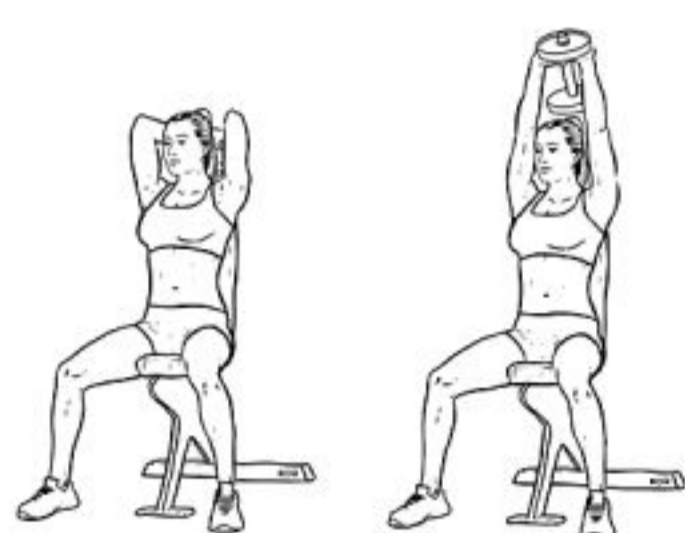


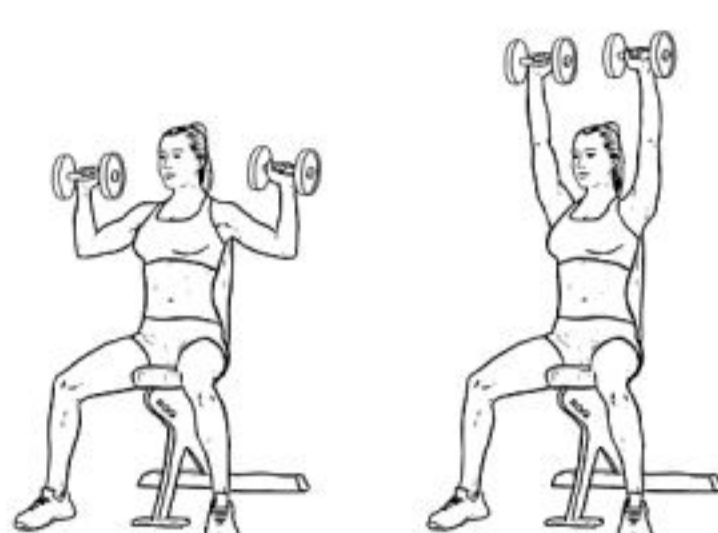
PRINTABLE WORKOUT

Ultimate Daily Workout

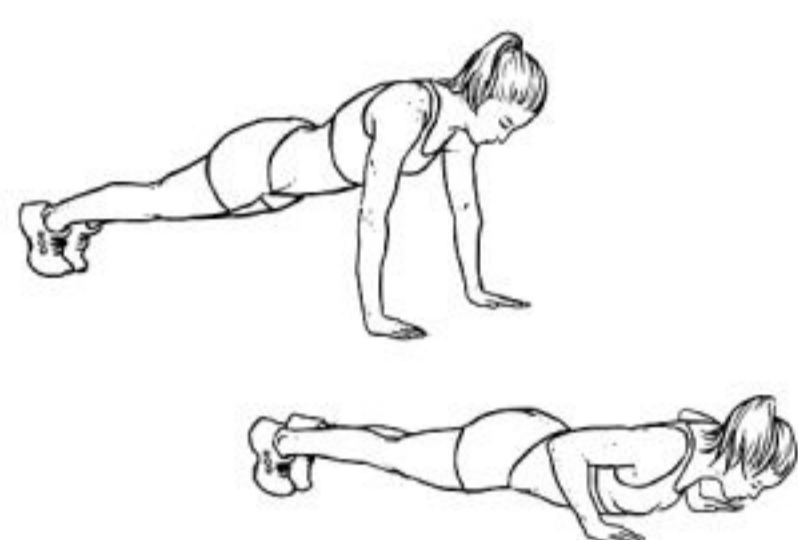
- SET 3



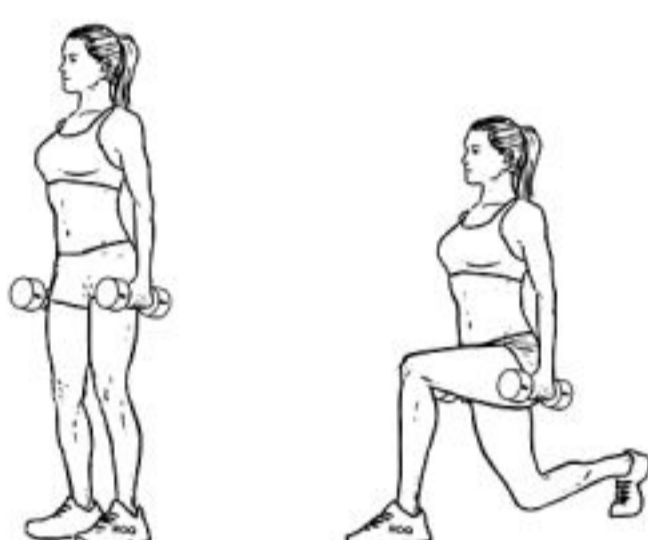
Seated Tricep Press /
Extension
2 sets / 10 reps



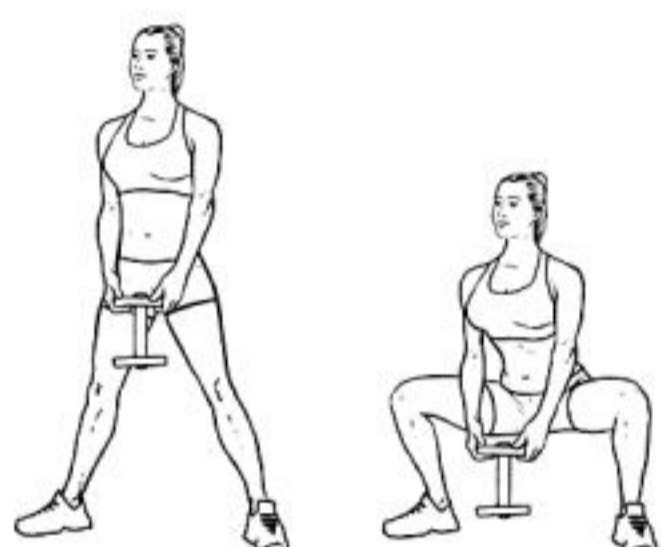
Dumbbell Shoulder Press
2 sets / 10 reps



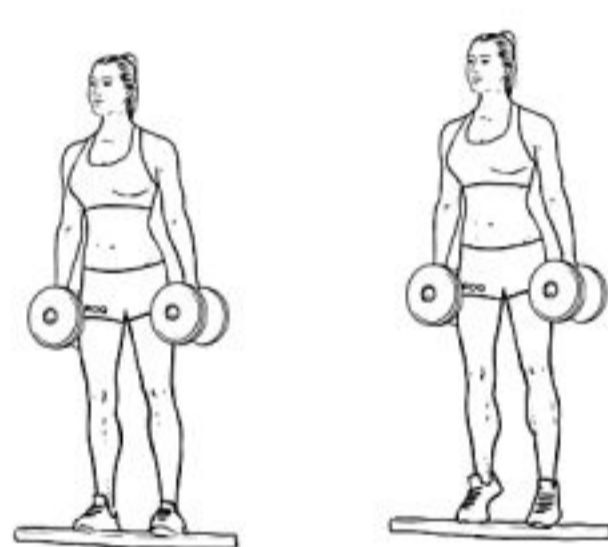
Pushup
2 sets / 10 reps



Dumbbell Lunges
2 sets / 10 reps



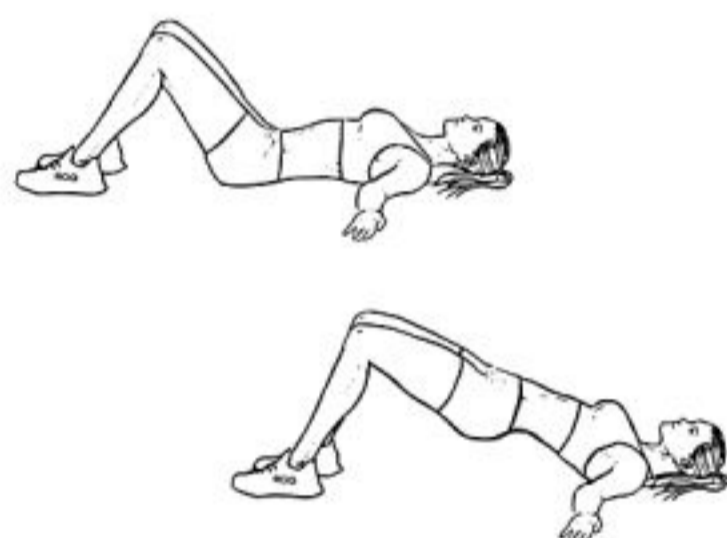
Plié / Sumo Dumbbell Squat
/ Deadlift
2 sets / 15 reps



Standing Dumbbell Calf
Raise
2 sets / 15 reps



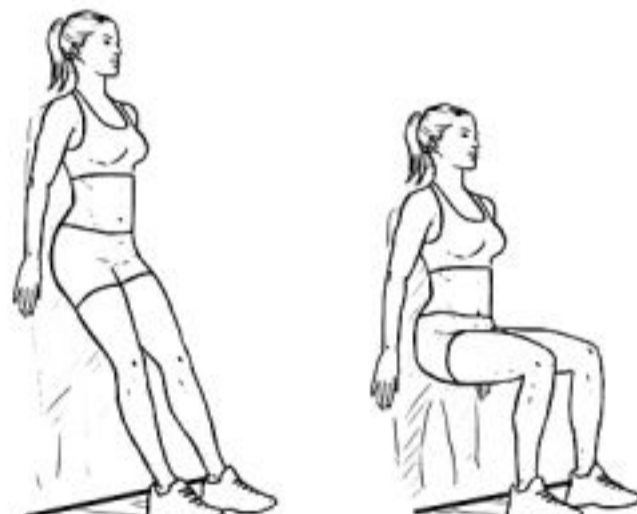
Fire Hydrants
2 sets / 10 reps



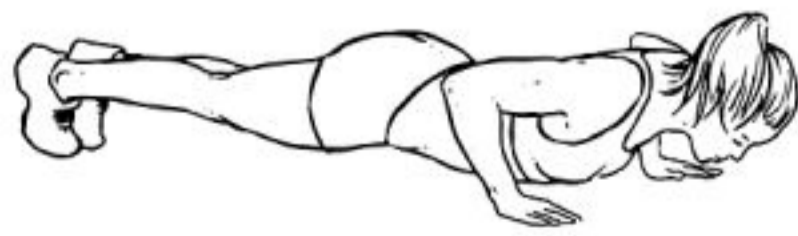
Hip Raise / Butt Lift /
Bridge
2 sets / 15 reps



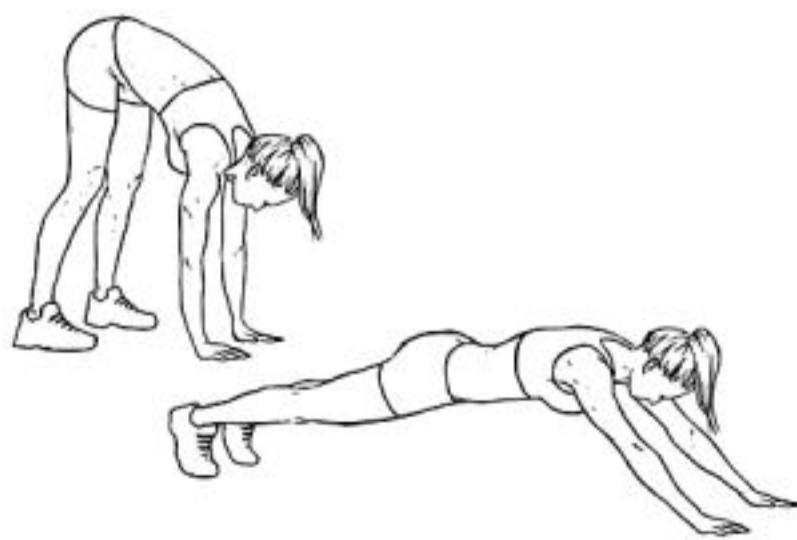
Swiss Ball Leg Curl / Hip
Raise
2 sets / 10 reps



Wall Sit / Squat
2 sets / 30 secs



Static Push-up Hold
2 sets / 30 secs



Inchworm
2 sets / 30 secs