

Resistance Workouts

Each Workout should take you about 30 minutes. Be smart with your weights and have fun!

Tuesday, 4/2

Lower Body

- 10 slowww squats
- 10 normal squats
- 15 dead lift (use a heavy dumbbell)
- :30 wall sit

2x

- 15 lunges each side
- 30 lunge pulses at end of each set
- 10 tippy birds
- Repeat on other side

3x

- 20 donkey kicks
- 20 leg lifts
- 10 donkey kicks
- Repeat on other side

2x

- 25 clam shells
- 25 leg lifts laying on side
- 20 crunches with knees to side
- Repeat on other side

2x

Thursday, 4/4

Upper Body

- 15 standing rows (pull weights back)
- 10 dumbbell flys (pull weights out to sides)
- 10 bicep curls

2x

- 20 band pull-aparts
- 20 wall angels
- 10 shoulder press

3x

- 15 chest press (on back)
- 10 chest flys
- 15 lat pullovers (touch ground overhead)

2x

- 15 single-arm row from all-4s or plank
- 10 tricep kickbacks
- 10 tricep kickback pulses at end of each set
- Repeat on other side

2x