



**Places
Gym**

Part of Places for People

5-day strength workout plan

1

Biceps & triceps

Barbell curls - 10 reps | Hammer curls - 10 reps | Dumbbell fly - 10 reps
Tricep dips - 10 reps | Tricep kickback - 10 reps | Push-ups - 15 reps

2

Legs & abs

Bike cardio - 5 mins | Mountain climbers - 30 secs | Barbell deadlift - 8 reps
Barbell squat - 8 reps | Crunches - 10 reps | Dumbbell lunges - 10 reps

3

10,000 steps

Rest days are important - your body needs to recover. You can still be active on rest days but try something low-impact such as targeting yourself to 10,000 steps.

4

Chest & shoulders

Barbell chest press - 10 reps | Lateral pull-down - 10 reps
Dumbbell shoulder press - 10 reps | Dumbbell fly - 10 reps | Push-ups - 20 reps

5

Fitness class

Variety is key! Mix up your workout with something different to keep it interesting. Try a fitness class such as Body Pump or Box Fit for more strength.

Made to move you