

Core Work



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x standard placement pushups

10x diamond/ close grip pushups

10x semi wide pushups

10x wide pushups

If you need to go to your knees or an incline or the wall for any of these, that's OK.

We want muscle fatigue in the arms and core.

2x back locust extensions (hold each for 5-10 seconds)

10x plank shoulder taps

1 minute continuous plank

10x back locust extensions (hold each for half second)

10x ab crunches (with or without weight held at chest)

10x alternating side ab crunches (with or without weight held at chest)

1 min rest in between full sets

If you aren't experiencing muscle fatigue at the end of the reps, increase reps by 2 until you do, or increase weight (if using)



Chest/Back



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x lateral pull downs

10x free weight bench press -

10x free forward neck shrugs

10x free backward neck shrugs

10x free incline bench press

10x free single arm dumb row right (alternate which arm starts in each full set)

10x free single arm dumb row left

10x free double arm dumb row (both together)

10x free dumb fly

10x machine row

1 min rest in between full sets

If you aren't experiencing muscle fatigue/failure after 10 reps, increase the weight.



Legs



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x squats with or without weight (plate or dumbbell held at chest level)

10x squats with wider stance (same weight)

10x sitting calf raises with or without weight (plate or dumbbell held at chest level, unless this is a machine?)

10x machine leg extensions

10x machine hamstring extentions

10x lunges right leg leading with or without weight (plate or dumbbell held in left hand)

10x lunges left leg leading with or without weight (plate or dumbbell held in right hand)

1 min rest in between full sets

If you aren't experiencing muscle fatigue/failure after 10 reps, increase the weight.

Shoulder/Arms

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x free military press

10x free shoulder fly

10x free front shoulder raise

10x free reverse dumb fly

10x row up

10x free bicep curls

10x right arm free standing tricep raises (alternate starting arm between sets)

10x left arm free standing tricep raises

10x both arm free standing tricep raises

1 min rest in between full sets

If you aren't experiencing muscle fatigue/failure after 10 reps, increase the weight.

