



AT HOME STRENGTH TRAINING PROGRAM

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EXERCISE	NOTES
<u>1 - Lateral Band Walk</u> 3x20	
<u>2A- Squats</u> 4x8	Heavy weights
<u>2B- Overhead Press</u> 4x8	Medium weights
<u>3A- Sumo Squat</u> 3x12	Medium Weights
<u>3B- Narrow Floor Press</u> 3x12	Medium weights
<u>4A- Single leg Chair Squats</u> 3x8/side	Start bodyweight and try to increase depth and control.
<u>4B- Tricep Extension</u> 3x15	Light to Medium Weights
<u>4C- Push-up</u> 3x 8	Use the amount of incline that allows you to get full range and maintain form.

EXERCISE	NOTES
<u>1 - Airplanes</u> 2x 10/side	
<u>2A- Deadlifts</u> 4x8	Heavy weights
<u>2B- Bent Over Row</u> 4x8	Medium weights
<u>3A- Alternating Lunges</u> 3x 12/side	Medium Weights
<u>3B- Pull-over</u> 3x12	Light to Medium Weights
<u>4A- Bicep Curl</u> 3x15	Light to Medium weights
<u>4B-Upright Row</u> 3x15	Light to Medium weights
<u>4C- Lateral Lunge</u> 3x10/side	Light weights- focus on depth first then weight.

Please know that I have spent a lot of time putting this program together. This material is intended to be shared by only those who have purchased this membership. Please refrain from sharing this material and the intellectual property contained herein.

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