

APRIL - FULL BODY STRENGTH WORKOUT

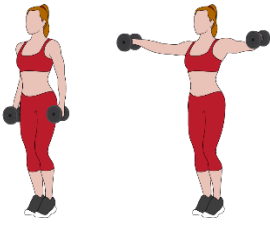

Adjust weights and repetitions according to your individual fitness levels and progress over the month.

Warm-Up (5 minutes):

- 5 minutes on a treadmill or recumbent bike at a moderate pace.

Workout (40 minutes):

<p>1. Leg Curl Machine - 3 sets of 12 reps</p>		
<p>2. Dumbbell Bench Press - 3 sets of 10 reps</p>		
<p>3. Cable Machine Pulldowns - 3 sets of 12 reps</p>		
<p>4. Squat Cage (Front Squats) - 3 sets of 10 reps</p>		

<p>5. Dumbbell Lateral Raises - 3 sets of 12 reps</p>		
<p>6. Leg Extension Machine - 3 sets of 12 reps</p>		
<p>7. Resistance Band Deadlifts - 3 sets of 15 reps</p>		
<p>8. Fitball Hamstring Curls - 3 sets of 15 reps</p>		

Cool Down (5 minutes):

- Stretching exercises focusing on major muscle groups.

(see the hanging stretching poster in the gym)