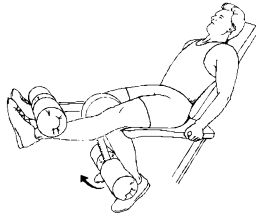


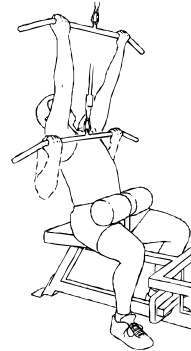
LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



Beginning with Legs is always a good idea. It really generates the heart to start pumping which is a nice indication you are warm. Straighten legs to locked knee position, keeping toes flexed toward knees.  
 Do 3 sets. Complete 15/12/12 repetitions.

BACK: LATS - 14 Pull-Down: 45° Angle Reverse Grip (Cable)

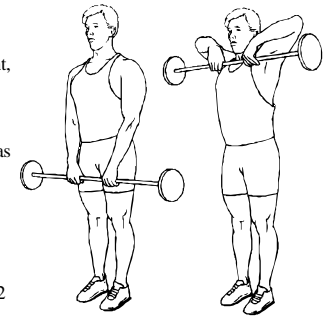
The underhand grip is an easier move for the shoulders (if shoulder pain or past injury). Leaning back slightly, pull bar to upper chest.



Do 3 sets.  
 Complete 15/12/12 repetitions.

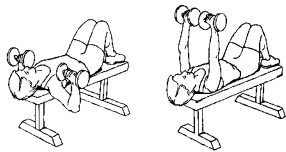
Shoulders: TRAPS - 3 Row: Upright – Narrow Grip (Barbell)

Knees slightly bent, lift bar to chin, leading with elbows. Keep elbows above bar as pictured.



Do 3 sets.  
 Complete 15/12/12 repetitions.

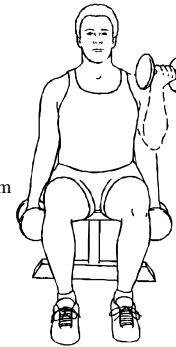
CHEST - 15 Bench Press (Dumbbell)



Note: Barbell bench press will tear up the shoulder joint. Barbell press is not ergonomically friendly to the shoulder. Linear motion grinds away at shoulder socket after repetitive motion. So, always use dumbbells which closely resemble the body's natural movement (in all movements not just chest press) Rotate DB down even with nipple line and press. Imitate the rolling action toward the top, even though it resembles more of a half circle.  
 Do 3 sets. Complete 15/12/12 repetitions.

ARMS: BICEPS - 15 Curl: Sitting Alternating (Dumbbell)

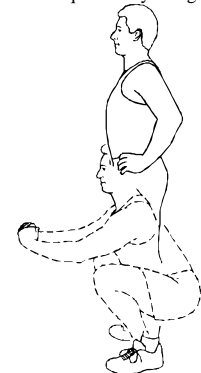
While seated hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl and end with fist toward torso. Wait until one arm completes full rep before opposite arm begins rep.



Do 3 sets.  
 Complete 15/12/12 repetitions.

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

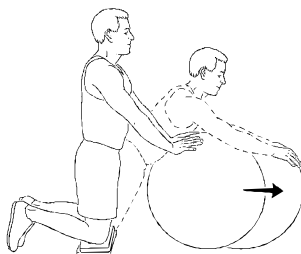
Head up, back straight, feet pointed slightly out, squat until you feel the stretch, it is highly important to start slow with this move and work into deep ankles squats (if possible) Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.



Do 3 sets.  
 Complete 15/12/12 repetitions.

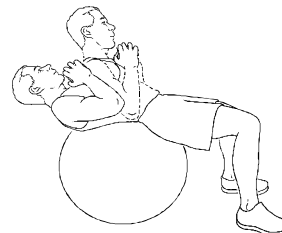
ABS - 19 Ball Roll: Intermediate - the Swiss ball rule!

With hands on ball and back straight, begin to roll forward, progressively tensing abdominals. Caution: Do not hyperextend low back. Breathing out, roll back to start position. Always start moderately and progress appropriately.



Do 2 sets.  
 Complete 15/12 repetitions.

ABS - 1 Crunch (Dumbbell)





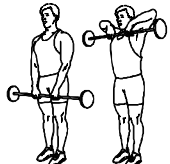
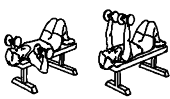


It is recommended to start with hands behind head and press head into hands taking pressure of the neck. Advanced: Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2 sets. Complete 15/15 repetitions.

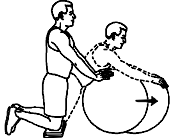

Always perform a nice warmup anywhere from at least 5 to 10 minutes, this is a very important step.

Once warm do medium to intermediate stretches. Once you progress through program then induce deep stretches (stretch throughout session). The elasticity of the joints is greater once blood flow is at its peak.

Keep a moderate pace as you move through the workout, it is best to not allow over 45 seconds between sets and 20-30 seconds for optimal pace. If this becomes easy then we step it up to cardio weights, which is where real weight loss and peak performance shines.

The cool down stretch is possibly the most important aspect of the workout. This helps prevent next day soreness as will increase joint range-of-motion.

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