

20 MINUTE STRENGTH



Description: Total body strength routine will target upper and lower body muscle groups that will help increase overall power and muscular endurance.

Club Area: Free weight Area

Equipment Needed: Smith Machine

Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!



WARM-UP

30 sec each

:30

Arm Circles

:30

Huggers

:30

Trunk Twists

:30

Jumping Jacks

MAIN WORKOUT

SMITH MACHINE CIRCUIT (UPPER BODY)

10-12 REPS Smith Machine Bench Press

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Incline Bench Press

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Shoulder Press

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Shrugs

+ Modification - Remove the weight and practice form

60 SEC REST

REPEAT 3X

SMITH MACHINE CIRCUIT (LOWER BODY)

10-12 REPS Smith Machine Squat

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Lunge (Right Leg)

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Lunge (Left Leg)

+ Modification - Remove the weight and practice form

10-12 REPS Smith Machine Calve Raises

+ Modification - Remove the weight and practice form

60 SEC REST

REPEAT 3X

COOL-DOWN

30 sec each

:30

Standing Shoulder Stretch

:30

Standing Chest Openers

:30

Standing Abdominal Stretch

:30

Standing Quad Stretch