

Workout Guide

Weighted Foam Roller

ab buddy®
supporting core strength

How To Design Your Workout



CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises

BEGINNERS

Work For **10**
Repetitions

Complete **4**
Circuits

Rest For **30**
Rest

INTERMEDIATE

Work For **20**
Repetitions

Complete **4**
Circuits

Rest For **45**
Rest

ADVANCED

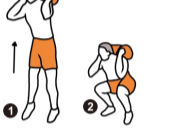
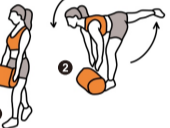
Work For **30**
Repetitions

Complete **4**
Circuits

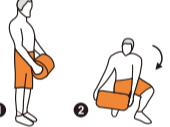




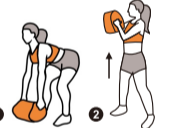

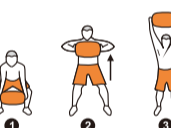
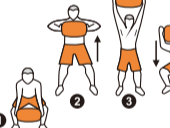
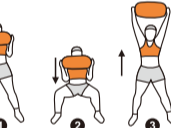
Rest For **30**
Rest

If ever in doubt, please consult a medical physician before starting any new exercise programme. Ensure to hydrate and warm up/ stretch before your workout. If you feel any pain or dizziness whilst exercising please stop immediately.

LOWER BODY

 Front Squat	 Back Squat	 Bear Hug Squat	 Single Side Reverse Lunge	 Good Morning
 Deadlift	 Single Leg Deadlift	 Side to side Deadlift	 Staggered Deadlift	 Glute Bridge

TOTAL BODY

 Rotational Lunge	 Clean to Press	 Clean to Squat	 Clean to Split Squat	 Single Arm Swing
 High Pull	 Rotational High Pull	 Snatch	 Snatch to Squat	 Thruster

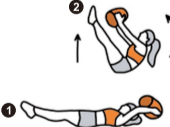
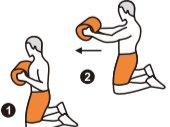
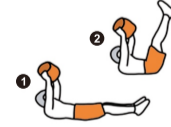


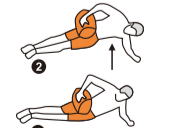
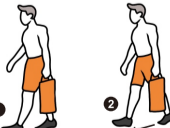


UPPER BODY

 Push Up	 Bicep Curl	 PinchGrip Upright Row	 PinchGrip Upright Row	 Tricep Extension
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BACK

 Bent Over Row	 Lateral Row	 Single Arm Row	 Shouldering	 Shouldering Squat
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CORE

 Hollow Hold Sit Up	 Kneeling Press Out	 Leg Raise	 Plank Pull Through	 Russian Twist
 Side Hip Raise	 Single Arm Carry	 Rotational Chop	 Shoveling	