

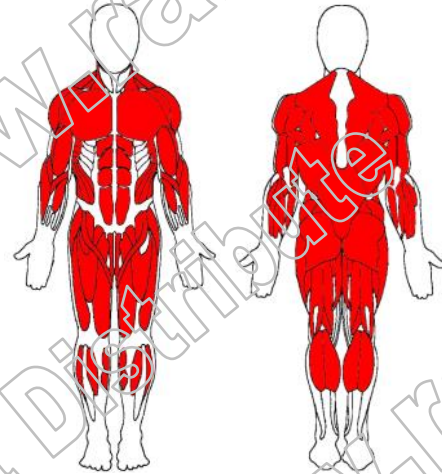
## EXERCISES

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- 01** DB Squats
- 02** DB Low Back Extensions
- 03** DB Calf Raises
- 04** DB Shoulder Press
- 05** DB Floor Chest Press
- 06** DB Bent Over Rows
- 07** DB Sit Ups

## TARGET MUSCLES

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## DETAILS

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- Goal** Strength / Power
- Level** Intermediate
- Sets** 1-4
- Reps** 1-6
- Rest** 2-5 minutes
- Load** 80-100% 1RM / 8-10 RPE
- Freq** 2-5X Week
- Prog** WP+10%
- Dur** 3-4 weeks
- Equip** Dumbbells, Mat

## NOTES

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- Read all machines instructions before exercising
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



# ROUTINE # 031: Full Body / Intermediate



DB Squats



DB Low Back Extensions



DB Calf Raises



DB Shoulder Press



DB Floor Chest Press



DB Bent Over Rows



DB Sit Ups



ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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# ROUTINE # 031

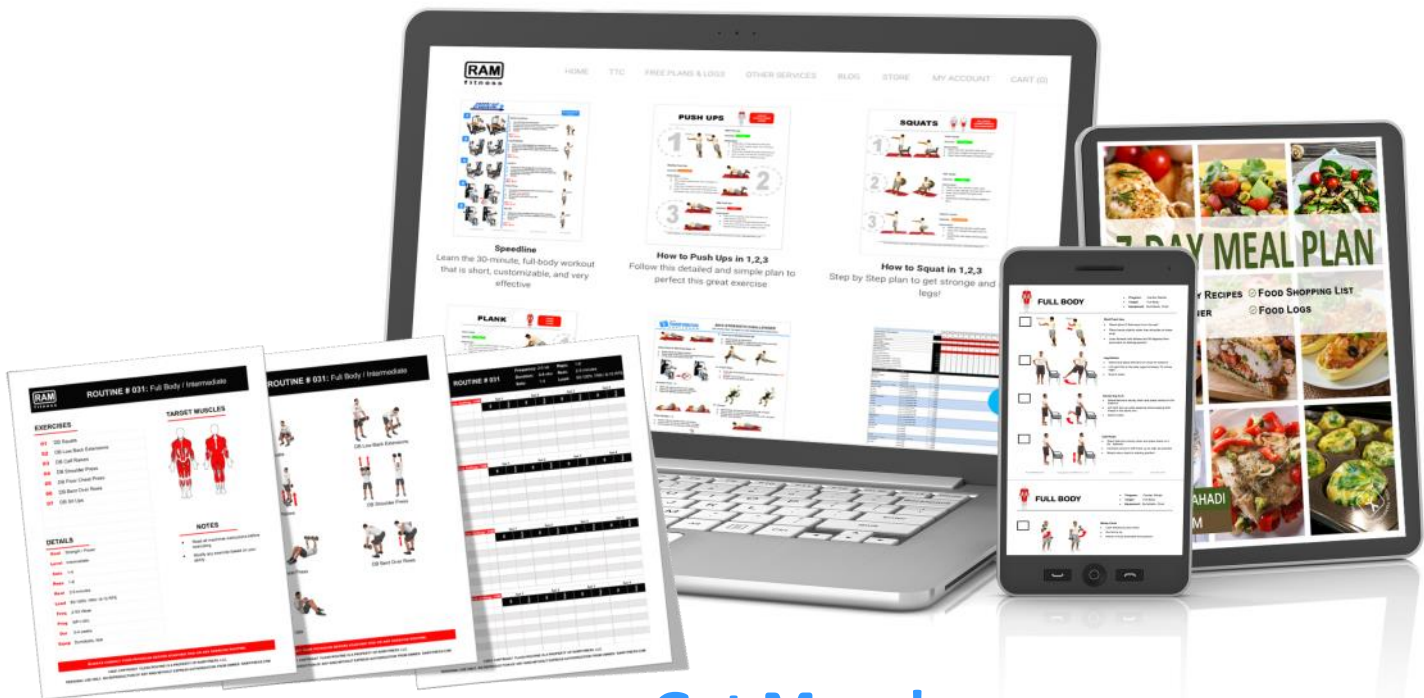
**Frequency:** 2-5 wk    **Reps:** 1-6  
**Duration:** 3-4 wks    **Rest:** 2-5 minutes  
**Sets:** 1-4    **Load:** 80-100% 1RM / 8-10 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Squats											
DB Low Back Extensions											
DB Calf Raises											
DB Shoulder Press											
DB Floor Chest Press											
DB Bent Over Rows											
DB Sit Ups											

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DB Squats											
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