

WORKOUT DURATION:


INTENSITY:

CARDIO TODAY?

SHOULDERS AND LEGS

- * Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- * Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

* AMAP = As many as possible

 = Cardio (between each set)

| No | Exercise | Sets | Reps |
|---|--|------|-------|
| 01 | Side Lateral Raises | 03 | 12-15 |
|  | Bench Step Ups | 01 | 1min |
| 02 | Standing Overhead Press | 03 | 12-15 |
|  | Running In Place | 01 | 1min |
| 03 | Bent Over Rear Delt Raises | 03 | 12-15 |
|  | Kettlebell Swings | 01 | 1min |
| 04 | Leg Extensions | 04 | 12-15 |
|  | Bench Step Ups | 01 | 1min |
| 05 | Hamstring Curls | 04 | 12-15 |
|  | Running In Place | 01 | 1min |
| 06 | Seated Calf Raises | 03 | 12-15 |
|  | Kettlebell Swings | 01 | 1min |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

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LIFT. DATE: _____

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