



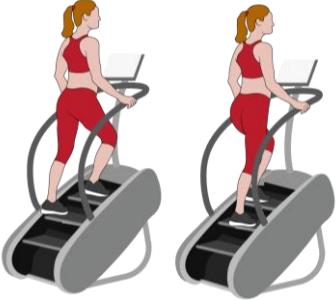
FEBRUARY - FULL BODY STRENGTH WORKOUT

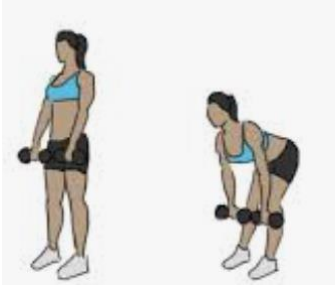
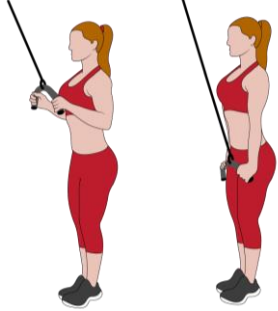

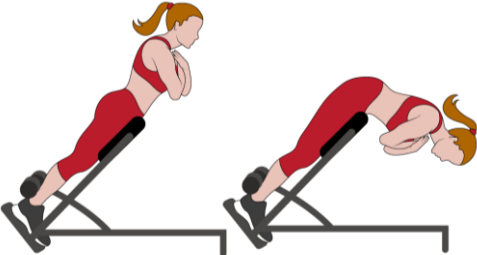
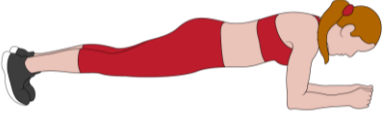
Adjust weights and repetitions according to your individual fitness levels and progress over the month.

Warm-Up (5 minutes):

- 5 minutes on the rower at a moderate pace.

Workout (40 minutes):

Exercise / sets & reps	Exercise Diagram	Track your Work
1. Leg Extension Machine - 3 sets of 12 reps	 The diagram shows two illustrations of a person performing a leg extension exercise on a machine. In the first illustration, the person is seated with their feet on the machine's footplate and their legs are bent. In the second illustration, the person's legs are extended forward, and the machine's resistance is applied to the feet.	
2. Incline Dumbbell Press - 3 sets of 10 reps	 The diagram shows two illustrations of a person performing an incline dumbbell press. In the first illustration, the person is lying on an incline bench with their feet flat on the floor and holding two dumbbells at shoulder level. In the second illustration, the person has pressed the dumbbells up towards their chest.	
3. Seated Cable Rows - 3 sets of 12 reps	 The diagram shows two illustrations of a person performing seated cable rows. In the first illustration, the person is seated on a bench and pulling a cable handle towards their chest. In the second illustration, the person is holding the handle with both hands, pulling it towards their chest.	
4. Step Mill (Steady State) - 3 sets of 3 minutes each	 The diagram shows two illustrations of a person performing a step mill exercise. In the first illustration, the person is standing on the step mill and stepping up and down. In the second illustration, the person is stepping up and down on the step mill.	

Exercise / sets & reps	Exercise Diagram	Track your Work
<p>5. Dumbbell Deadlifts</p> <p>- 3 sets of 10 reps</p>		
<p>6. Cable Tricep Pushdowns</p> <p>- 3 sets of 12 reps</p>		
<p>7. Medicine Ball Slams</p> <p>- 3 sets of 15 reps</p> <p>(Make sure you choose a 'squashy' ball)</p>		
<p>8. Back Extension</p> <p>- 3 sets of 15 reps</p>		
<p>8. Plank with Leg Lift</p> <p>- 3 sets of 30 seconds each side</p>		

Cool Down (5 minutes):

- Stretching exercises focusing on major muscle groups