

No Excuses #8

Total Body

Lower Body-Hips/Thighs

- OH Squats 15 repetitions
- Reverse Lunge 8 lunges on rt, 8 lunges on left
- OH Squats 15 repetitions
- Reverse Lunge 8 lunges on rt, 8 lunges on left
- OH Squats 15 repetitions
- Reverse Lunge 8 lunges on rt, 8 lunges on left

Overhead Squats



Reverse Lunge



Upper Body-Back/Shoulders

- Upright Row 15 repetitions
- 1-Arm Row 8 repetitions on each side
- Upright Row 15 repetitions
- 1-Arm Row 8 repetitions on each side
- Upright Row 15 repetitions
- 1-Arm Row 8 repetitions on each side

Upright Row with Tube



1-Arm Row



Lower Body-Inner/Outer Thighs

- Fire Hydrants 15 repetitions (each leg)
- Adductors 30 repetitions
- Fire Hydrants 15 repetitions (each leg)
- Adductors 30 repetitions
- Fire Hydrants 15 repetitions (each leg)
- Adductors 30 repetitions

Fire Hydrants



Adductors



Upper Body-Arms

- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions each arm
- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions each arm
- Bicep Curls 15 repetitions
- Tricep Extension 8 repetitions each arm
- Bicep Curls with Tube

Tricep Kickback



Core- Abs/Low Back

Bicycles 15 repetitions (each leg)

Superman 8 repetitions

Bicycles 15 repetitions (each leg)

Superman 8 repetitions

Bicycles 15 repetitions (each leg)

Superman 8 repetitions

Bicycles



Superman

