Strength Training Workout

Goal: Build strength throughout full range of motion

Warm Up

5 min walk
10 squat jumps
10 push ups
25 jumping jacks

Main Set

2-3 sets of 6-10 reps @ 70-85% effort (2 min recovery between)
Squats
Bench press
Lunges
Lat pull down
Leg extension
Leg curl
Frontal shoulder raise
Lateral shoulder raise
Calf raise
Weighted crunches
Weighted Russian twist

Cool Down

5 min cool down walk
5 min static stretch

Estimated time: 1 hour