



Beginner Strength Circuit WORKOUTS

Instructions:

Start off by doing 10 to 15 reps of each exercise.

Aim for 1 to 2 sets to start.

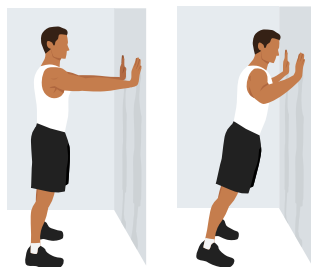
As you build strength, you can add extra sets, and increase the weight.

*A repetition (rep) is one complete exercise movement.

**A set is a certain number or reps. For instance, 10 to 15 reps make up 1 set.

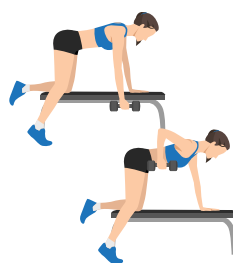
Sample Weekly Calendar

Monday



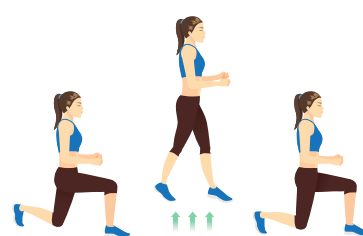
Wall Push Up

Wednesday

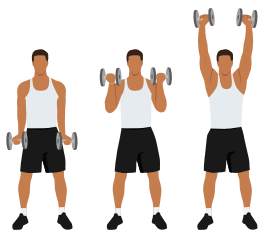


Single-Arm Rows

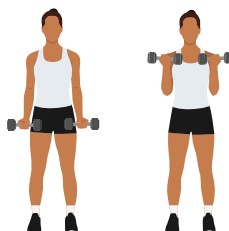
Friday



Lunges



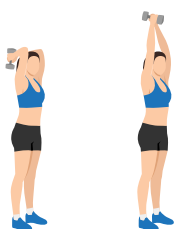
Shoulder Press



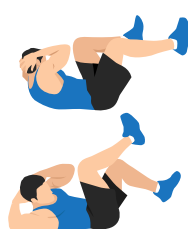
Bicep Curl



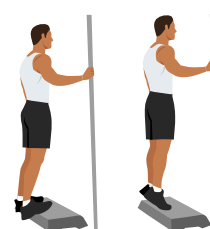
Squats



Tricep Extension



Bicycle Crunches



Calf Raises

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.