

Legs



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x squats with or without weight (plate or dumbbell held at chest level)

10x squats with wider stance (same weight)

10x sitting calf raises with or without weight (plate or dumbbell held at chest level, unless this is a machine?)

10x machine leg extensions

10x machine hamstring extentions

10x lunges right leg leading with or without weight (plate or dumbbell held in left hand)

10x lunges left leg leading with or without weight (plate or dumbbell held in right hand)

1 min rest in between full sets

If you aren't experience muscle fatigue/failure after 10 reps, increase the weight.

Shoulder/Arms

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x free military press

10x free shoulder fly

10x free front shoulder raise

10x free reverse dumb fly

10x row up

10x free bicep curls

10x right arm free standing tricep raises (alternate starting arm between sets)

10x left arm free standing tricep raises

10x both arm free standing tricep raises

1 min rest in between full sets

If you aren't experience muscle fatigue/failure after 10 reps, increase the weight.