

JOEL FREEMAN'S



ALL ACCESS: STREAM.ZILLAFITNESS.COM

8 X 8

DATE:

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WARM UP

8 Reps

8 Reps

8 Reps

8 Reps

8 Reps

8 Reps

8 Reps

REAR LOADED SQUAT/REVERSE STEP ALT. LUNGES

Set 1	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 2	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 3	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___

DEAD ROW/SHOULDER PRESS

Set 1	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 2	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 3	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___

FRONT LOADED SQUAT/DEADLIFT

Set 1	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 2	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 3	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___

BICEP CURL/REVERSE GRIP PRESS

Set 1	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 2	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___
Set 3	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___	db ___ b ___

COOL DOWN

Notes:

Equipment Needed: Water, towel, dumbbells or barbell with weight plates

db = dumbbell b= bar with plates

ZillaFitness
INDEPENDENT TEAM BEACHBODY COACH
CHAD PINK
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COACHES WANTED!

Inquire

