

Intermediate Supersets DB Legs 2

This is an intermediate exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Main body - exercises performed for reps - 20s rest between superset - repeat twice.

Reverse lunge DB row

Rainbow squats with DB

Rest

Alternate DB lunge forward raise

Forward backward lunge DB pass

Rest

Side lunge DB press

Snatch

Rest

In out squats

Sit to stand lunge

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.