

Your Guide to Strength Training Equipment

- Changing up your workout and incorporating a variety of equipment can help progress your training program and keep things fun and entertaining! Kettlebells, dumbbells and TRX straps are great options to easily incorporate into your workouts.

Circuit	Beginner	Sets	Reps	Rest
A	Kettlebell Deadlift	2	60 sec	30 sec
	Kettlebell Row	2	60 sec	30 sec
Rest 60 seconds				
B	Kettlebell Swing	2	60 sec	30 sec
	Kettlebell Russian Twist	2	60 sec	30 sec
Rest 60 seconds				
C	Dumbbell Bicep Curls	2	60 sec	30 sec
	Dumbbell Overhead Press	2	60 sec	30 sec
Rest 60 seconds				
D	Dumbbell Forward Lunge	2	60 sec	30 sec
	Dumbbell Weighted Step Ups	2	60 sec	30 sec
Rest 60 seconds				
E	TRX Squat	2	60 sec	30 sec
	TRX Inverted Row	2	60 sec	30 sec
Rest 60 seconds				
F	TRX Lateral Lunge	2	60 sec	30 sec
	TRX Push Up	2	60 sec	30 sec

- Having equipment at home can provide tools for a quick & efficient workout. Check out the variety of options in the Life Time online store at <https://shop.lifetime.life/>