

ZONE 6 *Strength*

Expected workout time: 30–35 minutes

WARM-UP

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

MAIN SET

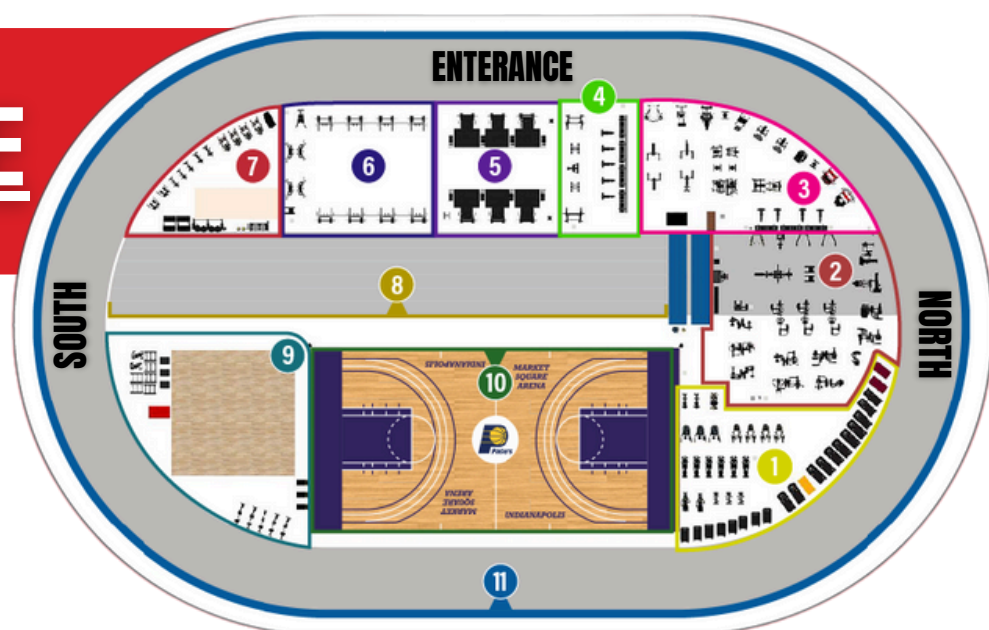
- Barbell Back Squat - 5x5 (Weight Rack with Barbell)
- Barbell Romanian Deadlift - 3x8 (Weight Rack)
- Landmine Reverse Lunge - 3x10 (each leg)
(barbell and landmine attachment)
- Cable Glute Kickback - 3x12 (each leg) - (Cable Cross Machine)

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



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