

Strength Training and Endurance A Beginner's Guide



ABS Plank Pose

Leg Lowering

Reverse Crunch



Back Shrugs

Bent Over Rows

DeadLifts



Biceps Hammer Curls

Curls

Calf Standing Calf Raise



Chest Chest Press

Chest Fly

Push Ups



Hams/Glutes Bridge Pose

Leg Curls



Quads Squats

Jump Squats

Lunges



Shoulders Front Raise

Lateral Raise

Standing Row



Triceps Overhead Extensions

Tricep Kickbacks

Add some Cardio for a full Fat burning, Muscle Toning workout

Strength Training For Beginners

Christian G. Meyer



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