

### 30 Minute Workout

5 minutes of cardio to warm up – Stationary Bike, Treadmill, Rower or Stair Climber

Weight Selection 1st set 50% Max Weight 2nd set 80% Max Weight

Movements slow and controlled contracting the working muscles as hard as possible and holding at the top of the exercise for 5 seconds before releasing.

2 sets of 8 Squats

2 sets of 8 Bench Press or pushups

2 sets of 8 Seated Leg Press

2 sets of 8 Seated Rows

2 sets of 8 dips or tricep pull-ups

2 sets of 8 overhead presses

2 sets of 10 bicep curls

2 sets of 20 double time crunches (eyes up to the roof, chin off chest, elbows out of sight)

Stretch all major muscle groups worked holding stretches for a minimum of 30 Seconds.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*

