

This exercise program is performed in a circuit. Each exercise is performed one after another until all of the exercises have been completed. This is called one circuit. Allow yourself to rest for 60-90 seconds before completing the circuit for the second time. Repeat until you have performed the circuit three times, with a 60-90 second rest period between each circuit.

Week 5-9: [Bicep Curl with stretch bands](#)

Repetitions: 12

Sets: 3



Week 5-9: [Body Squat](#)

Repetitions: 12

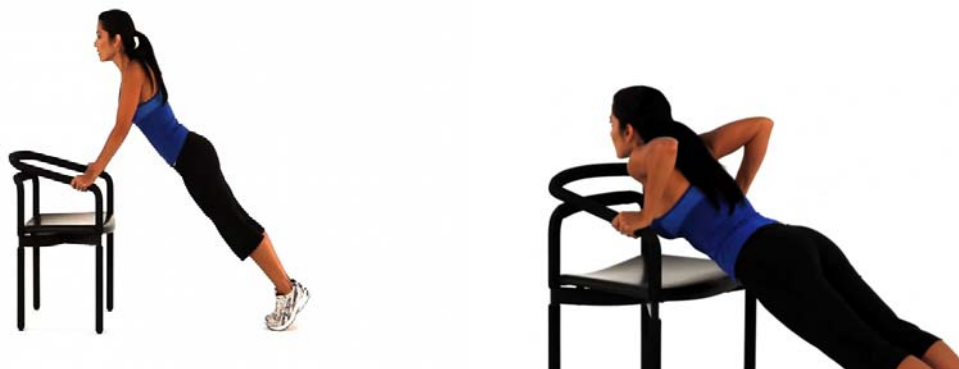
Sets: 3



Week 5-9: [Chair push-ups](#)

Repetitions: 12

Sets: 3



Week 5-9: [Single Arm Bent Over Row with stretch band](#)

Repetitions: 12

Sets: 3



Week 5-9: [Front/Side Shoulder Raises](#)

Repetitions: 12

Sets: 3



Week 5-9: [Single Leg Calf Raises](#)

Repetitions: 12 each leg

Sets: 3



Week 5-9: [Deadlift with stretch band](#)

Repetitions: 12

Sets: 3



Week 5-9: [The Plank](#)

Repetitions: 60 second hold

Sets: 2



