



Level 2 Strength Plan

Anytime Fitness

2 sets
per exercise

10 reps
per set

60 seconds
rest between sets

30min



Shannon Fable

Here Is Your Workout

For each exercise, perform 2 sets of 10 reps, resting 60 seconds between sets

A full body workout utilizing free weights to help with building base level strength and confidence.

Equipment: Dumbbells, Bodyweight

Front Box Squat

Legs



- 1 - Stand upright in front of a bench or box holding dumbbells at your shoulders with your palms in and your feet shoulder-width apart.
- 2 - Squat down to sit on the box, sending your hips back and down and keeping your feet flat.
- 3 - Push through your heels to return to the start position, keeping your back flat and dumbbells at shoulder height throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Bench Press

Chest



- 1 - Lie on a bench holding dumbbells at shoulder level with your elbows bent.
 - 2 - Press the dumbbells up over your chest, straightening your arms.
- Lower the dumbbells back to shoulder level and repeat.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Step Up Legs



1 - Stand upright with one foot on a bench, holding the dumbbells by your sides with your arms straight.

2 - Step up onto the bench, pushing down on your front foot.

- Step down off the bench onto the back foot and repeat.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Bent Over Row Back



1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.

2 - Lift the dumbbell up to the side of your chest, bending at your elbow.

• Lower the dumbbell back to a straight arm position, keeping your back flat throughout.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Kettlebell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Side Lunge Legs



1 - Stand upright holding the dumbbells by your sides with your arms straight.

2 - Step laterally to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.

- Keep your trailing leg straight.

3 - Push off your outside foot to return to the start position.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Hammer Curl Biceps



1 - Stand upright holding dumbbells with your arms straight by your sides, palms facing inward.

2 - Raise the dumbbells up to shoulder height, bending at the elbows.

- Do not turn at the wrists.

Equipment Sub: Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Glute Bridge Legs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.

- Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

French Press Triceps



1 - Lie on a bench holding dumbbells with your arms straight up over your chest.

2 - Bend at the elbows, lowering the dumbbells down to the sides of your head.

3 - Straighten your arms, raising the dumbbells back up straight over your chest.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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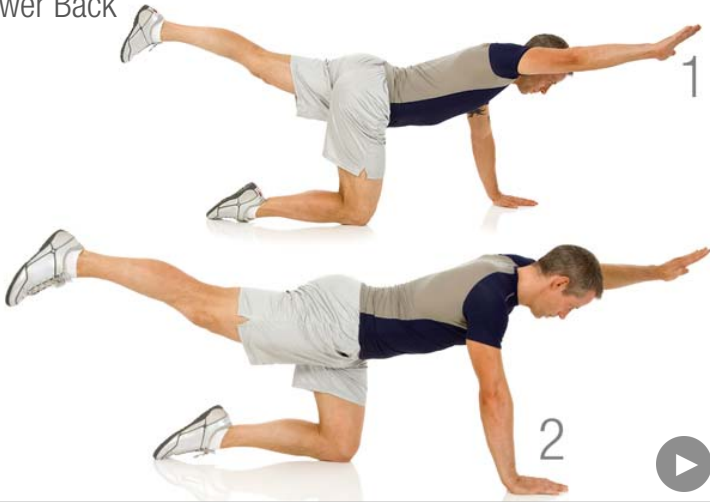
2 sets
per exercise

10 reps
per set

60 seconds
rest between sets



Quad Superman Lower Back



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Overhead Press Shoulders



- 1 - Stand upright holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
 - 2 - Press the dumbbells overhead, extending your arms fully.
 - Keep your back flat throughout the movement.
- Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			