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| **DAY ONE - Chest & shoulders .** **Kneeling Push-Ups………………………………****Dumbbell Overhead Press………………****Supine dumbbell chest press…………****Bent over rear delt flies………………****DAY two- quads & hamstrings** **Suitcase Squats……………………………………****Romanian dead lifts……….………………****Sumo squats……………………………….…………****Supine hamstring bridges………………****DAY three – arms .** **Bicep hammer curls…......................………****Bent over tricep kickbacks…….………****Dumbbell Front raises………….…………****Dumbbell Side raises…………..……………** |  |
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| **DAY four- upper & lower back** **Standing band pull-aparts…...………****Bent over narrow rows…………………****Prone supermans…………………….………….****Bent over wide rows………...…………..…****DAY five – glutes .** **Standing banded side leg lifts……****Standing banded glute kickbacks****Side lying banded clam shells…….****Supine banded hip thrusts……………..****DAY six – Core: abs & obliques** **Suitcase Squats--………………………………****Romanian dead lifts……….………………****Sumo squats……………………………….…………****Supine hamstring bridges………………** |  |
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| **DAY seven–cardio & flexibility** **Side steps or grapevines w/ arms****no weight squats arms overhead** **jogging in place……………………….………….****jumping jacks / power jacks.……..…****mountain climbers……………………….****Standing front kicks…………………….****----Complete cardio 3x then each stretch-----****Bring ear to shoulder………………** **Standing straight leg toe touch…..****Standing back extension…………………..****Standing quad stretch……………………….****Standing side bend arm overhead****Butterfly hip stretch………………………..****Seated cross leg lumbar rotation****Cat-Cow w/ inhale-exhale…………...…** |  |

