



The Workout Plan

Video available on www.trimtemple.com then navigate to "Videos."

NOTE: SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest between them.

Barbell Front Raise 3x15
SS: Barbell Shoulder Press 3x15

Wide-Grip Incline Push-Up 4x12
SS: Close-Grip Incline Push-Up 4x12

Renegade Row with Push-Up 3x12

Deadlift Burpee with Push-Up 3x12

Weighted Decline Russian Twist 3x20
SS: Hanging Leg Raise 3x15

Target Muscles: Back, Shoulders, Chest, Core (abs), Traps, Triceps, Quads, Glutes, Hamstrings, Forearms, and Adductor Magnus (Inner Thigh).

Full 8-week schedule available at www.trimtemple.com then navigate to "shop."

Exercise Disclaimer: The workouts, movements, and progressions provided by Trim Temple are for educational purposes only. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. We disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.