

No Excuses #6

Lower Body-Hips/Quadriceps

- Squats 15 repetitions
- Standing ABD 8 steps rt, 8 steps left
- Squats 15 repetitions
- Standing ABD 8 steps rt, 8 steps left
- Squats 15 repetitions
- Standing ABD 8 steps rt, 8 steps left
- Squats with Tube



Standing ABD



Upper Body-Back/Chest

- Seated Rows 15 repetitions
- Push-ups 8 repetitions
- Seated Rows 15 repetitions
- Push-ups 8 repetitions
- Seated Rows 15 repetitions
- Push-ups 8 repetitions

Seated Row with Tube



Push Ups



Lower Body-Gluteals/Hamstrings

- Deadlifts 15 repetitions
- X-Back Lunges 8 repetitions (each leg)
- Deadlifts 15 repetitions
- X-Back Lunges 8 repetitions (each leg)
- Deadlifts 15 repetitions
- X-Back Lunges 8 repetitions (each leg)
- Deadlifts with Tube



X-Back Lunges



Upper Body-Arms

- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions
- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions
- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions

Bicep Curls with Tube



Tricep Kickback



Core- Abs/Obliques

- Reverse Curls 15 repetitions
- Windshield Wipers 8 repetitions each side (a;ternating)
- Reverse Curls 15 repetitions
- Windshield Wipers 8 repetitions each side (a;ternating)
- Reverse Curls 15 repetitions
- Windshield Wipers 8 repetitions each side (a;ternating)

Reverse Curls



Windshield Wipers

