

**Young Professional Woman**



**Young Professional Woman**

	Exercise	Notes	Set 1		Set 2		
			Reps	Weight	Reps	Weight	
<b>Warm-Up</b>	Warm-up Cardio	10-20 mins Run or Cardio Machine of your choice					
	Abs	Bicycles	1min				
	Dumbbell Bench Press	start in bench press position and then push up and twist in to touch weights together inside	20		20		
<b>Workout</b>	Seated Back Row	Using machine	20		20		
	Leg Press	Using Machine	20		20		
	Shoulder Press	Using Machine	20		20		
	Abs	Full Body Crunch	1min				
	Lat Pull Down		20		20		
	Seated Should Press	With Dumbbells	20		15		
	Push-Ups	Do as many as you can. Can do modified push-ups to increase reps.	Max		Max		
	Hammer Curls	With Dumbbells	20		20		
	Tricep Push Downs	Using straight bar on cable machine	20		20		
	Abs	Bicycles and Full Body Crunch	1min		1min		
	<b>Cool Down</b>	Cool Down Cardio	10-15 mins Run or Cardio Machine of your choice				
		Stretch	Standing Stretch Series				