

Get Strong at Home

by Holly Perkins

EXERCISE	SETS	REPS	REST	NOTES
Goblet Squat	3	12	: 30	
Walking Lunge	3	12		12 steps each leg = 24 total
Dumbbell Glute Bridge	3	15		
Band Lat Row	3	15		
Dumbbell Single Arm Row	3	12		12 on each arm
Flat Dumbbell Chest Press	3	15		
Flat Dumbbell Fly	3	12		
Dumbbell Side Raise	3	12		
All Fours Crunch	3	30		
Bicycles	3	15		15 on each leg = 30 total