THE GARAGE GO
PERSONAL TRAINING & GROUP FITNESS

Name: _____ Trainer: _____

Date: _____

# REAL TIME SEASON 2 WEEK 2 // Workout # 1: Strength & Cardio

| | SET 1 | | SET 2 | | SET 3 | |
|---|---|---|---|---|---|---|
| | Weight | Time/Reps | Weight | Time/Reps | Weight | Time/Reps |
| **Circuit A: Lower Body** | | | | | | |
| 1. Sliders - Lateral Lunge | | | | | | |
| 2. Bench-Kneeling Hydrant | | | | | | |
| 3. Bands-Squat And Back Kick | | | | | | |
| Cardio - Low Jack | | | | | | |
| **Circuit B: Upper Body** | | | | | | |
| 1. Push Press Dumbbell | | | | | | |
| 2. Bench- Chest Flies | | | | | | |
| 3. Floor/bosu- Dumbbell Pull Overs | | | | | | |
| Cardio- Mountain Climbers/Slow Knees | | | | | | |