

# Summer Travel Workout

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EXERCISES	REPS PLAN	REPS ACTUAL	SETS PLAN	SETS ACTUAL	REST PLAN	REST ACTUAL	<input checked="" type="checkbox"/>
Squat / OH Press	8-12		2-4		15-30 SECS		
Deadlift	8-12		2-4		15-30 SECS		
Incline Push-Up	8-12		2-4		15-30 SECS		
Side Lunge / Chest Press	8-12		2-4		15-30 SECS		
Single-Arm Row	8-12		2-4		15-30 SECS		
Single-Leg Deadlift	8-12		2-4		15-30 SECS		
Side Step / Bicep Curl	12		2-4		15-30 SECS		
Tricep Extension	8-12		2-4		15-30 SECS		
Russian Twist	8		2-4		15-30 SECS		
Plank	1 MIN		1-2		15-30 SECS		