



**HOME EXERCISE PRGOGRAMME**

Class:	Buns and Guns
Trainer name:	Benine
Equipment:	Dumbbell, Mat
Date:	June 11, 2020

**WARM-UP**

Full body mobilization	5min	
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**WORKOUT**




**SECTION 1**




**Repeat each group 3 times.**

**GROUP 1**


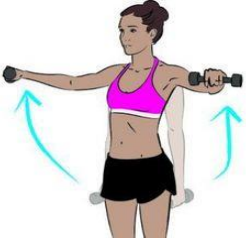
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Squat	15	
Bicep Curls	15	
Jump Squat	10	







GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Sumo Squat	15	
Tricep Kick Back	15	
Sumo Squat Jump	10	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating back lunge	16	
Hammer Curls	15	
Lunge Jump	10	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating side lunges	16	
Overhead Extensions	15	
In and out Squat jump	10	

**SECTION 2**  
Repeat each group 2 times.

GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Walking Lunges	20	
Side Raises	10	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Walking Squats	20	 <p>Hold two dumbbells on your side or one at your chest. Do 10 steps in one direction and 10 in the other.</p>
Front Raises	10	
GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
One Leg Squat	10 (left and Right)	 <p>Hold dumbbells on your side or hold one dumbbell and use the other hand to hold onto a wall for balance.</p>
Shoulder Press	10	
GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Up/Down Lunge	10 (left and Right)	
Upright Row	10	

**SECTION 3**

**Repeat each group 2 times.**

**GROUP 1**

EXERCISE	REPS	NOTES/ILLUSTRATION
Squat jump forward and step back	10	
Weighted hip bridge	15	
Skull Crushers	15	

**GROUP 2**

EXERCISE	REPS	NOTES/ILLUSTRATION
Bicycle Legs	20	
Weighted Donkey Kick Back	10 (left and right)	
Push-ups	15	

## STERTCHES

Hug both knees in	Hold 20sec	
Glute Stretch	Hold 20sec (right and left)	
Hamstring Stretch	Hold 20sec (right and left)	
Reach For Toes	Hold 20sec	
Butterfly Stretch	Hold 20sec	
Seated Twist Stretch	Hold 20sec (right and left)	
Seated side bend stretch	Hold 20sec (right and left)	