



MAC STRENGTH

7 - 8 - 9

TOTAL WORKOUT TIME:
38 MINUTES



GYM EQUIPMENT / SETUP:
BENCH, 1-2 MODERATE WEIGHTS, POWER BAND, LOOP



HOME EQUIPMENT:
1-2 MODERATE WEIGHTS, POWER BAND, LOOP BAND

EXERCISE

TIME

REPS

Start with the MAC Warmup routine

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|----------------------------|-------------|------------|
| • Banded Squat | x 10 | 7min AMSAP |
| • Crossover Band Pullapart | x 12-16 | |
| • Half Kneeling OH Press | x 8-10/side | 8min AMSAP |
| • RDL | x 10 | |
| • Banded Hammer Curl | x 10 | |
| • Plank w/ Hip Extension | x 10 | 9min AMSAP |
| • Russian Twist | x 10 | |

AMSAP: AS MANY SETS AS POSSIBLE



MAC Fitness recommends completing 3 workouts per week with rest days between each workout. This is to promote a fitness plan that you can stick with for the rest of your life. Movement - Accomplishment - Consistency (M A C)