









Dumbbells +

Circuit 1				
	Sets	Reps	Picture	Notes
Goblet Squat	2-3	10-15		Hold the DB in the middle of the chest, squat down and then squat back up. Make sure to keep the core and glute muscles engaged throughout. Do not let the knees cave in.
DB Lateral Raise		10-15		With good posture, raise the shoulders up to the sides and slowly lower back down with control.
Circuit 2				
	Sets	Reps	Picture	Notes
DB Bench Press	2-3	10-15		Keeping the shoulders down and back, press the weight up and then lower down with control. Tuck the elbows in slightly when pressing and do not let the shoulders ride up. This should be felt in the pecs (not shoulders).
Single Arm DB Row		10-15		Face the ground bent-over with a straight back, bracing the core and maintaining good posture. Rest the hand and knee on the bench for support, and pull the weight up to the body with the other hand.
Circuit 3				
	Sets	Reps	Picture	Notes
Alternating Leg Kickout	2-3	Failure		Lie on the back with the knees up above the hips. Brace the core tightly and push the lower back into the ground. Kick back and forth with alternating legs in a controlled manner.
Elevated Glute Bridge		10-15		Lie on your back and elevate your feet. Brace the core muscles and raise your hips up by pushing your heels into the floor.
Circuit 4				
	Sets	Reps	Picture	Notes
Standing Bicep Curl	2-3	10-15		Curl the weight up and then extend back down fully, keeping tension on the biceps. Maintain good posture throughout.
DB Skull Crusher		10-15		With the arms perpendicular to the floor, slowly lower the weights down by bending at the elbow and then press back up and squeeze the triceps.

Notes

Frequency: 2x per week with at least 1 day of rest in between.

Intensity: Perform each set to failure (as many reps as possible) or until form breaks down.

Alternate back and forth between the 2 exercises in the circuit. Perform all sets of the circuit before moving on to the next.

Rest 1-2 minutes between sets or until the muscles feel recovered.

Progression: Increase the difficulty or rep range of the exercise once the rep range is exceeded on any set.



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