Weight Training Dec 2, 2024

1. Record your maximum bench press
2. Warmup
   1. Jog
   2. High knees
   3. Butt kicks
   4. lunges
3. Workout
   1. Focus get back acclimated to working out focusing on technique
   2. Upper Body
      1. Bench press 2 x 12 (60% of max)
      2. Push ups 2 x 10
      3. Tricep dips 2 x 10
      4. Bicep curls
   3. Lower Body
      1. Squats 2 x 12 (15 pounds on each side)
      2. Calf raises 2 x 12
      3. Leg extensions 2 x12
      4. Lunges (2 x 20)