

GYM RETRO



CORE COMBO PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

CARDIO WARM UP

5 - 10 MINS

HIP FLEXOR KNEES

**10 REPS
2-3 SETS**

FITBALL KNEE TUCKS

**10 REPS
2-3 SETS**

LEG EXTENSION

**10 REPS
2-3 SETS**

HANGING LEG RAISES

**10 REPS
2-3 SETS**

HIP FLEXOR GLUTES

**10 REPS L-R
2-3 SETS**

FITBALL LEG RAISES

**10 REPS - L-R
2-3 SETS**

HAMSTRING CURLS

**10 REPS
2-3 SETS**

LOWER BACK EXT

**10 REPS
2-3 SETS**



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK