



WORKOUT OF THE DAY



Total body work out. Compound exercises Strength Training

What You'll Need: Personal barbell, Dumbbells, bench, Stability Ball, Medicine Ball, Mat

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential to prevent injuries.

Warm Up (2X): 20 each: Arms circle each Jumping Jacks, Inchworm, scorpion jump squats, downward facing dog to alternated leg pigeon, frog walk in,

Training: 12 to 20 rep each exercise, 3 to 4 sets, resting 30 second to 90 seconds between sets.

Ball slam



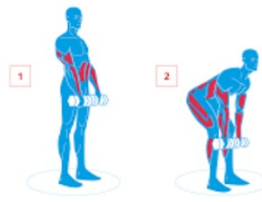
A)

Ball Lunge/torso rotation



B)

DB Romanian Death lift



c)

DB Renegades



D)

Bb squats



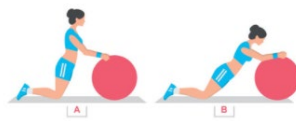
E)

Side planks reach



F)

Ball core roll



G)

Ball body extension



H)

Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds.