

CONSUMER HEALTH TIPS



May 21, 2014

Cardio & Strength Exercising

Full Body Strength Training



Complete the list of exercises on your right.

Do one set of each exercise.

Rest 1 minute in between each set.

Exercise Name	Sets	Reps	<u>Intensity</u>
1. Leg Press	1	12	6
2. Dumbbell Flyes	1	12	6
3. Lunges	1	12	6
4. Straight-Arm Pulldown	1	12	6
5. Stair Calf Raise	1	12	6
6. Reverse Flyes	1	12	6
7. Exercise Ball Crunches	1	12	6
8. Bosu Bicep Curl	1	12	6
9. Exercise Ball Swims	1	12	6

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