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## Strength with Equipment #9

### Warm Up

Dumbbell Windmill 2x4 each  
Corkscrew Lunge 2x5 each  
Deadbugs 2x5 each

### Circuit #1

Barbell Bench Press 4x5 (0,3,0)  
Dumbbell Speed Bench Press 4x5  
Hollow Body Rocks 4x10

### Circuit #2

Barbell Front Squat 4x5 (0,3,0)  
Back Squat 4x5 (Light & Fast)  
Russian Twist to Crunchy Frog 4x10

### Circuit #3

Dumbbell Row 3x8 each (0,3,0)  
Glute Raise 3x8 each (0,3,0)  
1 arm Curl to Push Press 3x each  
Isometric Crunch 3x8 (0,3,0)

