



Exercise Log

Date (Day/Month/Year): _____

Start Time: _____

End Time: _____

Name of Workout: _____ **ADVANCED - BACK and CHEST ROUTINE** _____


Body Parts Trained (Circle all that apply):

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

CARDIO/AEROBIC/CONDITIONING EXERCISE

<i>EXERCISE</i>	<i>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</i>	<i>NOTES</i>
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

<i>EXERCISE</i>	<i>WEIGHT</i>	<i>SETS</i>	<i>REPS</i>	<i>MOVEMENT</i>
GROUP A				
Hammer Strength Decline Chest Press	>75 lbs	3	12-15	<ol style="list-style-type: none"> Put the proper weight on the machine. Sit down on the machine and hold the handle with each hand. Push the handles straight out and then slowly lower weight back down by bending at the elbows. Push weight back out just before weight hits starting position. Repeat at a slow and controlled pace. 
Cable Chest Fly's	>25 lbs	3	15	<ol style="list-style-type: none"> Hook 2 handles to a cable/pulley machine. You should position the handles at about shoulder level and at least 6 feet apart in distance. Facing away from the machine grab one handle in each hand. Arms should be straight out to the sides of your body, forming a straight line across your body. Put one foot a few feet in front of the other, keeping back leg straight and front knee bent. Keeping back upright, bring handles around to the front until handles are about an arm's length in front of chest level. Arms stay fairly straight and palms stay facing in throughout the entire movement. Slowly open arms back up, in order to reach starting position. Repeat at a slow and controlled pace.



Bosu Push-Ups	BW	3	15	<ol style="list-style-type: none"> 1. Position body behind a Bosu ball with platform side up. 2. Place hands on the top/outer section of the Bosu and position legs straight behind you, up on toes. 3. Keeping back flat and butt down, lower upper body towards the floor by bending at the elbows. 4. Push body back up until arms are fully extended again. Repeat at a slow and controlled pace.
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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.
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GROUP B

Seated Cable Lat Pull-downs (underhand/narrow grip with handles)	>90lbs	3	12-15	<ol style="list-style-type: none"> 1. Hook 2 handles to the highest setting of a cable/pulley machine, about 1 foot between the handles. 2. Facing the machine, grab the handle on the right with right hand and handle on the left with your left hand. 3. Lower body to seated position on the floor, slightly inclined back, with a slight bend in knees and feet/heels on the floor. 4. With palms facing up, pull the handles down to outer chest level while squeezing back muscles. 5. Fully extend arms back to starting position without moving upper body. 6. Keep upper body in set position throughout the entire set and repeat at a slow and controlled pace.
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Seated Row on Cable/Pulley System	>45lbs	3	12-15	<ol style="list-style-type: none"> 1. Sit on bench with a slight bend in the knees. 2. Grip on handle with each hand so palms are facing in towards each other or down towards floor. 3. Lean forward a few inches to fully extend arms (holding weighted stack) out in front of you, then lean back while rowing the handles in towards lower chest level and keeping elbows back. Your upper body should be at a 90 degree angle (to the bench) while completing the row. 4. Slowly extend arms back out in front of you and repeat at a slow and controlled pace.
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Bent-Over Dumbbell Fly's	>10 lbs	3	12-15	<ol style="list-style-type: none"> 1. Begin in standing position. Bend over/lean forward slightly and hold a dumbbell in each hand with palms facing in. 2. Start with the arms/dumbbells fully extended down in front of you, about an inch apart, and at knee level. 3. Lift DB's laterally with a slight bend in the elbows. Your body should make a "T" shape at top position. 4. Slowly lower back down in front to the starting position. Repeat at a slow and controlled pace.
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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.
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GROUP C

Bent Over Dumbbell Rows (single arm and leg)	>15 lbs	3 each arm	12-15 each arm	<ol style="list-style-type: none"> 1. Begin slightly bent/leaning over, standing on left leg, and right leg fully extended straight back behind body. 2. Fully extending right arm in front of body, hold a dumbbell in right hand at knee level. Keep left hand on left hip and right palm facing in. 3. Lift/row DB up and back to outer chest level. 4. Slowly lower DB back down to starting position and repeat on same side for entire set before switching sides. Repeat at a slow and controlled pace.
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*** Pick a focus point on the floor to help balance. DO NOT MOVE YOUR EYES FROM THIS SPOT!**

Push-Up into Open-Ups	BW	3 each direction	12-15 each direction	<ol style="list-style-type: none"> 1. Begin in push-up position: Facing the floor, up on hands and toes, arms fully extended, and legs fully extended behind you. 2. Keeping back flat and butt down, lower body towards the floor by bending at the elbows. 3. As you push body back up, shift bodyweight to right arm. 4. Open body up to the left while bringing the left arm up towards the ceiling in a side plank. Legs will be straight out to your left with left foot in front of the right. 5. Rotate body back to center position while lowering the left arm back to the floor for another pushup. Repeat on the same side for the entire set.
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Side Plank Dips on Hand	BW	3 each arm	12-15 each arm	<ol style="list-style-type: none"> 1. Place right hand on floor and left hand on left hip with right side of the body parallel with the floor. 2. Legs are completely straight and top/left leg will be staggered a few inches in front of the right foot. 3. Dip right hip down as close to the floor as possible, then bring back up in order to contract oblique at top. 2. Repeat at a slow and controlled pace.
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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"> 1. 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.
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