INSTRUCTION:
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- Perform an equal number of exercise repetitions with each arm/leg/foot to avoid the development of muscle imbalances.

SHOULDERS

QUADS

FEET

CALVES

LOWER BACK

NECK

HAMSTRINGS

BUTTOCKS

UPPER LEG (SIDE)