



50/50



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En Forme pour la VIE!

Date/Week						
Super Set 3X10 -Chest Press -Skull Crush	_____	_____	_____	_____	_____	_____
Super Set 3X10 -Shoulder Press -Rowing	_____	_____	_____	_____	_____	_____
Super Set 3X10 -Front Load Squat -Bicep Curl	_____	_____	_____	_____	_____	_____
Super HIIT 3X30 sec -Soccer Run -Catcher -Triple Bear	_____	_____	_____	_____	_____	_____
Super Core 3X30 sec -Reaching Situp -Bicycle Twist	_____	_____	_____	_____	_____	_____

Equipment: Dumbbells (light, medium, heavy) or Resistance bands

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