

WORKOUT OF THE MONTH

with Personal Trainer Ryan Garvey

Warm-up

2 sets x 10-20 reps each exercise



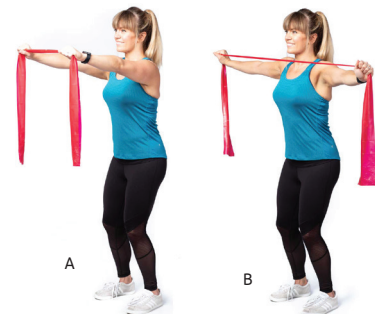
Bodyweight Squat



Band rows



Bird dogs



Band pull aparts

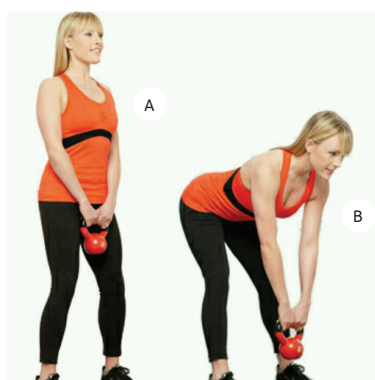
Workout



Flat dumbbell bench press - 3 sets x 8-10 reps



Single arm bent over dumbbell row on bench
3 sets x 8-10 reps



Kettlebell Deadlift
3 sets x 10-12 reps

Knee raises (on dip/vertical knee raise machine in ab room)
3 sets x 12-15 reps



Finisher



Plank - 2 sets, hold for 30-60 sec

Questions? See fitness staff for help or to get your own fitness routine.