

## Dorm Room Work-Out Plan

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

**I.ntensity-** 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.*

**T.ime-** 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<sup>nd</sup> set phase of the workout.

**T.ype-** Resistance training.

### **Items Needed**

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

#### **Legs**

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

1. Exercise Cord and/or set of bands.



\$9.95

#### **Arms**

1. Bicep curl
2. Triceps extension

2. Medicine Ball



\$9.95

#### **Shoulder**

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

3. Step with risers



\$25.95

#### **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

4. Exercise Ball



\$9.95

#### **Chest**

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