

WOULD YOU RATHER WORKOUT

CHOOSE ONE EXERCISE FROM EACH LINE

CLICK ON THE NAME TO VIEW A VIDEO OF EACH EXERCISE

THIS

OR

THAT

30 HIGH KNEES

15 LATERAL JUMPS

10 LUNGE W/ KICK

8 PRISONER GET UPS

8 PULL UPS

12 CABLE LAT PULLDOWN

10 SQUAT JUMPS

10 BULGARIAN LUNGES

12 BENCH PRESS

10 PUSH UPS

12 HAMSTRING CURLS

10 DUMBBELL DEADLIFTS

10 FRONT & LATERAL RAISES

12 DB SHOULDER PRESS

8 BURPEES

12 KETTLE BALL SWINGS

10 DUMBBELL ROWS

10 CABLE SINGLE ARM ROW

15 MOUNTAIN CLIMBERS

10 PLANK TOUCHES

Complete your list 1-3 times, # reps are per side

Rest for 30 sec - 1 min between exercises

Decrease # of reps as needed to maintain good posture, form &
breath



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