



STRENGTH TRAINING #5 BASICS

COMPLETE 1-3 SETS OF
8-12 REPS PER EXERCISE

SQUATS

CHEST PRESS

ROWS

TRICEP KICKBACKS

BICEP CURLS

STANDING LUNGES

LATERAL RAISE

RUSSIAN TWISTS

STRENGTH TRAINING BASICS TOTAL BODY WORKOUT

DESIGNED BY:
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EQUIPMENT NEEDED:
DUMBBELLS OR HANDWEIGHTS



A GREAT WORKOUT FOR BEGINNERS, AND ALSO FOR EXPERIENCED LIFTERS, USING BASIC STRENGTH TRAINING MOVES.