

Chest	Pushups		Do regular pushups or you can do them with your feet on a stability ball to switch it up every other week.
	Press	Flat	Do your normal bench press. Do not exhaust yourself on your first sets. You want to do three.
		Incline	Same as regular bench press, but at an incline.
	Fly's	Flat	Do fly with free weights. Go slow and really stabilize your muscles. Do not over-extend your arms past your shoulders.
Decline		Same as above, but on a decline.	
Abs	Decline	You can do these with or without a weight on your chest. Start without until you can do a full set with a weight.	
	Hanging	You will hang from the bar and raise your knees up to your chest, slowly. Once you have this down, you will then make it more difficult by not bending your legs.	
	On Mat	Regular crunches.	
	On Ball	These are for your oblique's. Do them with one hip on the ball and pull yourself up.	
	Superman	Lie face down on the floor with your arm stretched out directly overhead (like Superman flying, hence the name). Raise your arms, chest and legs off the floor and hold it there for 2 seconds and squeeze. Lower back to the ground and repeat. You can also do these one arm and leg at a time as follows: Raise your left arm and right leg into the air at the same time, also raising your chest slightly off the floor. Hold there for a second and squeeze the muscles of your lower back. Lower your limbs back to the ground then raise your right arm and left leg and hold for a second. You can push down with the hand that is on the ground to help raise your other arm and chest higher off the ground.	
Military Press			Use a short bench if possible other wise, a full size adjustable bench that can have the back put upright. So you should have back support. Keep arms out to the side and press straight up.
Front Arm Raises			Do one at a time with straight arms with dumbbells in hands and raise ONLY to shoulder height and not a hair more as it leads to injury.
Side Arm Raises			Both at once starting in front of your body with arms slightly bent and curved. bring dumbbells together in front of your crotch and raise ONLY to shoulder height.
Side Arm Incline			Kneeling on the incline bench with your weight on your stomach and your left arm wrapped around the back of the bench, you will raise your right arm up at an angle in between what you did for side arm raises and front arm raises. This is very hard. Try very low weight. Then switch and do the other side.
Cable Pull-Outs			Stand with your right side facing the cable pull machine. Reach across and in front of your body with you left hand and grab the cable. You will pull it with your arm straight and starting below your hip across the front of your body and up until the arm is at shoulder height and NO MORE than . Use a low weight. Switch to the other side.
Leg Extensions			Do these on the extension machine. Start with lower weight and crank it up each set to maximum on the 3rd set.
Lunges			You can do these either standing in place or use the length of the room to complete a set. You can use a small dumbbell - you determine the weight. But get the knee right down on the ground to make a deep lunge. Alternate legs
Lying Leg Press			Go a little light on the first set and then really push for the next two.
Hamstring Curls			Slow controlled movement of this exercise to really maximize the hamstring area attack. Stretch really well before and after.
Hip Machine			Do both inside and outside every time. Increase as necessary.
Calves	Sitting		Sitting matching with four different foot angles and widths each time with the sets of 20 no-weight raises in between. You should get to failure on this.
	Standing		One leg raises. Holding a dumbbell you want to stand on something slightly raised like a box and raise up with just the one foot and the other one tucked behind that ankle. Go slow.
Biceps	Flat Bar Curl		Make sure to sure a straight bar, not the indented one. Curl right to your chest and keep the bar level. If you can't drop in weight.
	Hammer Curls		With dumbbells turned so that your palms are facing your body. Curl up and as you get about half way up twist the weight so that your palm faces the ceiling. Alternate arms.
	Preacher Curls		Use a bench. Really stabilize by making sure the pad comes all the way up under your armpit and curl the dumbbell. Alternate arms.

Arms	Triceps	Overhead Triceps	Holding a dumbbell starting behind your head, raise it up to straight arm position over your head and lower back to a 90- degree arm angle with the weight back behind your head. The hand position is awkward to grasp the weight. Keep the elbows in tight to your head and control the weight to focus on triceps only. If you can't keep your elbows alongside your head, lower the weight. You should do this sitting on a bench with a back for support.
		Leaning Triceps	Using a flat weight bench stand with your legs wide apart putting the left leg in front facing the long part of the bench and put most of your weight on that foot. Then lean over and brace yourself with your left hand down on the bench. The right leg should be wide from your left and far back with both feet facing the bench. You are sort of in the position that a track and field sprinter gets in at the starting blocks. Bend your right arm in a 90 angle so that the upper portion of your arm is along side your body and the forearm hangs down in a 90. You will be grasping a light dumb bell weight (maybe 5 pds) and extending your forearm backwards until your arm is straight and as it straightens, FLEX your triceps hard. Try not to ever move your upper arm. Then come down. Alternate arms.
		Rope Pull Downs	Take the rope attachment and pull down starting with your hands together around the height of your belly button. Tuck your upper arms tight to your body (no flying elbows). They should never move. Only your forearms move - and straighten your arms and as you do, separate your hands so that they come to the hip bones. Alternate arms.
		Pull Downs	Take the short flat bar attachment and pull down starting with your hands close together as possible and again, they should be around the height of your belly button. Tuck your upper arms tight to your body.
Pull-ups		Do the assisted pull-up machine if you can't do a pull up yet.	
Inclined Back		This is pulling in to your body. Arch your back and throw your shoulders back and chest out. That form is for ALL back exercises by the way. Arched back, chest out, shoulders back.	
Pull Downs		Same machine you used for cable work and triceps pull downs but different station. There is a low bench with an over-the-knee pad. Buckle yourself down nice and tight and pull down using a long bar hooked onto the machine. You should pull down right in front of your chin and to your chest and then back as far as your arms will reach.	
Rowing		It is probably attached to the same machine you used for cable work and triceps pull downs but different station. There is a long flat bench usually close to the ground with a foot rest straight in front of you and a tower with a rack of weights and a hook for various accessories. Use a double handle and pull the weight toward your body as you are pushing your body back until your legs are nearly straight. Now you are in position to start. The weight will start in front of your belly button right up next to your body. Let it go out as far as your arms will reach. Then pull back again to your belly button. Your legs never move or bend. Only your arms and as you pull back, you will shrug your shoulders back and arch your back sticking your chest out - imagine you are wrapping your spine around a ball.	
One Armed Row		This is similar to the position you used when you did the one-armed triceps exercise braced on the bench. You will be a little more upright but almost the same position this time on the end of the bench. The dumbbell is on the floor. You bend over and lift the weight with the right arm while the left hand and foot and supporting 90% of your weight. Your left knee should be very bent and the right foot should be as far back as makes you in a comfortable braced position. You pull the weight in towards yourself so that the dumbbell comes all the way in to touch your ribs on the right side of your body. It is ALL back you are using so if you are using something else, fix your form until it feels right	

Weight:

		Suggested	Actual	Suggested	Actual	Suggested	Actual	Cardio	
		Sets		Rep		Weight		Min	
Chest & Abs	Chest	Pushups	3		30		-		
		Press	Flat	3		8-12		45	
			Incline	3		8-12		45	
		Flys	Flat	3		8-12		12.5	
			Decline	3		8-12		12.5	
	Abs	Decline	3		30		20		
		Hanging	3		30		-		
		On Mat	3		30		-		
		Obliques	3		30		-		
		Superman	3		30		-		
Back & Shoulders	Shoulders	Military Press	3		8-12		12.5		
		Front Arm Raises	3		8-12		8		
		Side Arm Raises	3		8-12		8		
		Side Arm Incline	3		8-12		8		
		Cable Pull-Outs	3		8-12		10		
	Back	Asst Pull-ups	3		8-12		-		
		Inclined Back	3		8-12		50		
		Pull Downs	3		8-12		50		
		Rowing	3		8-12		60		
		One Armed Row	3		8-12		50		
Legs	Leg Extensions	3		8-12		80			
	Lunges	3		8-18		10			
	Lying Leg Press	3		8-12		110			
	Hamstring Curls	3		8-12		80			
	Hip Machine	3		8-12		90			
	Calves	Sitting	3		8-12		100		
		Standing	3		8-12		25		
Arms & Abs	Arms	Biceps	Flat Bar Curl	3		8-12		40	
			Hammer Curls	3		8-12		15	
			Preacher Curls	3		8-12		15	
		Triceps	Overhead Triceps	3		8-12		20	
			Leaning Triceps	3		8-12		12.5	
			Rope Pull Downs	3		8-12		40	
	Abs	Pull Downs	3		8-12		30		
		Decline	3		30		-		
		Hanging	3		30		-		
		On Mat	3		30		-		
		Obliques	3		30		-		
		Superman	3		30		-		

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Chest & Abs	Chest	Pushups	3		30		-		
		Press	Flat	3		8-12		45	
			Incline	3		8-12		45	
		Flies	Flat	3		8-12		12.5	
			Decline	3		8-12		12.5	
	Abs	Decline	3		30		20		
		Hanging	3		30		-		
		On Mat	3		30		-		
		Obliques	3		30		-		
		Superman	3		30		-		
Shoulders	Military Press	3		8-12		12.5			
	Front Arm Raises	3		8-12		8			
	Side Arm Raises	3		8-12		8			
	Side Arm Incline	3		8-12		8			
	Cable Pull-Outs	3		8-12		10			
Legs	Leg Extensions	3		8-12		80			
	Lunges	3		8-18		10			
	Lying Leg Press	3		8-12		110			
	Hamstring Curls	3		8-12		80			
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			Preacher Curls	3		8-12		15	
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	Rope Pull Downs		3		8-12		40		
	Abs	Pull Downs	3		8-12		30		
		Decline	3		30		-		
		Hanging	3		30		-		
		On Mat	3		30		-		
Obliques		3		30		-			
Back	Superman	3		30		-			
	Asst Pull-ups	3		8-12		-			
	Inclined Back	3		8-12		50			
	Pull Downs	3		8-12		50			
	Rowing	3		8-12		60			
One Armed Row	3		8-12		50				