

Week 10-14: Reverse Lunge with Bicep Curl

Repetitions: 12 each leg

Sets: 3



Week 10-14: Overhead Press

Repetitions: 12

Sets: 3



Week 10-14: Overhead Lat Pulldown

Repetitions: 12

Sets: 3



Week 10-14: Military Push Ups

Repetitions: 12

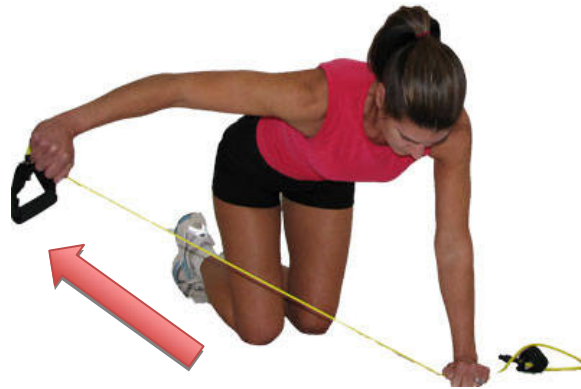
Sets: 3



Week 10-14: One Arm Rear Flies

Repetitions: 12 each side

Sets: 3



Week 5-9: [Single Leg Calf Raises](#)

Repetitions: 12 each leg

Sets: 3



Week 10-14: Single Leg Plank

Repetitions: 60 second hold

Sets: 2



Week 10-14: Side Plank

Repetitions: 60 second hold

Sets: 2

