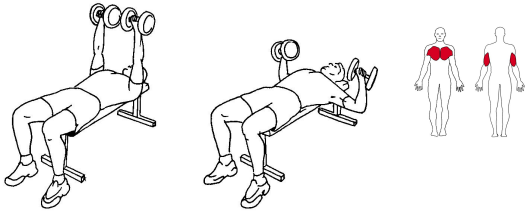


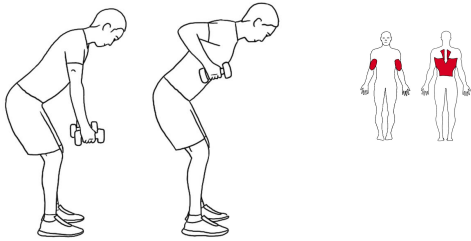
15 minute warm up on any cardio machine.



### 1. DB Bench Press

Lie on your back with your feet on the floor, holding the dumbbells with straight arms over your chest. Lower the dumbbells in a slight curve towards the outer side of your shoulders and push back upward quickly. Avoid swaying your lower back.

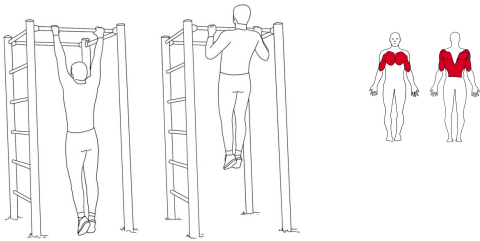
**Sets: 3 , Reps: 12**



### 2. DB Rows

Hold a dumbbell in each hand and stand about shoulder-width apart with your feet. Lean forward and let your arms hang down towards the ground. Pull the dumbbells up towards the abdomen / lower part of the chest, pull the shoulder blades tightly together and slowly lower again.

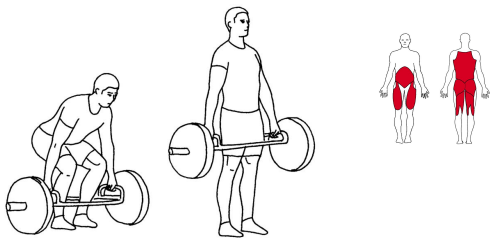
**Sets: 3 , Reps: 12**



### 3. Pull ups

Grab the bar with both hands using a pronated grip. Pull yourself up until your chin is passing grip level. Hang in this final position for a moment and slowly lower back.

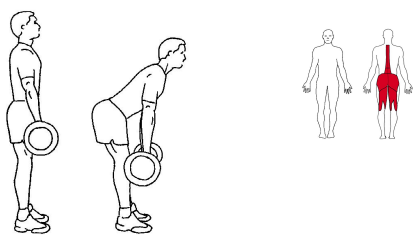
**Sets: 3 , Reps: 10**



### 4. Trap Bar Deadlift

Stand in a trap bar. Lower yourself down in a squat position and grab the handles. Look forward and keep your lower back slightly arched throughout the exercise. Breathe in before you stabilize and start the lift. The center of gravity is kept through the posterior half of the feet. Do the lift with the bar hanging from your extended arms. Lower back down to starting position.

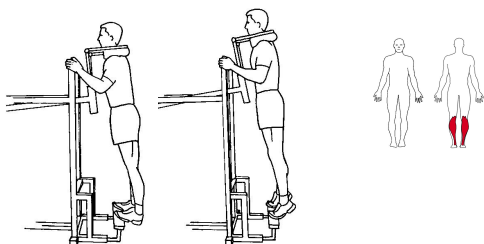
**Sets: 3 , Reps: 10**



### 5. Romanian Deadlift (RDL)

Hold the bar with a overhand grip hanging in front of you at hip level. Shoulders should be slightly retracted, chest pushed a bit out, the back naturally arched and the knees slightly bent. Lower the bar by moving your buttocks backwards and lowering the upper body forwards. Keep looking forwards, the shoulders pulled back and the spine straight during the movement. Lower the bar directly downwards, close to your body. Go as far as muscle flexibility allows and return to the starting position by driving the hips forwards.

**Sets: 3 , Reps: 8**

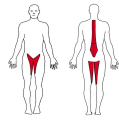
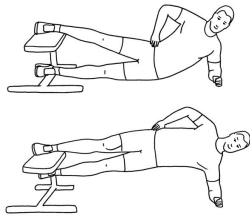


### 6. Machine Calf Raises

Place the front part of your feet on the platform. Stand with your legs straight and your feet about hip-width apart. Push up until you are on your toes. Lower back.

**Sets: 3 , Reps: 12**

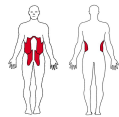
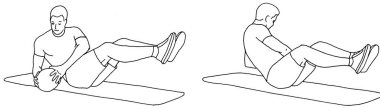




### 7. Copenhagen

In side-lying position with your forearm on the ground and the upper foot placed on the bench. The lower leg rests on the floor. Lift yourself up to a side plank position, and lift at the same time your lower foot up towards the upper leg. Slowly lower your hips and lower leg down again.

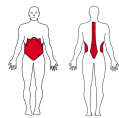
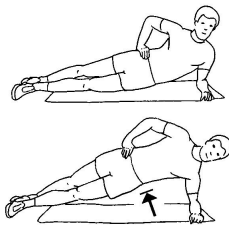
**Sets: 3 , Reps: 12**



### 8. Russian Twist w/ med ball

Sit on your buttocks with your back straight and your legs up in the air. Keep your legs close together. Hold a medicine ball and move the ball from side to side. The ball shall touch the ground lateral to the hip before you turn in the opposite direction.

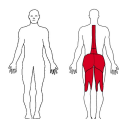
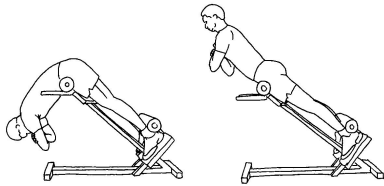
**Sets: 3 , Reps: 20**



### 9. Side Plank Hip Dips

Lie on your side supporting yourself on your elbow. Find the neutral position of your back and pelvis. "Flatten" your abdomen and raise your pelvis until your body is straight. Skip the holding as seen on video and do reps instead. Repeat to opposite side.

**Sets: 3 , Reps: 10**



### 10. Back Raises

Lie with your legs straight, letting your upper body hang to the floor. Contract your abdomen and lower back, raising your upper body in a gentle movement while keeping it straight.

**Sets: 3 , Reps: 10**

