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## Strength with Equipment #8

### Warm Up

90/90 Hip Switch 2x5 each

Cat/Cow 2x5 each

Shoulder CAR's 2x4 each

### Circuit #1

Split Squat 4x6 each (3,0,0)

Jump Squat 4x6 (3,0,0)

High Plank Toe Touch 4x6 each

### Circuit #2

Barbell Close Grip Bench 4x6 (3,0,0)

Elevated Push Up 4x6 (3,0,0)

Crossover Crunch 4x8 each

### Circuit #3

Single Leg Romanian Deadlift 3x6 each

Front to Lateral Raise 3x6

Birdog Row 3x8 each (3,0,0)

Stability ball Leg Curl 3x6 (3,0,0)