

4 followmefit strength workouts

Pick a column, use a comfortable resistance, & do 10-20 reps or 30-60 seconds of each move.

Rest when needed and repeat as time & stamina allows.



1

body wt



Sit, Stand & Reach



Push Ups



Squats



Inchworm Walkout



Walking Lunges



Dips



Plank

2 **band**



Squat to Row



Band Chest Press



Band Squat



Pull Downs



Band Lateral Walk



Bicep Curls



Crunch

3

dbell



Squat, Curl & Press



Chest Press



Sumo Squat



1-Arm Row



Hip Thrusts



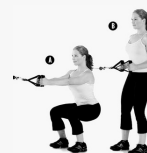
Overhead Extension



V-Sit Twist

4

gym machines



Cable Squat to Row



Chest Press



Leg Press



Lat Pull Down



Ham Curl



Shoulder Press



Ball Crunch



click the photo for a written description of the exercise