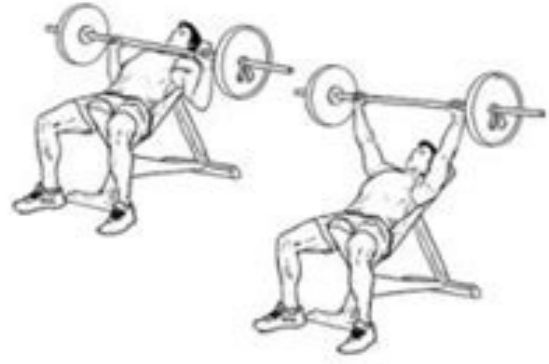


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PRINTABLE WORKOUT

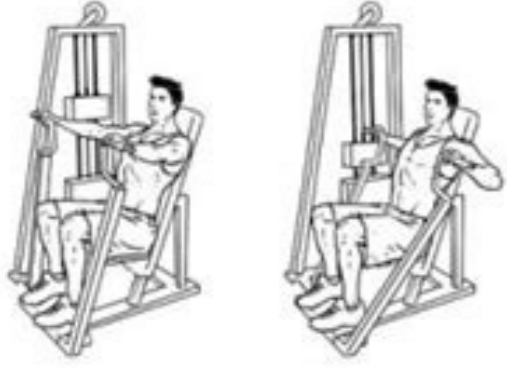
Chest



Incline Barbell Bench Press
4 sets / 12 reps



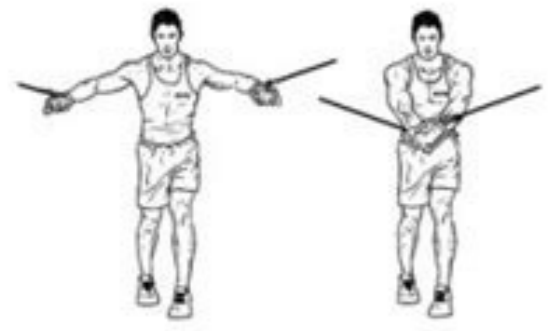
Dumbbell Flat Bench Press
4 sets / 12 reps



Hammer Strength Machine Chest Press
4 sets / 12 reps



Decline Dumbbell Fly
3 sets / 12 reps



Standing Cable Crossover / Fly
3 sets / 15 reps



Triceps Dips
3 sets



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2 WEEK HOME WORKOUT PLAN

Monday

- 5 Push Ups
- 25 Burpees
- 10 Sit Ups
- 20 Jumping Jacks
- 60 Sec. Wall Sit
- 15 Tricep Dips
- 40 Sec. Plank
- 30 Squats

Tuesday

- 10 Squats
- 25 Lunges
- 15 Push Ups
- 30 Crunches
- 5 Burpees
- 40 Sec. Wall Sit
- 20 Butt Kicks
- 35 Sit Ups

Sat/Sun

REST

Thursday

- 35 Sec. Wall Sit
- 20 Crunches
- 10 Push Ups
- 30 Sit Ups
- 25 High Knees
- 40 Sec. Side Plank
- 15 Russian Twists
- 5 Squats

Friday

- 40 Burpees
- 15 Jumping Jacks
- 20 Crunches
- 35 Squats
- 5 Russian Twists
- 30 High Knees
- 10 Butt Kicks
- 25 Sec. Side Plank

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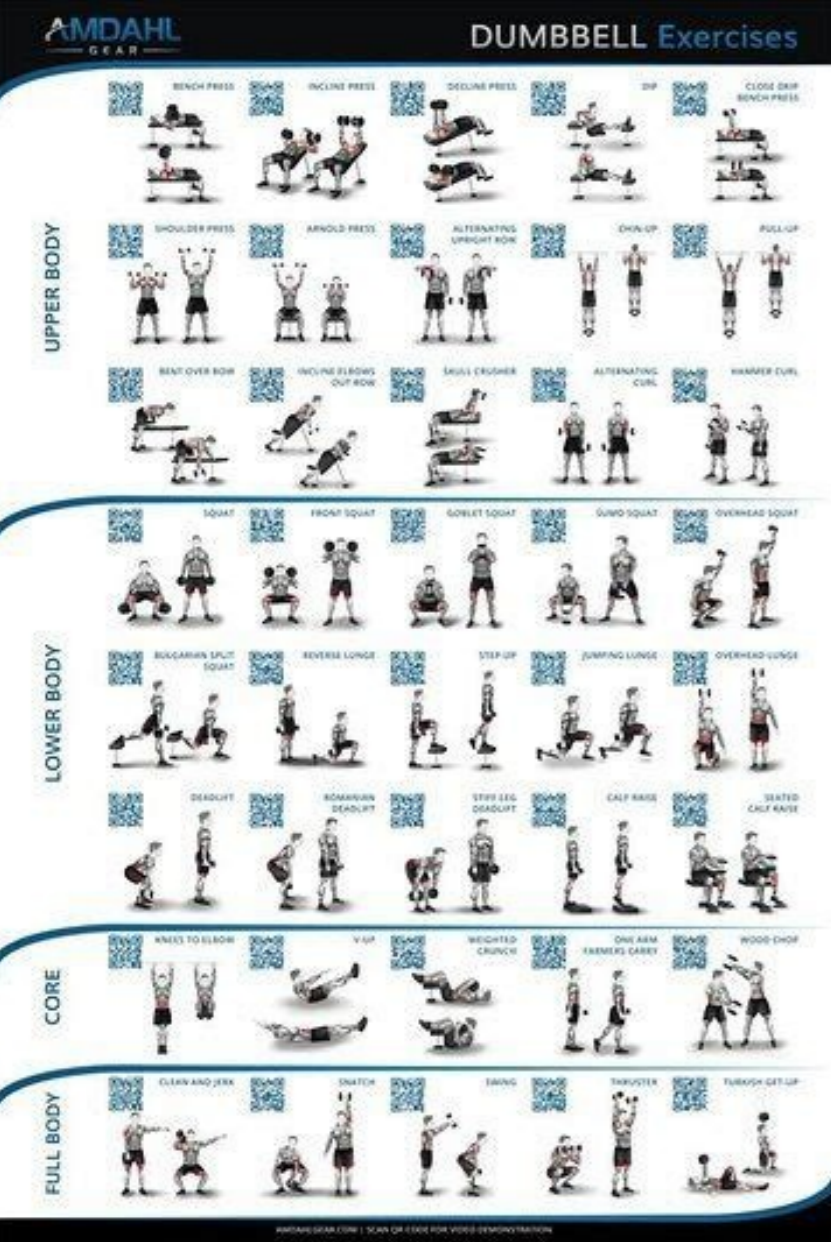
Cardio by week

- 30 sec sprint, 30 second jog (5x)

- 35 sec sprint, 45 second jog (6x)

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