

Tim's Home Workout

*Check with your physician before starting any exercise program. Warmup before workouts.
 If you have a band and a set of dumbbells try this great full body workout designed by our own Tim Hawke. If you are lucky enough to have a TRX at home, follow those options, or you can use a band. This workout is moderate to advanced.



3 sets of 15 repetitions (reps)

Dumbbell (DB) squat + TRX Row

Reverse (rev) lunge + chest push-up

Single arm TRX row + TRX pistol squat with DB

TRX rev Flye + DB single leg deadlift

DB hammer curl + renegade (plank) DB row

Overhead tricep DB extension + lat DB flye

DB chest flye + single leg bridge

Crunch + Reverse Crunch



Band or TRX Row



Overhead DB Tricep Extension



Single leg Deadlift above and Plank/Renegade Row below both require strong core engagement. Focus on balance and alignment.



Lat DB flye

