

NO GAIN NOVEMBER

Recommended No-Gain November Daily Routine

cardio warm-up

TREADMILL 10 min.

ROW 5 min.

BIKE 10 min.

exercise pairings

Perform (10) reps of each exercise in the pair with minimal rest between. Repeat (3) times before moving onto the next pair.

Pairing 1

TRX® ROW

TRX® PRESS

(SETS) (REPS)

3 x 10

3 x 10

Pairing 2

MED BALL SQUAT

PLANK KNEE DRIVES

(SETS) (REPS)

3 x 10

3 x 10

Pairing 3

WEIGHTED HINGES

ALTERNATING LUNGES

(SETS) (REPS)

3 x 10

3 x 10