



8610 North 32nd St. • PO Box 641 • Richland, MI 49083 • [269] 743-2277
www.AMWellnessCoaching.com

Strength with Equipment #2

Warm Up

Hamstring Toe Sweeps 2x5 each
Around the World 2x10
Child's Pose 2x10 seconds/10 seconds/10 seconds

Circuit #1

Dumbbell Romanian Deadlift 4x8
Split Squat 4x8 each
Low Plank with Reach 4x8 each

Circuit #2

Dumbbell Chest Fly 4x10
Hand release Push Ups 4x8
Leg Lift to Hip Up 4x8

Circuit #3

Shoulder Complex 3x8 each
Dumbbell Skullcrushers 3x8
Superman's 3x8
Stability ball Knee Ups/Bench/Chair 3x8 each

Cool Down

Standing Toe Touch 1x15sec each
Quad Pull 1x20sec each
Pigeon Stretch 1x20sec each
Shoulder Reach Under 1x20sec each
Cat/Cow 1x8
Arm Behind Head Elbow Pull 1x20sec each

