



Balance By Brittany

Finding Balance Through Health & Wellness

www.balancebybrittany.com

balancebybrittany@gmail.com

Exercise	Reps	Weight	Reps	Weight	Reps	Weight
Chest & Triceps:						
Dips						
Chest Press						
Over Head Tricep Extension						
Chest Flys						
Bent Over Tricep Kickback						

Exercise	Reps	Weight	Reps	Weight	Reps	Weight
Back, Shoulders, & Biceps:						
Lat Pullover						
Dynamic Curls						
Single Arm Bentover Row						
Hammer Curls						
Wide Dumbbell Rows						

Exercise	Reps	Weight	Reps	Weight	Reps	Weight
Legs:						
Squats						
Deadlift						
Lunges						
Glute Bridges						
Calf Raises						

Exercise	Reps	Weight	Reps	Weight	Reps	Weight
Shoulders & Calves:						
Dumbbell Shoulder Press						
Front Raises						
Rear Delt Flys						
Upright Rows						
Lateral Raises						