

## SOLO WORKOUT WEEK

These are great way to get a great workout in a quick effective way! Made to be printed & clipped. Also a great size to have on PDA!

Exercise	Sets	Reps	Weight
Tread/Ellip	WarmUp	10 min.	Add Resistance
EZ Squats	3	25, 25, 30	Shoulders above Hips
PushUps	3	12, 12, 15	Use those arms!
Bench Dips	3	12, 12, 15	5-7 inch movement
Lunges	2	25, 35	Ea. Leg
Tread/Ellip	Cool Down	5 min, 5min	5-regular & 5 easy cooler

Exercise	Sets	Reps	Weight
Tread/Ellip	WarmUp	10 min.	Add Resistance
Rev. Static Lunge	3	25, 25, 30	Shoulders above Hips
Plank to Stand	3	12, 12, 15	Elbows to Hands
Step Ups	3	12, 12, 15	12-12-15 on each side!
Crunches	3	20, 25, 30	Focus on Form!
Tread/Ellip	Cool Down	5 min, 5min	5-regular & 5 easy cooler

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