



# BEGINNER STRENGTH WORKOUT

**CLICK ON ALL MOVEMENTS FOR VIDEOS!**

## WARM UP

1. GLUTE BRIDGE X10 REPS
2. DEAD BUG X 5-10 EA SIDE
3. THREAD THE NEEDLE X8 EA SIDE
4. KNEELING LATERAL LUNGE X8 EA SIDE
5. LATERAL LUNGE X 5-10 EA SIDE
6. BODY SQUAT X 10-15

### **\*\*WARNING\*\***

PARTICIPATE AT YOUR OWN RISK. UNSUPERVISED EXERCISE CAN RESULT IN SERIOUS INJURY OR DEATH. PLEASE CHECK WITH YOUR PHYSICIAN IF YOU ARE UNSURE ABOUT STARTING AN EXERCISE PROGRAM.

BLOCK 1	REPS	SETS
<u>MEDBALL THROW</u>	5	3
<u>PALLOF PRESS</u>	8 EACH SIDE	3

BLOCK 2	REPS	SETS
<u>ELEVATED PUSHUP</u>	8-10	3
<u>GOBLET SQUAT</u>	10	3

BLOCK 3	REPS	SETS
<u>BAND PULLDOWN</u>	12	3
<u>GLUTE BRIDGE BLOCK</u>	10	3

BLOCK 4	REPS	SETS
<u>45 DEGREE RAISE</u>	10	3
<u>DB TRICEP EXT</u>	10	3

