

PHASE 2

WORKOUT TWO: GYM WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Walking lunges	12	3-4	Controlled	Circuit
Chest Press	12	3-4	Slow & Controlled	Circuit
Cable Tricep Pushdown	12	3-4	Slow & Controlled	Circuit
Step Ups	12/ leg	3-4	Fast	Up to 2 minutes rest.