








HOME WORKOUT

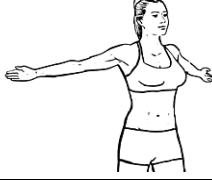






Goal:	Weight Training
Client:	
Trainer name:	Benine
Date:	28 March 2020

DAY 1:			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Warm-Up			
Full Body Mobilisation	5min		
UPPERBODY			
Chest Press	3	15	
Bent over Dumbbell Row	3	15	
Shoulder Press	3	10	
Tricep kick backs	3	15	
Bicep Curls	3	15	

LOWERBODY

<p>Dumbbell Squats</p>	<p>3</p>	<p>15</p>	
<p>Alternating lunges Backwards Holding dumbbels</p>	<p>3</p>	<p>12</p>	
<p>Sumo squats Holding dumbbell between legs</p>	<p>3</p>	<p>15</p>	
<p>Calf Raises</p>	<p>3</p>	<p>15</p>	

COOL-DOWN - STRETCHES

Chest stretch	Hold 20sec	
Rhomboid stretch	Hold 20sec	
Shoulder stretch	Hold 20sec	
Tricep stretch	Hold 20sec	
Bicep Stretch	Hold 20sec	
Hamstring stretch	Hold 20sec	
Calf stretch	Hold 20sec	
Adductor stretch	Hold 20sec	