

WORKOUT PROGRAM

Designed By
LIBERATING FITNESS

SUN	MON	TUES	WED	THURS	FRI	SAT
OFF	LEGS & CORE	METABOLIC CONDITIONING	ARMS	LEGS & CORE	METABOLIC CONDITIONING	UPPER BODY

MONDAY LEGS & CORE

EXERCISE	PICTURE	SETS	REPS	TEMPO	REST
STEP UPS		4	8 TO 10	1/2/1/2	30-60 SECONDS
BULGARIAN SPLIT SQUATS		4	8 TO 10	2/1/2/1	30-60 SECONDS
SIDE LUNGES		4	8 TO 10	2/1/2/1	30-60 SECONDS
HAMSTRING CURLS ON STABILITY BALL		4	8 TO 10	1/2/1/2	30-60 SECONDS
DUMBBELL SIDE BENDS		4	8 TO 10	3/1/2/X	30-60 SECONDS
PULSING SIDE PLANKS		4	8 TO 10	CONTROLLED	30-60 SECONDS

Forever Fit The Exercise Program For Staying Young

Yi-Tong Ma



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Forever Fit The Exercise Program For Staying Young Introduction

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