

**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		1

**BICEPS - STANDING DUMBBELL PREACHER HAMMER CURLS**

Image 1 - Start

Image 2 - End



Starting Position: - Stand in front of the preacher bench and adjust the armrest so that the pad fits into your armpit. Hold the dumbbells with your thumbs turned up, shoulder width apart. Extend your arms down. Movement: - Exhale as you pull the dumbbells up to your shoulders, bending only at your elbows. Inhale while lowering your arms to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	8		0
Set 2	8		0
Set 3	8		0

**TRICEPS - ONE ARM DB KICKBACK**

Image 1 - Start

Image 2 - End



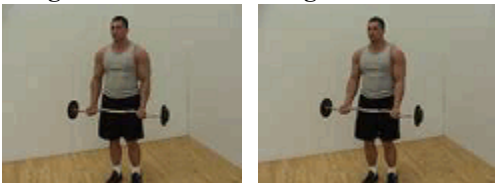
Starting Position: - Stand with your feet close together and knees bent and grasp a dumbbell in your right hand while keeping your upper arm and elbow in line with and against your upper body and your forearm hanging straight down. Place your left hand across your abdomen for support. Movement: - Exhale while you keep your right arm in place and extend your forearm to the rear until it is straight. Continue this movement as far as possible after the arm is fully extended and until the dumbbell is slightly above your back. Inhale as you slowly return the dumbbell to the starting position. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	0		0
Set 2	8		0
Set 3	0		0

**BICEPS - BICEPS 21'S**

Image 1 - Start

Image 2 - End



Starting Position: - Stand with a slight bend in your knees, holding onto the barbell with your palms facing up. Start with your arms fully extended. Movement: - Flex your biceps raising the bar up to just the middle of a normal curl. Repeat the shortened curl for 7 repetitions. Without stopping start your next set of 7 repetitions of curls. This set will start at the middle of your normal curl motion, and will go up as far as you can raise it. Without stopping go into the last 7 repetitions using a normal full range of motion curling exercise.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	21		0
Set 2	21		0
Set 3	21		0

**TRICEPS - BARBELL FRENCH PRESS**

Image 1 - Start



Image 2 - End



Starting Position: - Lie with your upper back on a flat bench and your feet flat on the floor. Hold a barbell above your shoulders, with both arms straight and your hands 6 - 8 inches apart. Movement: - Inhale while lowering the bar to the top of your forehead by bending only at your elbows. Exhale as you push the bar back 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="8"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="8"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="8"/>	at	<input type="text" value="0"/>

**BICEPS - INCLINE SINGLE CURLS**

Image 1 - Start



Sorry, no picture available.

Image 2 - End



Sorry, no picture available.

Starting Position: Place an incline 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 towards your shoulder. 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	<input type="text" value="8"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="8"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="8"/>	at	<input type="text" value="0"/>

**TRICEPS - SINGLE HAND OVERHEAD DB EXTN**

Image 1 - Start



Image 2 - End



Starting Position: - Grasp a dumbbell and sit on the end of a flat exercise bench. Hold a dumbbell at arms length overhead with palms facing forward. Pull your elbow in close to your head and keep your upper arm stationary. Movement: - Inhale while you slowly lower the dumbbell in an arc behind your head as far as possible. Exhale as you push the dumbbell back to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="8"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="8"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="8"/>	at	<input type="text" value="0"/>

**BICEPS - BEHIND-THE-HEAD BICEP STRETCH I**

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Movement: Lift your arms above your head, keeping them straight. Bend your elbows and place your palms on your upper back. Pull your elbows back as far as you can. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="30"/>	at	<input type="text" value="0"/>

**TRICEPS - OVERHEAD TRICEP STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees.  
Movement: Extend both of your hands straight above your head, palms touching. Push your hands upward, then backward, keeping your back straight. Hold this position for thirty seconds.

Set Name

Reps / Time

Weight / Level

Set 1

30

at

0

**CARDIOVASCULAR - CARDIO - JOGGING**

**Image 1 - Start**



**Image 2 - End**



Jogging

Notes:

If you're looking to gain mass--have a hard time building muscle. Just walk--high incline. If you need to lose weight, do the cardio longer--up to 45 minutes. Try to do the cardio separate from your lifting. (Ex: cardio-morning, lifting-evening)

\*Always work up to cardio if you're not conditioned already.

Set Name

Reps / Time

Weight / Level

Set 1

25

at

3