

WARM-UP - Warm-Up - Treadmill

Image 1 - Start

Image 2 - End



Treadmill

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10	at	0

CHEST - Flat Bench Cable Single Flies

Image 1 - Start

Image 2 - End



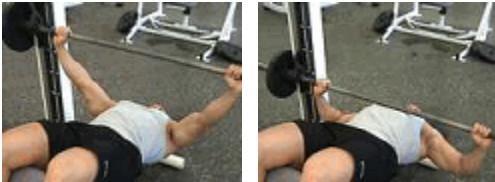
Starting Position: Place a flat bench by a low pulley and attach a handle to it. Lie on the bench and grip the handle with your arm outstretched and palm turned up. Movement: Exhale as you pull the handle up above the center of your chest. Keep just a slight bend in your elbow. Inhale as you slowly return the handle back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15	at	0
Set 2	15	at	0
Set 3	15	at	0

CHEST - Smith machine Decline Wide Chest Press

Image 1 - Start

Image 2 - End



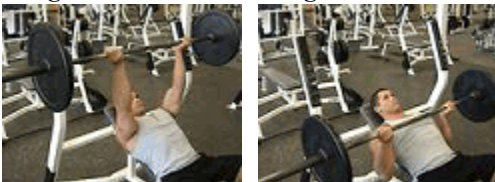
Starting Position: Position a decline bench in the Smith machine and lie on it with your feet flat on the floor. Adjust the bar so that is directly above your chest. Unlock the bar and grasp with a wide grip, palms turned away from you. Lower the bar so that it is close to your chest. Movement: - Exhale while pressing the bar up until your arms have just a slight bend in them. Inhale as you slowly lower the bar to the starting position. Repeat as required. Rotate the bar back into a locked position, once complete.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15	at	0
Set 2	15	at	0
Set 3	15	at	0

CHEST - Incline Bench Narrow Grip Press

Image 1 - Start

Image 2 - End



Starting Position: - Lie on your back on an incline bench with both feet flat on the floor. Grip the bar with your hands closer than shoulder width apart, palms turned away from you. Lower the bar just above your chest. Movement: - Exhale as you press the bar up to a straight-arm position. Inhale as you slowly lower the bar back down to a starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15	at	0
Set 2	15	at	0
Set 3	15	at	0

CHEST - Smith machine Decline Wide Chest Press

Image 1 - Start



Image 2 - End



Starting Position: Position a decline bench in the Smith machine and lie on it with your feet flat on the floor. Adjust the bar so that is directly above your chest. Unlock the bar and grasp with a wide grip, palms turned away from you. Lower the bar so that it is close to your chest. Movement: - Exhale while pressing the bar up until your arms have just a slight bend in them. Inhale as you slowly lower the bar to the starting position. Repeat as required. Rotate the bar back into a locked position, once complete.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

SHOULDERS - Alt Shoulder Press

Image 1 - Start



Image 2 - End



Starting Position: Place a flat bench in between to low pulleys. Attach a handle to each of the pulleys. Sit on the bench and grip the handles with your elbows bent and palms turned forward. Movement: Exhale as you alternately press the handles up above your head until your arms have just a slight bend in them. Inhale as you slowly return the handles back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

SHOULDERS - Rear Delt Rope Row

Image 1 - Start



Image 2 - End



Starting Position: Attach a rope to the upper pulley, and grip the rope above the handles, with your knuckles turned towards each other. Take a big step backwards, and kneel on one knee as you face the pulley. Movement: Exhale as you pull the ropes towards you. Pull the ropes apart, and bring your hands on either side of your ears. Line the center of the rope up with your forehead, and stop before it touches you. Remember to keep your back flat throughout this entire exercise. Inhale as you slowly extend your

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

SHOULDERS - Front Barbell Raises

Image 1 - Start



Image 2 - End



Starting Position: - Start and hold a barbell at arms length directly in front of you, palms facing your body. Movement: - Exhale while raising the weight to shoulder level, keeping your arms straight, pause briefly at the top. Inhale as you slowly lower the weight to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

SHOULDERS - Barbell Shrugs

Image 1 - Start



Image 2 - End



Starting Position: - Start with a barbell hanging at arms length in front of your body; hold the bar with both hands palms facing you thumbs in grip. Movement: - Exhale, as you lift or shrug your shoulders to the highest possible position, hold the position briefly. Inhale as you slowly lower the bar to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

ABS - Single Leg Plank

Image 1 - Start



Image 2 - End



Starting Position: - On an exercise matt get down into the push up position. Movement: - Drop your elbows down on to the matt, and exhale as you pull your belly button in towards your spine. Lift one of your legs off of the matt and hold it up throughout the entire exercise. Be sure to keep your back flat. Inhale as you slowly return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

ABS - Kneeling Rope Crunch

Image 1 - Start



Image 2 - End



Starting position: Attach the ropes to an upper pulley. Kneel facing the pulley and grip a rope with each hand. Lower your hands until they are even with your ears. Movement: Exhale as you curl your upper body towards your knees, and then inhale as you slowly return to the starting position. Remember to squeeze your abs, and repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>

CARDIOVASCULAR - Cardio - Upright Bike

Image 1 - Start



Image 2 - End



Upright Bike

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="45"/>	at	<input type="text" value="0"/>