

## **Muscle Conditioning Workout**

8-12 Bicep Curls (dumbbell, band, can options)

8-12 Deadlift (dumbbell, band, super slow options)

8-12 Overhead Tricep Extension (dumbbell, band, can options, alternative – Tricep dips)

8-12 Squat (dumbbell, band, super slow, pulse options)

8-12 Chest Press (dumbbell, band – be sure to go under the armpits to prevent rubbing on arms, pushup options)

8-12 Glute Bridge (dumbbell, band – loop or handle, bodyweight, hold)

8-12 Bent Over Row (dumbbell, band, laundry, single arm options)

8-12 Split Squat (dumbbell, band, bodyweight, pulse options)

Complete 8-12 reps of each exercise (per leg if applicable) and 3 sets of each pair.

30 seconds Plank Hold

30 seconds Military Plank

30 seconds Side Plank Crunch (Right Side)

30 seconds Side Plank Crunch (Left Side)

Complete 30 seconds of each exercise and 2 sets per group.