

PHASE 1 October 25th - November 19

4 Days a Week

Goal = Functional Strength while burning calories

Increase weight of exercise when possible

No rest between sets. 3 minute rest between exercises

Record weight each exercise

NAME _____

DATE _____

WEIGHT _____

DAY 1 _____	set 1	set 2	set 3
Rotational Rows	X12	X12	X12
DB Clockwork Lunges	X12	X12	X12
Split Stance DB Curl & Press	X8	X8	X8
DB Push-ups & Rows	X10	X10	X10
Leg Press	X10	X10	X10
Front and Lateral Shoulder Raise	X10 each	X 10 each	X 10 each
CORE 1			
Stability Ball Crunches	X10 straight	X10 R to L	X10 L to R
Leg Lowers	X 10		
Standing Pops	X6 left	X6 right	
SB Russian Twist w 25 lb. plate	X10 left	X 10 right	
DAY 2 _____	set 1	set 2	set 3
Rotational Presses w/Pulley	X12	X12	X12
Stability Ball DB Pull-overs	X10	X10	X10
Single Leg Squats	X8	X8	X8
DB Power Hammer Curls	X15	X15	X15
Lat Pulldown	X10	X10	X10
Medicine Ball Alternate Push-ups	fatigue	fatigue	fatigue
CORE 2			
Tubing Takeaways	X10 each hip	X10 each knee	X10 each shoulder
Tubing Circles	X10 ea. Direction		
Plank	45 seconds		
Stability Ball Knee Tucks	X15		
DAY 3 _____	set 1	set 2	set 3
DB Squat to Reverse Press	X10	X10	X10
Pull ups-Monkey pull ups-Towel pull ups	fatigue	fatigue	fatigue
Alternating DB Upright Rows	X20	X20	X20
Single Leg Lunges	X10	X10	X10
SB Dumbell Bench Press	X10	X10	X10
Wrist	fatigue	fatigue	fatigue
CORE 3			
Standing Medicine Ball 1-2-3-4	X8 each side		
Medicine Ball Wood Chops (hard up and down)	X10 each knee		
SB Glute Bridges	X15		
Adduction Crunches w/med ball between legs	X15		