



UCSU

Home Training Kit

LETS WORK OUT!

Body weight workout cards to pick and mix from. These cards can help you build an exercise routine to suit you!

Each card has :

- An Exercise
- Difficulty Rating
- Pro Tip
- Hot Spot
- Reps and Sets recommendations
 - Please note these are recommendations and you can add and lower numbers to make it work for you :)

• NB: Please do your best to stay safe. You work out at your own risk and we cannot take responsibility for injury.

