



MAC STRENGTH

MAC Attack



TOTAL WORKOUT TIME:
39 MINUTES

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



HOME EQUIPMENT:
1-2 MODERATE WEIGHTS, POWER BAND

EXERCISE

TIME

REPS

Start with the MAC Warmup routine

- | | | |
|------------------------|----------|-------------|
| • Dumbbell Pullover | x 8 | 6min AMSAP |
| • Reverse Plank March | x 10 | |
| • Offset Reverse Lunge | x 6/leg | 8min AMSAP |
| • Floor Press | x 6/arm | |
| • Lateral Lunge | x 5/side | 10min AMSAP |
| • Sprinter Switch | x 5/side | |
| • Bent Over T Fly | 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)