



Name: _____

A German Body Composition
Intermediate - Hotel/Apartment Gym

			Date				Date				Date			
Movement	Reps	Tempo												
A1 DB Split Squat, 1 1/4 bottom	10-12	2110												
Rest 45 seconds														
A2 Standing Neutral Grip DB Press, Alternating	12-15	3010												
Rest 45 seconds														
B1 DB Romanian Deadlift	18-20	4110												
Rest 45 seconds														
B2 1-Arm DB Row, Pushup Position	10-12	2013												
Rest 45 seconds														
C1 Lying Candlestick Leg Raise	8-10	2012				X				X				X
Rest 10 seconds						X				X				X
C2 Plank Reach, alternating	10-12	2020				X				X				X
Rest 10 seconds						X				X				X
C3 Thoracic Extension on Swiss Ball	12-15	2012				X				X				X
Rest 60 seconds						X				X				X

B German Body Composition
Intermediate - Hotel/Apartment Gym

			Date				Date				Date			
Movement	Reps	Tempo												
A1 DB Goblet Squat	10-12	3110												
Rest 45 seconds														
A2 Stability Ball DB Press, Neutral Grip	10-12	3010												
Rest 45 seconds														
B1 1-Leg DB Deadlift	12-15	3110												
Rest 45 seconds														
B2 Stability Ball DB Pullover	12-15	2110												
Rest 45 seconds														
C1 Stability Ball Bridge	10-12	2012				X				X				X
Rest 10 seconds						X				X				X
C2 Pushup w/ Shoulder Touch	8-10	30X0				X				X				X
Rest 10 seconds						X				X				X
C3 Stability Ball Pike, eccentric focus	8-10	6010				X				X				X
Rest 10 seconds						X				X				X

**ALL TOGETHER
ALL STRONGER**