

Workout Of The Week

Warm up for a good 5 minutes with a cardio exercise whether it's running, jumping jacks, treadmill, body calisthenics etc. Each exercise repetition should proceed till temporary muscle fatigue, and is key on the reps in relation to goal of exercise. i.e. for endurance/toning (12-15 reps), for size (6-12 reps), and for increased power or strength (1-6 reps)

Whole body exercise

Duration ~20-25 minutes

Frequency at most every other day

Lower body

Thigh

Seated leg press (machine) Refer to illustrations and instructions on machine. Start by positioning seat and base plate to about 75-80 degree flexion and with your feet flat on the base plate extend your legs almost to full extension.



Seated leg extensions (machine) Refer to illustrations and instructions on machine. Start by positioning seat and resistance lever to a comfortable position i.e. while seated the legs should start in a flexed position and the lever pad should be placed just top of foot or very bottom shin portion of leg. Then extend to almost full extension.



Hamstring

Sumo Deadlift (free weight w/ dumbbells or plates) Start with legs shoulder width apart with the barbell on the ground in front of you, hand positions are about hip width apart, fingers pointed downward, with legs on the outside of hand position. While squatted keeping your back straight and legs flexed extend

your legs to stand position while holding barbell till full standing position is obtained.



Seated leg curls (machine) Refer to illustrations and instructions on machine. Start by choosing proper seat height and resistance lever arm position with one pad laid over lower thigh and the other pad just under Achilles tendon part of lower leg. Start with legs extended then to flexion.



Lower Leg

Double Leg calf raise (Body weight free standing on stair or elevation) Find a step, stair, or some elevated "thing" to help isolate the calf. Have your heels hang off the stair part while balls of your feet are still in contact with the stair. Then fully lift your heels up as far as they can go (plantar flexion)



Seated leg calf raise (machine) Refer to illustrations and instructions. Choose good seat position and foot base distance i.e. legs almost fully extended. While the balls of your feet are in contact with the foot bas and hills hanging off point your toes and perform plantar flexion of the foot.



Dorsi Flexion of the ankle “Toe Raises/curls” (toe curl barbell) Find a bench and utilize that curl bar by sitting on the bench with your feet placed in the proper position with toes pointed towards the ground just under the resistance bar keeping flush with the foot platform, then perform dorsi flexion of the foot and flex your toes/foot toward the knee.



Upper Body

Chest

Bench Press (machine) refer to illustrations and instructions on machine. Ensure proper and comfortable seating arrangement. Hands in the hand grip while pressing forward and extending arms out, keeping your back against the back rest and feet flat on the ground.



Dips (bodyweight Romanian chair tower dips) Using foot pedals/steps position yourself to where the parallel bars are under your palms and elbows are pointed posteriorly with arms flexed. Lift body off of

footsteps and while holding body weight extend arms and flex arms lowering and lifting body.

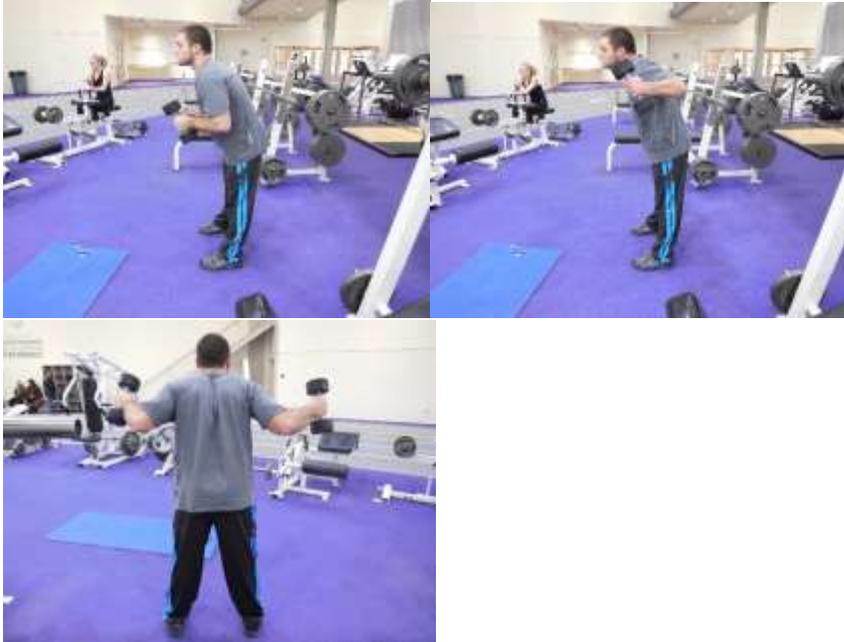


Back

Rotary Back Flex (machine) Refer to illustrations and instructions on machine. Adjust seat to comfortable position and chest pad against chest to where arms are almost fully extended to hold handgrips. Starting in extension you'll pull elbows and shoulder blades together while pulling handgrips towards chest.



Reverse Flies (free weight w/ dumbbells standing) Start standing shoulder width apart and dumbbells in hand in elbow flexion just under the chest touching together. Then spread them out (spread your wings) while back is straight and slightly tilted forward, keeping arms slightly bent



Arms

Preacher Bicep curl (machine) Refer to illustrations and instructions on machine. Sitting on bench with feet flat on the ground and making sure seat height is appropriate for elbow pad to just about end in the arm pit area. Grab handles and start with arms extended with palms facing up and holding handgrips, flex arm all the way up keeping elbows in contact with pads.



Close grip bench press (free weight w/ barbell) Lying flat on bench facing ceiling and barbell just over chin or nose balance bar while holding the very middle of the barbell with both hands and lift bar off hooks and reposition barbell over chest and start with arms in extension and lower barbell in a controlled manner slowly towards chest keeping hand position, then pressing up again.



Bentover tricep extension (free weight w/ dumbbell) While holding a dumbbell in one hand bend trunk over to about 80-90 degrees and start with the arm holding dumbbell in a flexed position close to the body (dumbbell should be right in front of the shoulder chest) then fully extend arm keeping elbow stationary like a donkey kick.

