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Strength with Equipment #4

Warm Up

Child's Pose 2x10sec/10sec/10sec
Hamstring Toe Sweeps 2x5 each
Scorpion Stretch 2x3 each

Circuit #1

1 arm dumbbell Bench Press 4x6 each
Skull Crushers 4x10
Straight Leg Sit Up 4x8

Circuit #2

Rear Foot Elevated Split Squat 4x6 each
Barbell Romanian Deadlift 4x8
Plank Pull Through 4x6 each

Circuit #3

Single Leg Glute Bridge 3x30'sec each
Chest Flys 3x10
1/2 Russian Twist 3x6 each
Shoulder Complex 3x5 each

Cool Down

90/90/90 1x15sec each
Floor Scrapes 1x6

