

WAKE UP WORKOUT



Equipment needed: Smith Machine (SM), body bar (BB), step bench

Participate at your own risk.

Exercise	Weight	Reps
SM squats	90	15
SM R/L backward lunge knee up	90	15
SM sumo squat	90	15
R/L forward lunge squat with BB	15	15
Static squat w/ shoulder press	20	15
L/R leg step up & backward lunge w/ 2 pulses	20	NA
Bench plank hold	30 sec	NA

REPEAT 2X