

# Workout of the Month:

*April*

## 1. Squat and Press



## 2. Static Curl with Lateral Walks



**PERFORM 2-4 SETS OF 10  
REPS EACH EXERCISE**

## 3. Single Leg Deadlift with "Y" Extension



## 4. Downward Chop

←  
Attach tube/band to external structure



## 5. Lat Pull Down with Bridge



Note: Bands and Tubing come in various colors, which differentiate resistance. Refer to the chart at the RFC or ask the trainer on the fitness floor for help choosing the right one!