

4-2-1

Workout Method

DAY 1	lower body (think: squats, deadlifts, lunges)
DAY 2	upper body (think: chest presses, shoulder presses, bicep curls)
DAY 3	steady-state cardio (think: running on the treadmill) and mobility (think: yoga poses, stretches, and arm, shoulder, and hip circles)
DAY 4	lower body
DAY 5	full body
DAY 6	cardio (think: jump roping, power walking, running stairs)
DAY 7	rest

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S Marginson



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