

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

ON THE ROAD AGAIN!

TWO DAY WORKOUT ON THE ROAD

OPTION #1: HOTEL GYM

- Incline Dumbbell flyes 20-25 lbs. 3 x 10
- Machine dips 140-150 lbs. 3 x 10
- Lying leg curls 80-100 lbs. 3 x 10
- Incline dumbbell curls 15-20 lbs. 3 x 10

OPTION #2:HOTEL ROOM

- Regular push ups 3 x 10
- Bicycles crunches 3 x 20
- Standing calf raises (no wts.) 3 x 12
- Front Planks (no sides) 3 sets holding until failure