

Week 15-18: Reverse Lunge with Bicep Curl

Repetitions: 12

Sets: 3



Week 15-18: Squat with Overhead Press

Repetitions: 12

Sets: 3



Week 15-18: One Arm Rear Flies

Repetitions: 12 each side

Sets: 3



Week 15-18: Overhead Lat Pulldown

Repetitions: 12

Sets: 3



Week 15-18: Single Leg Calf Raises

Repetitions: 12 each leg

Sets: 3



Week 15-18: Mountain Climbers

Repetitions: As many as you can do in 60 seconds

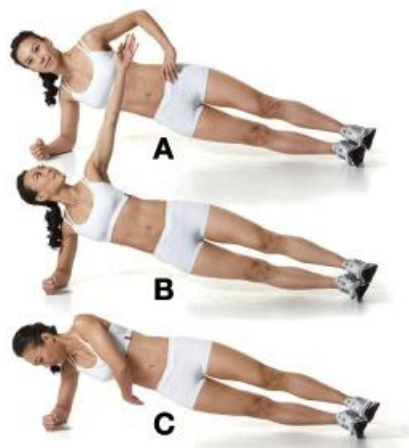
Sets: 2



Week 15-18: Side Plank with Rotation

Repetitions: 12 on each side

Sets: 3



Week 15-18: Push-up Plank

Repetitions: As many as you can do in 60 seconds

Sets: 2

