



Full Body Strength training

Resistance training increases range of motion, builds strength and endurance

Perform all exercises on the left and right sides

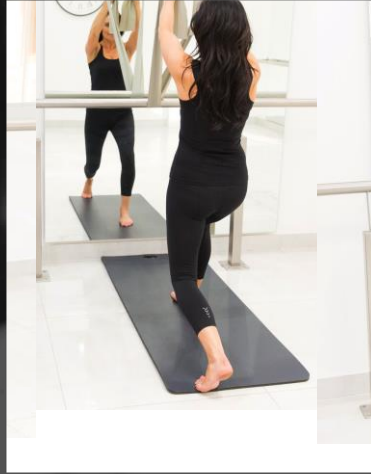
FULL BODY STRENGTH training



Shoulder 1
x 15



Shoulder 2
x 15



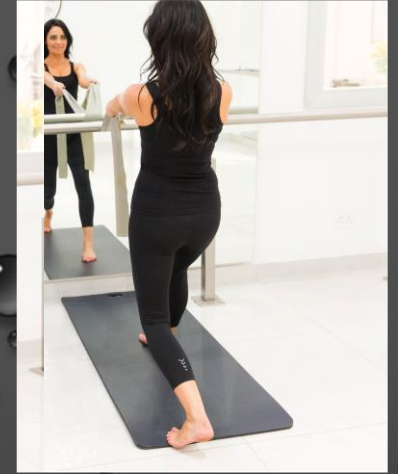
Shoulder 3
x 15



Shoulder 4
x 15



Shoulder & Leg
x 15



Row Palms Up
x 15



Row Palms Down
x 15



Biceps Curls
x 15



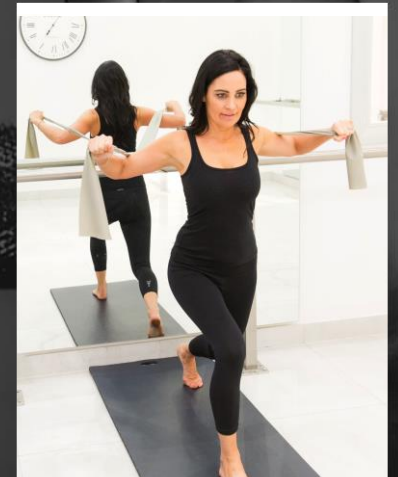
Triceps Extend 1
x 15



Triceps Extend 2
x 15

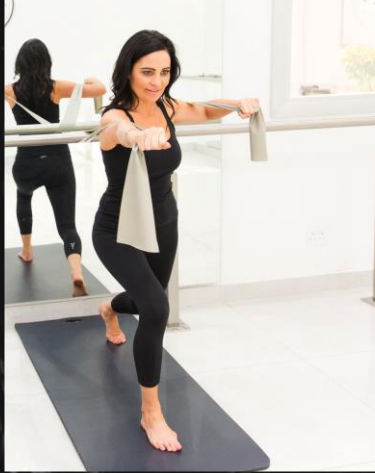


Triceps Extend 3
x 15



Shoulder Flies
x 15

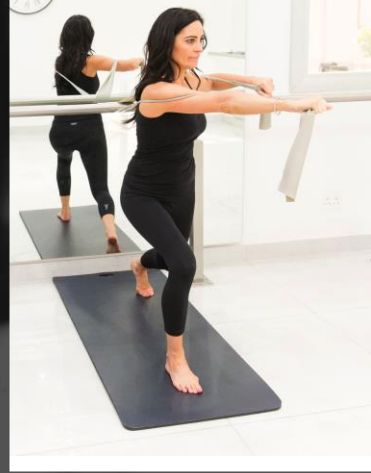
FULL BODY STRENGTH training



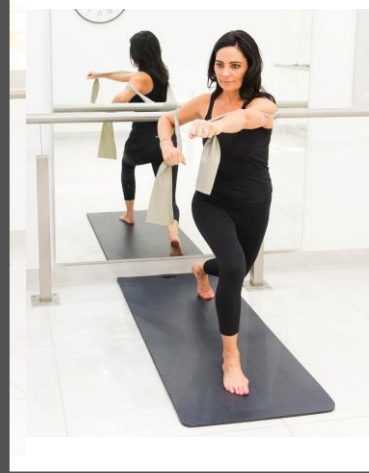
Boxing 1
X 15



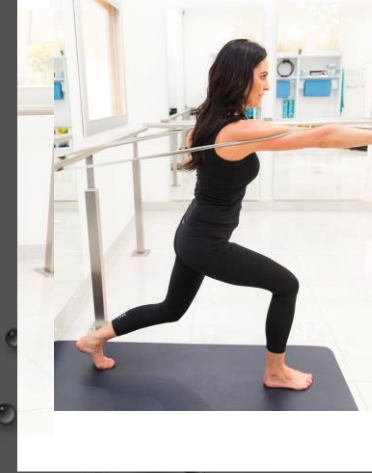
Boxing 2
X 15



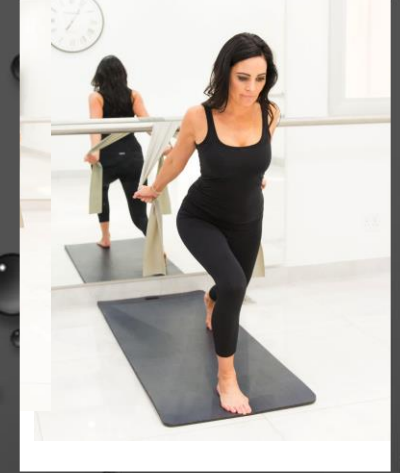
Boxing 3
X 15



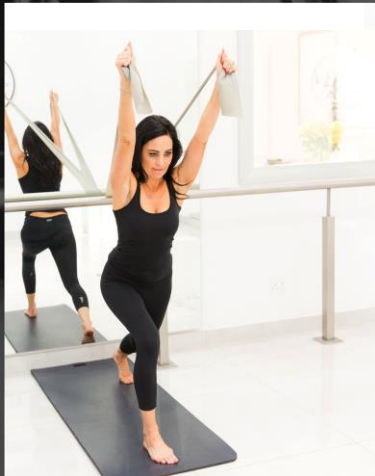
Boxing 4
X 15



Pulses 1
x15



Pulses 2
X 15



Pulses 3
x 15



Pulses 4
x 15

TIPS

Alternate Legs
Stabilize Pelvis
Stabilize Core

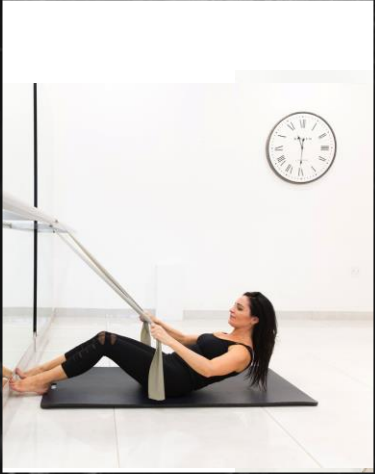
TIPS

Breathe
Focus
Enjoy

NOTES

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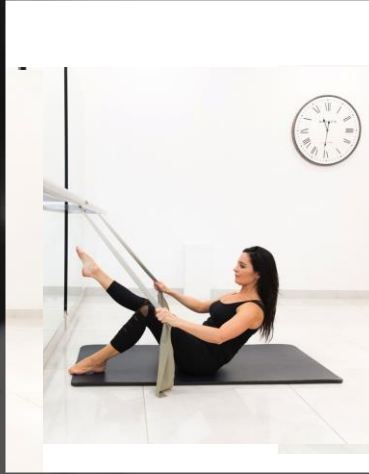
FULL BODY STRENGTH training



Lean back
x 15



Pull Forward
x 15



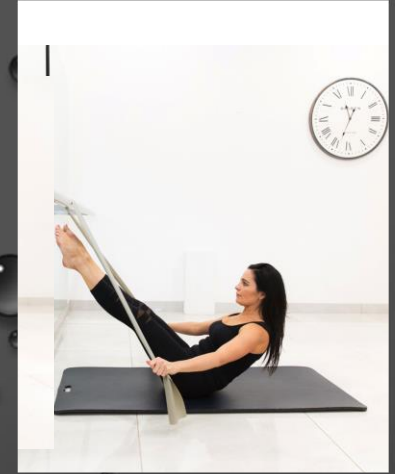
Right Leg Extend
x 15



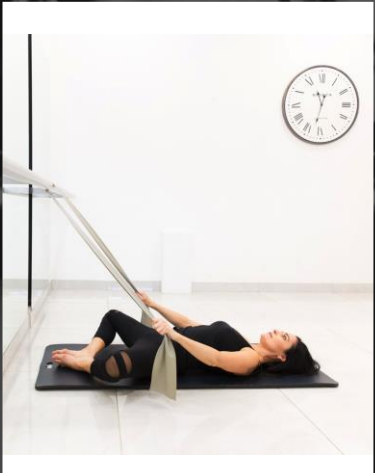
Left Leg Extend
x 15



Bent Knee Pulse
x 15



Straight Leg Pulse
x 15



Lean back
x 15



Pull Forward
x 15



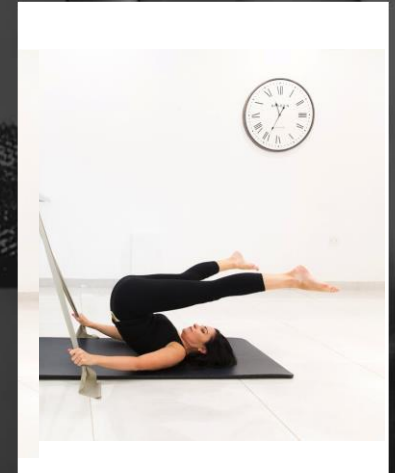
Lie back & Pulse
x 15



Roll back Pulse
x 15



Roll back Pulse
x 15



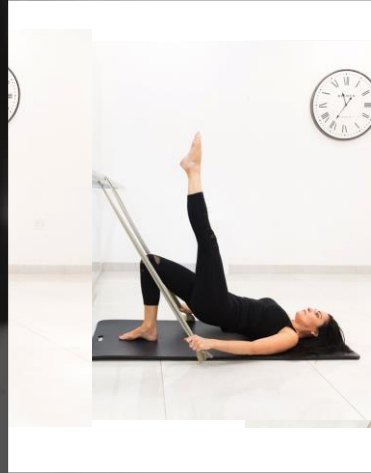
Roll back Pulse
x 15



Lean back
Hold 10sec



Lean back
Hold 10 Sec



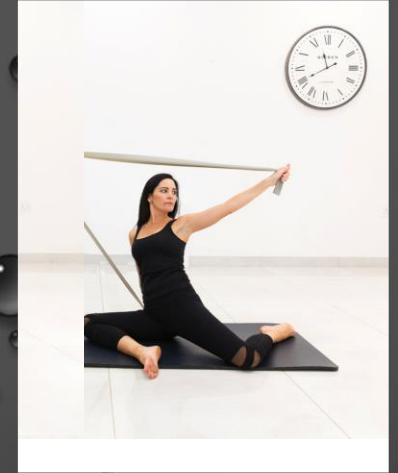
Pelvis Bridge
Hold 10 sec



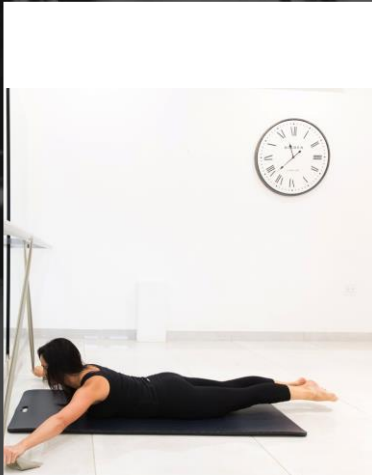
Raised Foot
Hold 10 sec



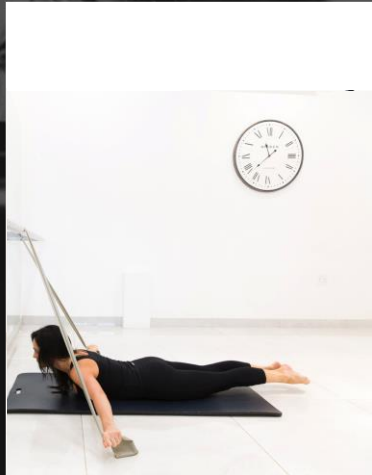
Forward Bend
Hold 10 Sec



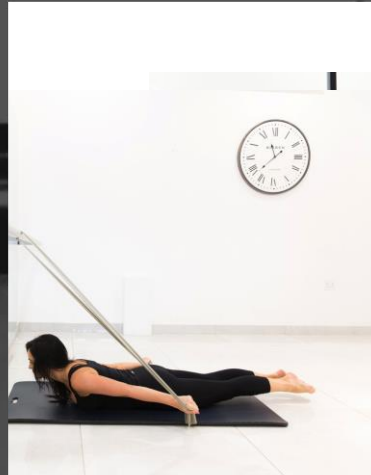
Pec Stretch
Hold 10 Sec



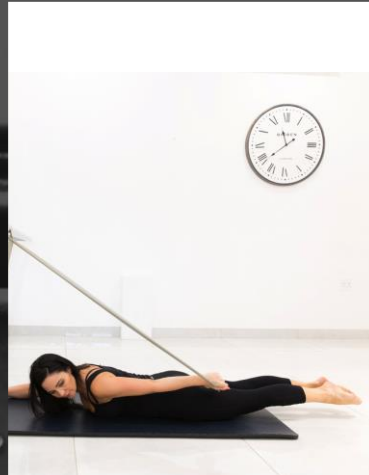
Leg & Arm Lift 1
Hold 10 Sec



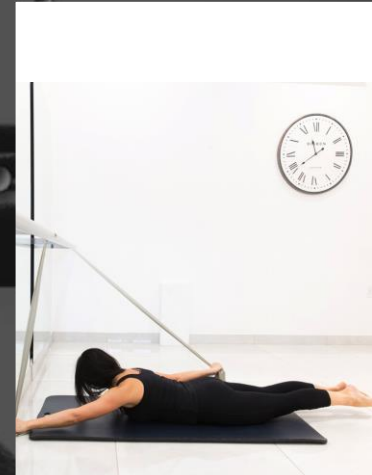
Leg & Arm Lift 2
Hold 10 Sec



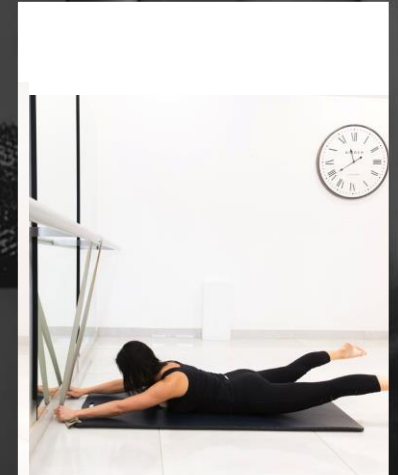
Leg & Arm Lift 3
Hold 10 Sec



Swim 1
X 15



Swim 2
x 15



Swim 3
x 15

DON'T STOP,

DON'T QUIT!



Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries.

—John Doe

HAND
—  —
CONSULT SA



hard work

STRENGTH DOESN'T COME FROM WHAT YOU CAN DO.
IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU
COULDN'T

The exercises must be done with caution to prevent injury.
All exercises must first be demonstrated and explained by a professional.