



Sample Beginner Level Exercise Routine

A1. 10 min Treadmill

B1. Heels up Body weight squats @ 15 x 2; 20 sec

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Notes:

B2. Single Arm Bent Over Row @ 12/arm x 2; 20 sec

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Notes:

C1. 10 min Treadmill

D1. Chest Press Machine @ 15 x 2; 20 sec

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Notes:

D2. External Arm Rotations @ 12/arm x 2; 20 sec

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Notes:

D3. Seated Hamstring Curl Machine @ 10 x 2; 20 sec

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Notes:

E1. Treadmill 5 min @ 8%

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