

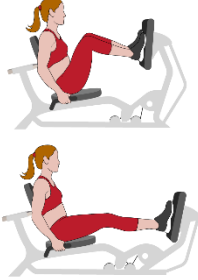
MARCH - FULL BODY STRENGTH WORKOUT

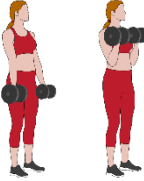


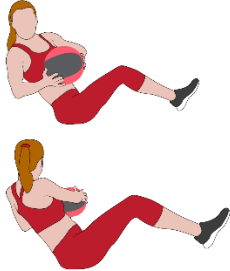
Adjust weights and repetitions according to your individual fitness levels and progress over the month.

Warm-Up (5 minutes):

- 5 minutes on the cross trainer at a moderate pace.

Workout (40 minutes):

Workout / sets & reps	Diagram	Track your Work
1. Squat Cage (Barbell Squats) - 3 sets of 10 reps		
2. Flat Bench Press - 3 sets of 10 reps		
3. Lat Pulldown Machine - 3 sets of 12 reps		
4. Leg Press Machine - 3 sets of 12 reps		

Workout / sets & reps	Diagram	Track your Work
<p>5. Dumbbell Bicep Curls</p> <p>- 3 sets of 12 reps</p>		
<p>6. Cable Machine Face Pulls</p> <p>- 3 sets of 15 reps</p>		
<p>7. Kettlebell Swings</p> <p>- 3 sets of 15 reps</p>		
<p>8. Russian Twists with Medicine Ball</p> <p>- 3 sets of 20 reps (10 each side)</p>		

Cool Down (5 minutes):

- Stretching exercises focusing on major muscle groups.