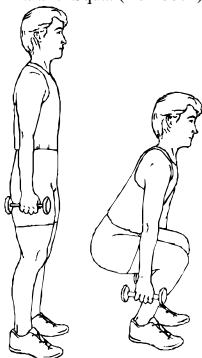


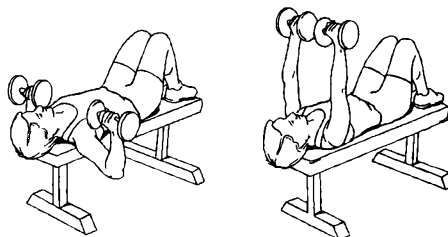
LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



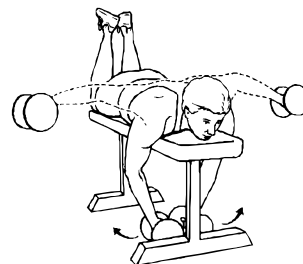
Do 2-3 sets.
 Complete 12-15 repetitions.

CHEST - 15 Bench Press (Dumbbell)



Press to straight arms.
 Do 2-3 sets. Complete 12-15 repetitions.

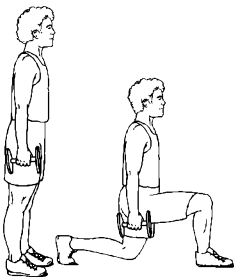
SHOULDERS - 19 Rear Deltoid Raise: Lying (Dumbbell)



From high bench, elbows slightly bent, palms in, raise arms to shoulder height.
 Do 2-3 sets. Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Optional: Dumbbell)

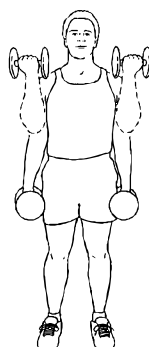
Legs shoulder width apart, head up, back straight, step backward bending both legs until both thighs are parallel to floor. Alternate legs. **DO NOT TOUCH KNEE TO FLOOR. PULL IN NAVEL!** Bicep curl at bottom of movement.



Do 3 sets.
 Complete 12-15 repetitions.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

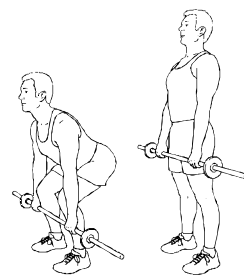
Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 2-3 sets.
 Complete 12-15 repetitions.

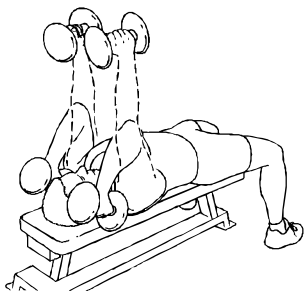
LEGS: HAMSTRINGS - 8 Dead Lift: Three Quarter (Barbell or Dumbbells)

From three quarter squat position, straighten legs, keeping head up and back straight.



Do 2-3 sets.
 Complete 12-15 repetitions.

ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.
 Do 2-3 sets. Complete 12-15 repetitions.

BACK: LATS - 10 Pull-Up: Machine Assist

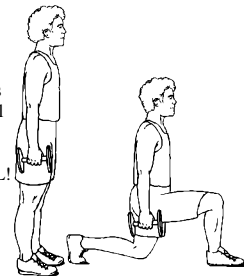
Pull body up until hands are even with shoulders.



Do 2-3 sets.
 Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Optional: Dumbbell)

Legs shoulder width apart, head up, back straight, step backward bending both legs until both thighs are parallel to floor. Alternate legs. **DO NOT TOUCH KNEE TO FLOOR. PULL IN NAVEL!**



Do 2-3 sets.
 Complete 12-15 repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do 2-3 sets.
 Complete 12-15 repetitions.

SHOULDER / UPPER BACK - 8 Elevation (this is the Y of Y, T, M sequence) Do full sequence. This serves as a reminder of how to begin.

Face anchor in shoulder width stance, arms reaching forward, thumbs up. Raise arms up and out. Make sure to keep knees bent

Repeat 10 times per set.
 Do 2-3 sets per session.
 Do 2-3 sessions per week.

Anchor Height: Waist



CARDIO

For this card I request that you do a cardio movement. That can be: lunges (walking), or lunges with giant circles, or lunges standing in place (stepping backward, 15 each side), or jump rope (100times around), or kettlebell swings (25 times), or climbing stairs.