



Name: _____

A Total Body

Intermediate - Hotel/Apartment Gym

				Date				Date				Date			
	Movement	Reps	Tempo												
A1	DB Romanian Deadlift	18-20	21X0												
Rest	10 seconds														
A2	DB Push Press, Neutral Grip	10-12	21X0												
Rest	10 seconds														
A3	DB Reverse Lunge, Alternating	10-12	21X0												
Rest	75 seconds														
B1	Mid Grip Pushup	AMAP*	30X0												
Rest	10 seconds														
B2	Bentover 2-Arm DB Row, Neutral Grip	18-20	20X0												
Rest	10 seconds														
B3	Front Plank	60sec	XXXX												
Rest	75 seconds														

B Total Body

Intermediate - Hotel/Apartment Gym

				Date				Date				Date			
	Movement	Reps	Tempo												
A1	DB 1-Leg Deadlift	15	21X0												
Rest	10 seconds														
A2	Goblet Split Squat	15	21X0												
Rest	10 seconds														
A3	Standing 1-Arm DB Press, Neutral Grip	10-12	30X0												
Rest	75 seconds														
B1	Pushup Row	10	3010												
Rest	10 seconds														
B2	Bentover Rear Lateral DB Raise	12-15	20X1												
Rest	10 seconds														
B3	Plank Knee-In, Alternating	10-12	20X1												
Rest	75 seconds														

**ALL TOGETHER
ALL STRONGER**