**Dorm Room Work-Out Plan**

**Frequency** – Legs and Arms day and a chest and back alternate days. Abs will be performed every day.

**Intensity** - ONE set of TEN repetitions of each exercise adding 1 to 2 repetitions per week. *Week 5 you should be doing 1 set of 15 to 20 repetitions.* When you get to 20 repetitions go back to and 2 sets of 10. Try and work yourself to 3 sets of 20 to 25 repetitions.

**Time** - Take no more then 2 minutes off in between sets cutting 15 to 20 seconds of each week only to reset once you’ve hit the 2\textsuperscript{nd} set phase of the workout.

**Type** - Resistance training.

### Items Needed

**Total Cost should be under $50.**

1. Exercise Cord and/or set of bands. 

2. Medicine Ball $9.95

3. Step with risers $25.95

4. Exercise Ball $9.95

### Legs

1. Front Squat
2. Lateral Lunges
3. Front Lunges
4. Step ups

### Arms

1. Bicep curl
2. Triceps extension

### Shoulder

1. Lateral Raise
2. Front Raise
3. Shoulder Press

### Abdominals

1. Dead Bug
2. Jack Knife
3. 90/90 Touches
4. Over Unders

### Back

1. Seat Rows.
   a. Thumbs up
   b. Thumps in
   c. Rotate

### Chest

1. Modified Push-up
2. Bench press
3. Medicine Ball push-ups