x5 each

Circuit #1

Back Squat 4x8

Pulse Squat 4x8

Low Plank with Hip Extension 4x8 each

Circuit #2

Bench Press 4x8

Push Up Shoulder Taps 4x8 each

Alternating Reverse Crunch 4x8 each

Circuit #3

Curl to Push Press 3x8

Bench Dips 3x8

Dumbbell Step Ups 3x8 each

1 arm 1 leg Sit Up 3x8 each

Cool Down

Butterfly 1x20 seconds

1 Leg in 1 Leg Out 1x20 seconds each

Cobra Stretch 1x20 seconds

Arm Across Body 1x20 seconds each

Chest Stretch 1x20sseconds each

