

ZONE 5 Power

Expected workout time: 30-35 minutes

WARM-UP

- Be sure to properly warm up your muscles before starting.

MAIN SET (rest between exercises)

- Back Squat - 3x6 (Weight Rack with Barbell)
- RDL - 3x6 (Platform with Barbell)
- Bench Press - 3x6 (Weight Rack)
- Bent-Over Row - 3x6 (Platform with Barbell)
- Barbell Rollouts (Platform with Barbell)

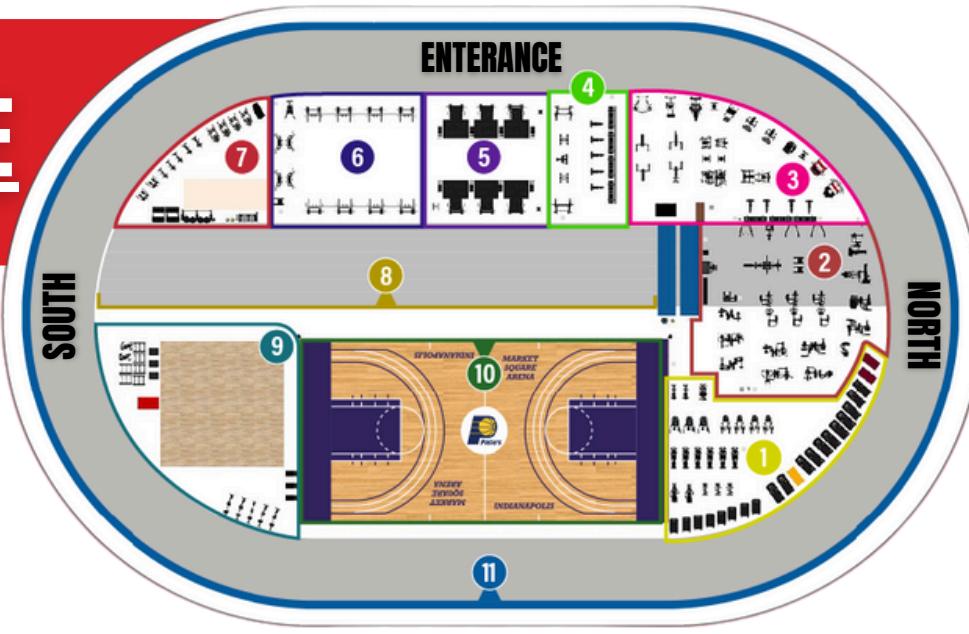
COOL DOWN

- Take a lap around the track to lower your heart rate.

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE

Zone UP
Where Every Area Has A Purpose



Submit your workout for a chance to win a free  **DEKA** competition entry!