



Exercise Log

Date (Day/Month/Year): _____

Start Time: _____

End Time: _____

Name of Workout: _____ INTERMEDIATE- MEDICINE BALL or DUMBBELL ROUTINE _____



Body Parts Trained (Circle all that apply):


Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>
Cardio Warm-up (Treadmill/Bike/Jumping Jacks/Stairs/etc)	4-5 minutes medium intensity	Any exercise that elevates heart rate (Jumping jacks, stairs, etc) If you choose to do your 30 min Metabolic Interval Training (MIT) routine on same day as Resistance Training (RT), perform at the end of the (RT) routine or 5+ hours before or after to get best results.


WEIGHT, STRENGTH & RESISTANCE TRAINING


<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>MOVEMENT</u>
<u>GROUP A</u>				
Medicine Ball/DB/Plate Lunge Crossovers	5-12 lbs	2 each side	12-15 each leg	<ol style="list-style-type: none"> Start with feet positioned at a staggered stance with back upright and straight in a neutral position. Hold medicine ball straight out in front of your chest. Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball. Return to start position and repeat. 
Single Leg Deadlifts	0	2 each leg	12-15 each leg	<ol style="list-style-type: none"> Begin standing with right foot on the floor and a slight bend in the knee. Lift left foot up off floor and it will remain up throughout the entire set. Lower upper body by leaning forward as far as possible and slightly bending right knee as you lower. Keep back flat and DO NOT ROUND BACK! All of your bodyweight should be in your right heel. Push through right heel in order to straighten leg and stand back in upright position. Squeeze right glute at the top position and repeat on same leg at a slow and controlled pace. 

"Fire Hydrant" Side Kick-Outs	0	2 each leg	15 each leg	<ol style="list-style-type: none"> 1. Position body on floor with hands and right knee down on floor. 2. Lift left leg out to the side with inner thigh parallel to floor and knee bent. 3. Extend from knee to foot straight out in order to kick your foot with a fully extended leg. Push heel out. 4. Repeat at a slow and controlled pace, keeping knee high. 
CARDIO BLAST	BW	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, FULL OUT SPRINT for the next 30 seconds, and slow pace for the final 30 seconds.

GROUP B

Pushup Position Down to Forearm Plank Position	BW	2 each direction	12-15 each direction	<ol style="list-style-type: none"> 1. Begin in the push-up position on hands and toes. 2. Drop right forearm down to floor, followed by the left forearm. 3. You will then push back up on right hand, followed by left hand, putting you back up in starting position. 4. Repeat with same leading hand for the entire set. Keep back flat and butt down throughout the entire set.  <p align="center">Beginner: on knees/Advanced: on toes or elevated for more intensity</p>
---	----	---------------------	----------------------------	---




Bench/Step/ Chair Tricep Dips	BW	3 sets	15	<ol style="list-style-type: none"> 1. Sit down on a bench/step. 2. Position hands (2-3 inches apart) on bench with fingers pointing forward towards glutes. 3. Maintain a straight trunk with heels on floor. 4. Slowly lower body down a few inches, keeping elbows back. 5. Push body back up to starting position and repeat at a slow and controlled pace.  <p align="center">*Beginner-bent knees/Advanced-straight legs on heels</p>
-------------------------------------	----	--------	----	--

Bench/ Step Knee Elbow Crunches (same side)	BW	3 each leg	15 each leg	<ol style="list-style-type: none"> 1. Position body perpendicular to a bench/step. 2. Begin in push-up position, with hands or forearms on the top of the bench. Keep back flat and butt down throughout entire set. 3. Bring right knee towards right outer elbow area in order to contract abdominals. 4. Extend right leg straight back behind you without touching the floor. 5. Bring right knee back in and repeat at a slow and controlled pace. 
---	----	------------------	-------------------	---

CARDIO BLAST	BW	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, FULL OUT SPRINT for the next 30 seconds, and slow pace for the final 30 seconds.
---------------------	----	----------	---------------	--

GROUP C

Bent Over DB Flys	5-12 lbs	3	12-15	<ol style="list-style-type: none"> 1. Begin in a slightly bent over position, with a dumbbell in each hand. Arms will be fully extended straight down in front of body and palms will be facing in throughout the entire set. 2. Lift DB's laterally (out to the sides) with a slight bend in the elbows, until reaching
----------------------	----------	---	-------	--

				<p>shoulder level.</p> <ol style="list-style-type: none"> Slowly lower back down to the lower beginning position. Repeat at a slow and controlled pace. 
Standing DB Chest Flys	5-12 lbs	3	12-15	<ol style="list-style-type: none"> Begin in standing upright position. Hold one dumbbell in each hand, with palms facing in. Arms should be fully extended out in front of you at chest level. Simultaneously, open arms up laterally, not allowing DB's to go past shoulder level. Bring arms back in to center/starting position, keeping them up at chest level throughout the entire set. Repeat at a slow and controlled pace. 
Alternating Knee-Up Crunches (with DB)	5-12 lbs	3	15 each side (30 total)	<ol style="list-style-type: none"> Begin in upright standing position. Hold one DB with hands up above head with arms fully extended. Lower hands/DB down to chin level by bending elbows. Simultaneous with the DB lowering, lift right knee up in order to contract abs. Raise DB back up overhead, while lowering right foot back to the floor. Next, lower DB again while lifting left knee up for abdominal crunch. Alternate sides each repetition and repeat at a medium pace. 
FINAL CARDIO BLAST	BW	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, FULL OUT SPRINT for the next 30 seconds, and slow pace for the final 30 seconds.

OVERALL WORKOUT RATING (1-10)		WORKOUT NOTES:	<p>Perform each exercise in GROUP A 1 time and then go back through to complete 3(6 if single sided) sets per exercise within that group. Do the same for GROUPS B and C but make sure to do the Cardio Blast 1 time in between groups. END WITH FINAL CARDIO BLAST!</p> <p>*** HIGHLIGHTED EXERCISES: These are single sided exercises that should always be performed as follows:</p> <ol style="list-style-type: none"> Perform the highlighted exercise on either the right or left side/leg/arm for the
--------------------------------------	--	-----------------------	---

specified number of repetitions. **YOU DO NOT HAVE TO START ON THE SIDE SPECIFIED IN PHOTO/MOVEMENT!**

2. Move to the next highlighted exercise **WITHIN THE SAME GROUP** and perform this exercise on the **same side/leg/arm** as previous for the specified number of repetitions.
3. If there is a third highlighted exercise within the same group, perform on the **same side/leg/arm** as previous for the specified number of repetitions.
4. Move back to the first highlighted exercise and perform on the opposite side/leg/arm for the specified number of repetitions.
5. Perform the remaining highlighted exercises within the same group on this opposite side as well.
6. Perform 3 sets on each side/leg/arm totaling 6 sets per highlighted exercise.