

## Moderate

Remember it is important to warm up first,  
you can find a great video up now on our [facebook page](#)

### Goblet Squat



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Squat and Press

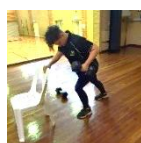


Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Single Arm Row



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Shoulder Press

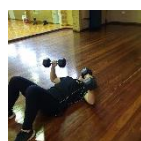


Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Chest Press



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Lunge and Bicep Curl

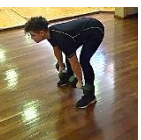
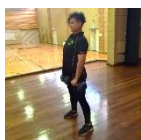


Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Deadlifts



Duration: 45 sec

Repetitions: 3

Rest time: 30 sec

### Plank



Duration: 60 sec

Repetitions: 3

Rest time: 30 sec