
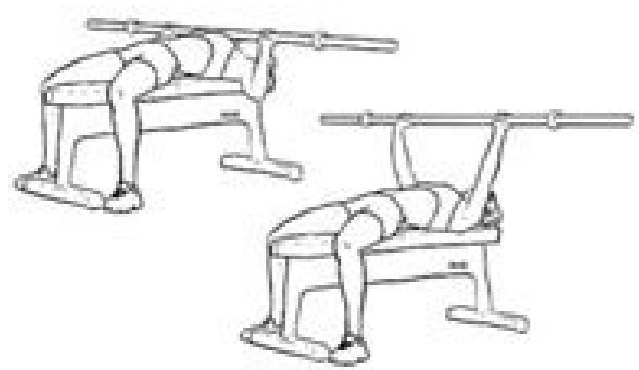


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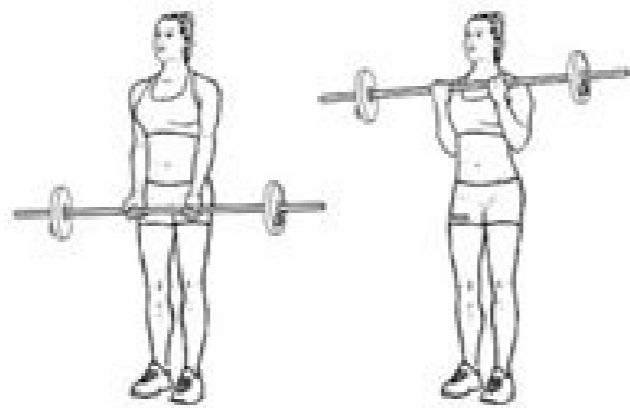
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PRINTABLE WORKOUT

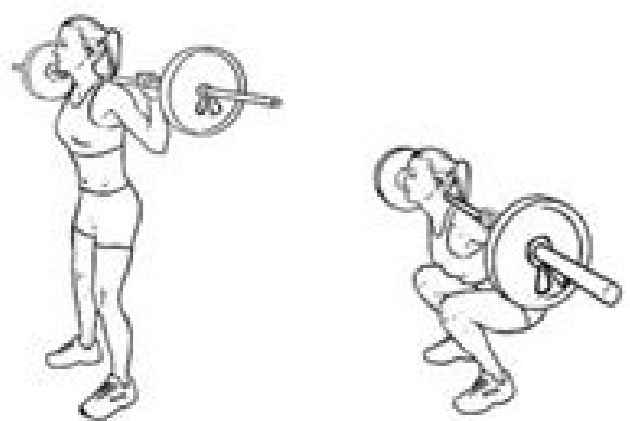
Gym Essentials Full Body Workout



Barbell Bench Press / Chest Press
3 sets / 6 reps



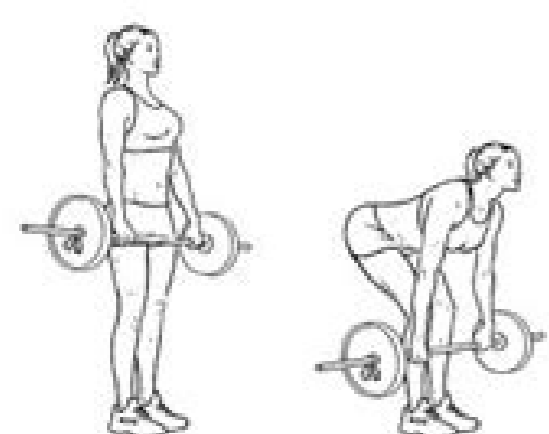
Barbell Curl / Standing Biceps Curl
3 sets / 6 reps



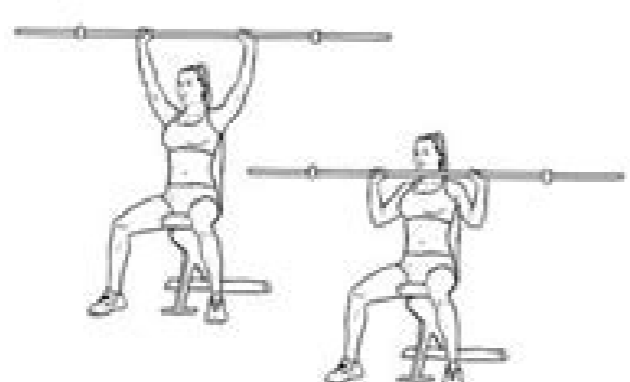
Barbell Squat
3 sets / 6 reps



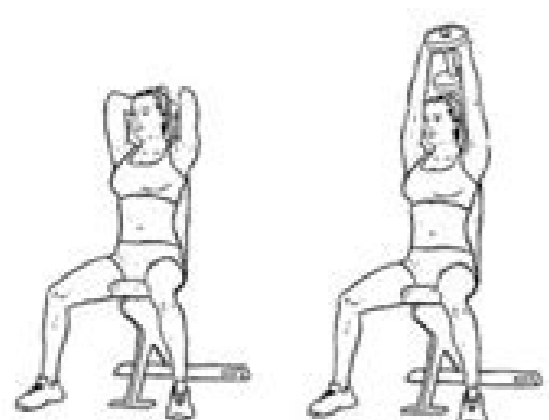
Kneeling Cable Crunch
3 sets / 12 reps



Barbell Deadlift
3 sets / 6 reps



Barbell Shoulder Press / Overhead Press
3 sets / 6 reps



Seated Tricep Press / Overhead Extension
3 sets / 6 reps



Seated Calf Raise
3 sets / 6 reps



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WEEK 1
Monday HIIT
FULL BODY

2x7^{mins} 14^{mins} 37^{mins}
Circuit Workout Time Total Time

1 WARM-UP - 10mins - See page 39

2 HIIT CIRCUIT - 7mins - Repeat 2 times

1 Sumo Squats x 30



2 High Knees x 1min - Reach at least 60reps



3 Leg Lifts x 25



4 Butt Kicks x 1min - Reach at least 80reps



5 Tricep Dips x 25



6 Ab Bikes x 30 - 15 each side



7 Side Shuffles x 30 - 15 each side



Keep repeating the last exercise until you reach 7mins

16ft / 5m - Touch the ground

3 REST (between each HIIT Circuit) - 3mins - Begin HIIT Circuit again

4 COOL DOWN - 10mins - See page 41



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