

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	21-30
	Bench Step Ups	01	1min
02	Standing Overhead Press	03	21-30
	Running In Place	01	1min
03	Bent Over Rear Delt Raises	03	21-30
	Kettlebell Swings	01	1min
04	Leg Extensions	04	21-30
	Bench Step Ups	01	1min
05	Hamstring Curls	04	21-30
	Running In Place	01	1min
06	Seated Calf Raises	03	21-30
	Kettlebell Swings	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

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LIFT. DATE: _____

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