

Warm up

Arm circles 12sec forward and backwards

Standing Lunges 5 on each side

Exercise	Reps.	Sets.	%1RM
Weighted squats.	6.	3.	60
Shoulder press.	6-8.	3.	70
Bench press.	4-5.	4.	60-70
Deadlift.	3.	4.	70-80

Cycle 6min

Warm down:

Hamstring stretch