

# FULL BODY STRENGTH TRAINING

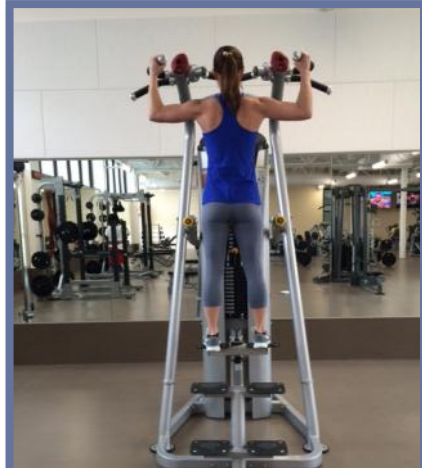
Workout by Brittany Skillman, Senior Fitness Program Coordinator

Complete 1-3 sets of 8-12 repetitions of each exercise. Reduce range of motion and/or modify exercises as needed.

*NOTE: Before starting a new exercise routine, it is important to consult with your healthcare provider .*



Hack Squat



Assisted Pull Ups



Kettlebell Plié Squat



Bench Press



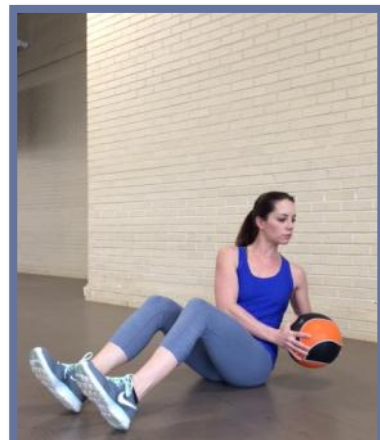
Cable Hamstring Curl



Dumb Bell Shoulder Press



Box Jumps  
Option: Step Ups



Med Ball Russian Twists  
Option: Lift Feet



Alternating Planks  
Option: Knees Down

