

# Physical Activity

**Use this program 2x week for great results!**

**WRIST CURLS.....**

2-5kgs – can be done with dumbbells also.  
10-12 reps



**BICEP CURLS.....**

5-10kgs – can be done with barbells also.  
10-12 reps



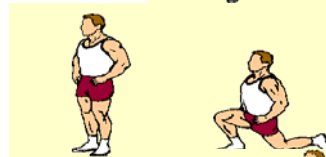
**TRICEP EXTENSIONS.....**

2-5kgs  
10-12 reps



**LUNGES.....**

10 lunges on each foot



**SQUATS.....**

15 reps



**CALF RAISES.....**

Holding 10kg in each hand will also work  
10-12 reps



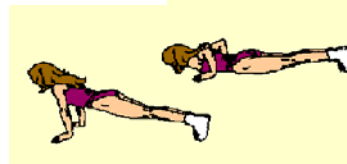
**CRUNCHES.....**

2 sets of 10 reps



**PUSH UPS.....**

2 sets of 10 reps



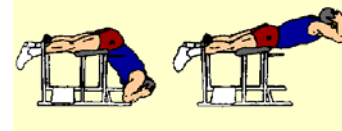
**LATERAL RAISES.....**

2-5kgs  
10-12 reps



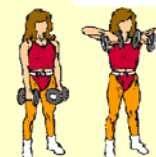
**BACK EXTENSIONS.....**

NO WEIGHT!!!  
10-12 reps



**UPRIGHT ROWS.....**

5-10kgs  
10-12 reps



**LAT PULLDOWNS.....**

15-20kgs  
10-12 reps

