SQUIDDYS PERSONAL TRAINING

Full-Body Workout - Session 2

60-minute session sheet - Victor Harbor & surrounding areas - Call or text 0407 855 118

60 MINUTES | SMITH MACHINE | DUMBBELLS | RESISTANCE BANDS | BENCH

Client: _____ **Date:** _____ **Level:** _____

Warm-Up

0-5 MIN

Band pull-aparts x 15 | Band lateral walks x 10 each way | Bodyweight squats x 10 | Arm circles

Legs & Glutes - Smith + Bands

5-20 MIN

Exercise	Sets x Reps	Weight	Done
Smith hip thrust	**3 x 12**		☐
Smith reverse lunge	**3 x 10 each leg**		☐
Dumbbell goblet squat	**3 x 12**		☐
Band glute bridge	**2 x 15**		☐

Rest 60-90 seconds between sets.

Chest & Back - Dumbbells + Bands

20-35 MIN

Exercise	Sets x Reps	Weight	Done
Dumbbell incline press	**3 x 10**		☐
Band seated row	**3 x 12**		☐
Dumbbell pullover	**2 x 12**		☐
Band face pull	**3 x 15**		☐

Rest 60 seconds between sets.

Shoulders, Arms & Core

35-50 MIN

Exercise	Sets x Reps	Weight / Band	Done
Smith overhead press	**3 x 10**		☐
Dumbbell lateral raise	**3 x 12**		☐
Band tricep extension	**3 x 12**		☐
Dumbbell hammer curl	**3 x 12**		☐
Dead bug with band	**2 x 10 each side**		☐

Rest 45-60 seconds between sets.

Finisher & Cool-Down

50-60 MIN

Exercise	Sets x Reps	Weight / Band	Done
Band farmer's walk - or dumbbell carry	**2 x 40 m**		☐
Side plank	**2 x 30 sec each side**		☐

Then easy stretching: hips, chest, shoulders and hamstrings.

Coaching notes: _____ **Next session:** _____

Train harder, feel stronger, live healthier. Squiddys Personal Training - 8-week programs: 1-on-1, group training and boot camp.