WEEKLY

Each exercise for 1 minute, 3 sets, 1 minute rest between sets

MONDAY

CHEST

Resistance Band Flyes Dumbell Chest Press Incline Push-Up Alternating Plank Row

TUESDAY

LEGS

Squat Jumps Single Leg Hip Thrust Clamshells Romanian Deadlift

WEDNESDAY

CARDIO

Box Jumps Pulsing Squats Ski Jumps Toe Taps

THURSDAY

BACK

Deadlift
Dumbell Shrugs
Opposite Arm/Leg Raises
Resistance Band Face Pulls

FRIDAY

ABS

Standing oblique twists Suitcase Crunches Plank Bicycle Crunches

SATURDAY

ARMS

Tricep Kickbacks Hammer Curls Overhead Circles Lateral Raises

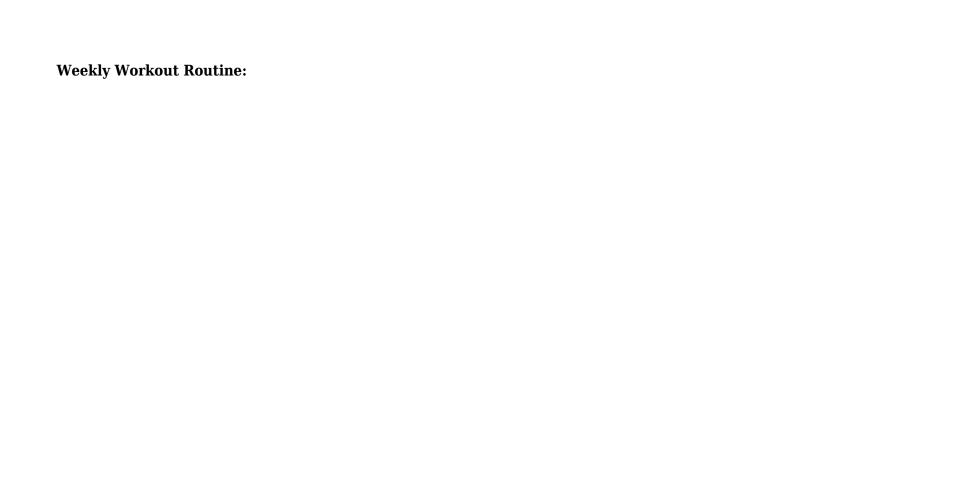
SUNDAY

REST DAY



Weekly Workout Routine

Guillaume Favre



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