Total Body Workout 1 (TBW 1)

FUNCTIONAL STRENGTH				
Exercise	**Sets**	**Reps**	**Intensity**	**Comments**
Total Body Series				
Series A				
Squat to Overhead Press	3	15	4-11 lb Medicine Ball	
Weighted Jump Squat	3	10	5 to 20 lbs	
Rest 2 minutes				
Series B				
Push-Ups	3	15	Bodyweight	
Pull-Ups	3	6 to 8	Bodyweight	
Rest 2 minutes				
Series C				
Alt DB Chest Press	3	15	50-60%	w/ Stability Ball
Floor Back Extension	3	10	50-60%	
Lunge Lateral w/ Bicep Curl	3	15	50-60%	
Rest 2 minutes				

CARDIO			
Elliptical	60-70% HRmax	5-20 minutes	This is the PRE and POST WORKOUT cardio done after the warm up, as well as after the TBW.

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