

Weigh2Go

Weigh2Fitness: Gym Goers - Total Body Strength



Exercise	Modification	Sets x Reps	How To	
Dumbbell Squat with Shoulder Press	B- Standing Dumbbell Shoulder Press A- Perform with heavier weights	2-3 x 12-15		
Bent Over Dumbbell Row	B- Single Arm Row A- Perform with heavier weights	2-3 x 12-15		
Reverse Lunge	B- Lunge Squat A- Reverse Curtsy Lunge	2-3 x 12-15		
Calf Raise	B- Single Leg Calf Raise (support foot on ground) A- Perform with added resistance	2-3 x 15-20		

Exercise = Intermediate; B = Beginner Modification; A = Advanced Modification

Register for the Weigh2Go Challenge to access all of the Weigh2Fitness resources!