



35 Day Case Study – Strength Set

- You can perform this session daily,
- It's best performed after your DTI session,
- Rotate through the five exercises in circuit style x 2
- Your DB perfect weight = 3 x10 Overhead Shoulder with 10 seconds rest between sets. You're just managing the last rep in the last set.

#	Exercise		Reps	Load	Rest (between sets)
1	Squat Press		10	DB Pair	20 seconds
2	Push Ups on DBs		10	DB Pair	20 seconds
3	Double Arm Curls		10	DB Pair	10 seconds
4	Tricep Overhead Press		10	DB Pair	10 seconds
5	Lying Rotations		20	-	20 seconds