



Name: _____

A Total Body

Beginner - Hotel/Apartment Gym - Body Composition

Movement	Reps	Tempo	Date	Date	Date	Date
A1 Flat Dumbbell Bench Press, Neutral Grip (Palms In)	10-12	3110				
Rest 15 seconds						
A2 Dumbbell Goblet Squat	12-15	4010				
Rest 45 seconds						
B1 Kneeling 1-arm Dumbbell Row, Neutral Grip	10-12	20X1				
Rest 15 seconds						
B2 Stability Ball Leg Curl or Machine Leg Curl	12-15	4010				
Rest 45 seconds						

B Total Body

Beginner - Hotel/Apartment Gym - Body Composition

Movement	Reps	Tempo	Date	Date	Date	Date
A1 Standing 1-Arm Dumbbell Press, Neutral Grip	10-12	3110				
Rest 15 seconds						
A2 Dumbbell Romanian Deadlift (to mid-shin)	12-15	4010				
Rest 45 seconds						
B1 Dumbbell Pullover	10-12	3110				
Rest 15 seconds						
B2 Dumbbell Split Squat	12-15	2010				
Rest 45 seconds						

C Total Body

Beginner - Hotel/Apartment Gym - Body Composition

Movement	Reps	Tempo	Date	Date	Date	Date
A1 Mid Grip Pushup or Kneeling Pushup	AMAP*	3110				
Rest 15 seconds		<i>*as many as possible</i>				
A2 Bench Step-Up (DB or bodyweight)	8-10	2010				
Rest 45 seconds						
A3 DB Upright Row, Standing	10-12	3011				
Rest 15 seconds						
A4 Front Plank	ALAP*	N/A				
Rest 15 seconds		<i>*as long as possible</i>				

**ALL TOGETHER
ALL STRONGER**