




No Equipment

Exercise	Sets	Reps	Picture	Notes
Sit to Stand	2-3	10-20		With the feet shoulder width apart, perform the squat by lowering the body, sitting on a low chair, and then standing back up without letting the knees cave in.
Incline Push-up	2-3	10-20		Keeping the shoulders down and tucking the elbows in, push up your body away and then lower right down to the chest with control. This should be felt in the chest and not in the shoulders (don't let the shoulders ride up).
Alternating Leg Kickout	2-3	10-20		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.

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
 Perform all sets of an exercise before moving 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



Need Help ?

Get a Personalized TARGET Fitness Plan