

## ANA's OUTSET PROGRAM

### **Key: Sets x Total Weight lifted x Reps**

*(Note Dumbbell weights are written as the sum of both DBs)*

*Exercise groupings are denoted by the letter, order by number*

A1) KB deadlift 3 x 20 x 32kg

A2) DB Floor press 3 x 15 x 16kg

Rest 90 secs

B1) Wide grip lat pull downs 3 x 8 x 25kg

B2) Bent over cable bar stiff arm pull downs 3 x 15 x 12.5kg

Rest 90 secs

B3) Paused split squats front foot elevated upon high reebok deck 3 x 8 x BW

B4) Leg extensions 3 x 20 x 20kg

Rest 90 secs

C1) Stepper 1000 steps, lvl 10

Rest 30 secs