



HOME EXERCISE PRGOGRAMME

Class:	Body Sculpt
Trainer name:	Benine
Equipment:	Dumbbells
Date:	April 9, 2020

WARM-UP


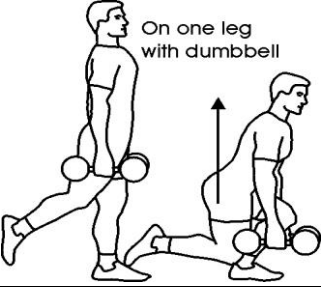


Full body mobilization	5min	
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WORKOUT


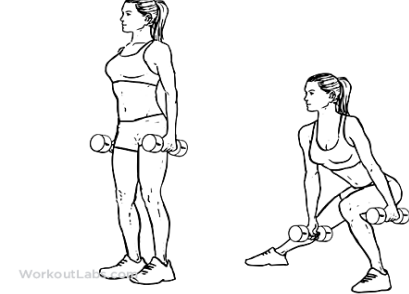
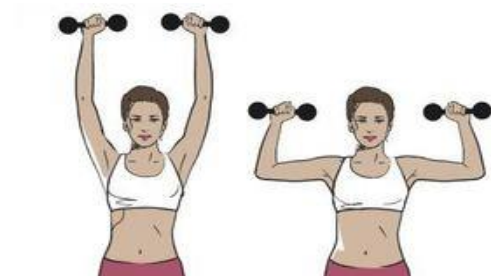

Repeat each group 3 times.

GROUP 1





EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Squats	15	
Up/Down Lunges	10 (left and right)	
Chest Press	15	
Push-Ups	10	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Sumo Squats	15	
One Leg Squats	10 (right and left)	On one leg with dumbbell 
Bent Over Fly	15	
Upright Row	10	



GROUP 3

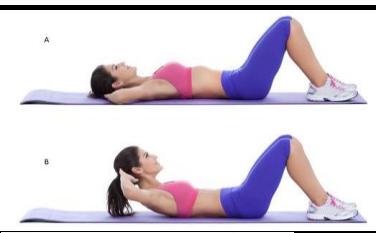


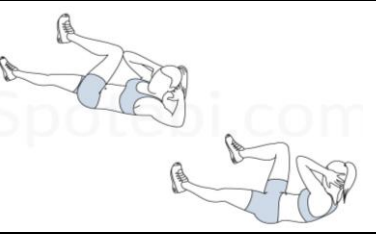
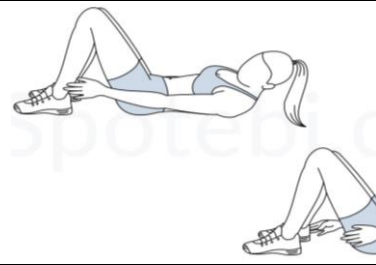

EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell deadlift	15	
Side Lunges	10 (left and right)	
Shoulder Press	15	
Front Raises	10	

GROUP 4








EXERCISE	REPS	NOTES/ILLUSTRATION
Goblet Squat	15	
Lunge back with knee lift	10 (left and right)	 <p data-bbox="760 877 1284 905">Hold one weight at your chest or 2 weights on the side.</p>
Tricep Overhead Extension	15	
Tricep Kick Back	10	

GROUP 5

EXERCISE	REPS	NOTES/ILLUSTRATION
Calf Raises	15	
One leg deadlift	10 (right and left)	
Bicep Curls	15	
Horizontal Bicep Curls	10	<p>STEP 1</p>  <p>STEP 2</p> 

ABDOMINALS			
EXERCISE	SETS	REPS	PICTURE
Crunches	2	15	
Reverse Crunches	2	12	
Oblique Crunches	2	10 (left and right)	
Bicycle Crunches	2	16	
Heel Taps	2	10	
Plank	1	40sec	

STRETCHES

Chest Stretch	Hold 20sec	
Rhomboid stretch	Hold 20sec	
Shoulder Stretch	Hold 20sec (left and right)	
Tricep Stretch	Hold 20sec (left and right)	
Reach for toes	Hold 20sec	
Adductor Stretch	Hold 20sec (left and right)	
Quad Stretch	Hold 20sec (left and right)	
Lower Back Stretch	Hold 20sec	