

# CHALLENGE ME

— FITNESS • NUTRITION • LIFESTYLE —

Workout 1					
No	Description	Reps	Sets	Weight	Substitute exercise
A1	Goblet squats	10	3		Work in comfortable range otherwise single leg Romanian deadlift with back leg on bench
A2	Bench press barbell	10	3		Reduced range of motion (not all the way to chest)
B1	Side lunge	10	3		
B2	Single arm row*	10	3		
C1	Squat press	10	3		
C2	Bent over flys	10	3		Lat pull down (in front of head)
D1	Tabata exercise bike	Cycle as hard as you can for 20 secs on then rest for 10 secs. Repeat 8x			

Instructions: Complete A1 then A2 – repeat 3 times. Do the same for B1 and B2, and then for C1 and C2. This style of training is called supersetting.

\*Complete 10 reps on each side

## Goblet squat



## Bench press



## Side lunge



## Single arm row



## Bent over flys



## Squat press

