



HOME ALTERNATIVES WORKOUT

Complete each superset 3 times

Rest 60s between supersets

1a) Standing Lunge/Goblet Squat x 10



1b) Towel Row x 12



2a) Towel Hamstring Curl x 12



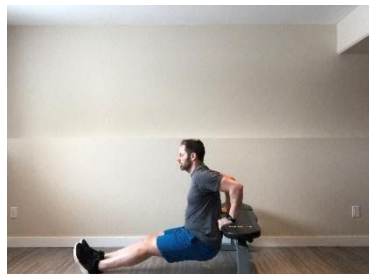
2b) Push up (any variation) x 10



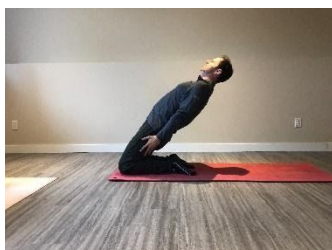
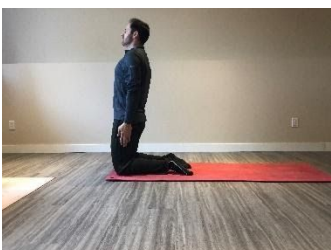
3a) Face Pull x 12



3b) Dips x 12



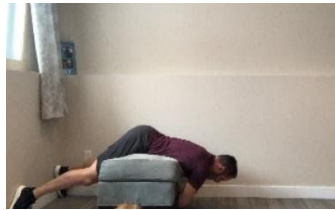
4a) Leg Extension x 10



4b) Upright Row x 12



5a) Back Extension x 12



5b) Deadbugs x 10/leg

