

Recommended Strength Rep Range 8-12 reps / Recommended Endurance Rep Range 15-20

Day One		Equip Used					Equip Used					Equip Used					Equip Used				
Exercise	Type		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps
Leg Press	Strength	Machine	B		2-3		B		2-3		B		2-3		B		2-3				
Dumbbell Squats	Strength	D/bell	B		2-3		B		2-3		B		2-3		B		2-3				
Lunges - Ext	Endurance	D/bell	L		3-4		L		3-4		L		3-4		L		3-4				
Lunges - Ext	Endurance	D/bell	R		3-4		R		3-4		R		3-4		R		3-4				
Notes																					
Ab & L/Back work			A/B				A/B				A/B				A/B						
Hover/Wheelbarrow	Endurance	Fitball	B		3-4		B		3-4		B		3-4		B		3-4				
Floor Bridge	Endurance	Fitball	B		3-4		B		3-4		B		3-4		B		3-4				
Leg Raises	Endurance	Mat	B		3-4		B		3-4		B		3-4		B		3-4				
Ball bridge	Endurance	Fitball	B		3-4		B		3-4		B		3-4		B		3-4				
Notes																					

Day Two		Equip Used					Equip Used					Equip Used					Equip Used				
Exercise	Type		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps
Cable Row	Strength	Machine	B		2-3		B		2-3		B		2-3		B		2-3				
Lat Pull down	Strength	Machine	B		2-3		B		2-3		B		2-3		B		2-3				
Dumbbell Row	Endurance	D/bell	L		3-4		L		3-4		L		3-4		L		3-4				
Dumbbell Row	Endurance	D/bell	R		3-4		R		3-4		R		3-4		R		3-4				
Fitball Supermans	Endurance	Fitball	B		3-4		B		3-4		B		3-4		B		3-4				
Bicep Extension	Strength	Bar	B		2-3		B		2-3		B		2-3		B		2-3				
Notes																					

Recommended Strength Rep Range 8-12 reps / Recommended Endurance Rep Range 15-20

Day Three		Equip Used					Equip Used					Equip Used					Equip Used				
Exercise	Type		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps
Chest Press	Strength	Machine	B		2--3		B		2--3		B		2--3		B		2--3				
Incline Chest press	Strength	D/bell	B		2--3		B		2--3		B		2--3		B		2--3				
Decline Chest press	Endurance	D/bell	B		2--3		B		2--3		B		2--3		B		2--3				
Tricep Extension	Strength	Machine	B		2--3		B		2--3		B		2--3		B		2--3				
Push Ups	Endurance	Bar	B		2--3		B		2--3		B		2--3		B		2--3				
Notes																					
Ab work	Endurance		Abs				Abs				Abs				Abs						
Leg raises w/holds	Endurance	Mat	B		2--3		B		2--3		B		2--3		B		2--3				
Bicycle Kicks	Endurance	Mat	B		2--3		B		2--3		B		2--3		B		2--3				
Med Ball work	Endurance	Med Ball	B		2--3		B		2--3		B		2--3		B		2--3				
Notes																					