

Exercise Routine:

Begin the workout with a 6-10 min walk to warm up and getting your HR to 116-135 bpm

This Exercise routine consist of Upper and Lower Body Exercise days.
Mon-Upper Body / Tues-MIX/ Wednesday Cardio only / Thurs-MIX /
Friday Upper Body / Sat-Cardio Only

Each exercise should be performed by doing 3 sets of 10-12reps.

The first set should be easily completed and starting to feel the burn on the last 3 reps.

The second set; you should start feeling the burn on the last 5 reps

The 3rd set you should start feeling the burn on the last 7 reps

Rest in-between sets enough to bring your HR back down to 164 bpm.
Once your HR reaches 140 bpm start your next set.

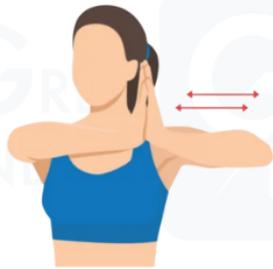
For your cardio routine; Walk /jog 30 min 2 min walk - 1 Min jog
keeping HR between 154-164 bpm

Good Luck and please contact me with any questions.

Greg Rainbolt

Monday's & Thursday's

Isometric Shoulder Resistance



Isometric Shoulder Band Resistance



Decline Push-Up



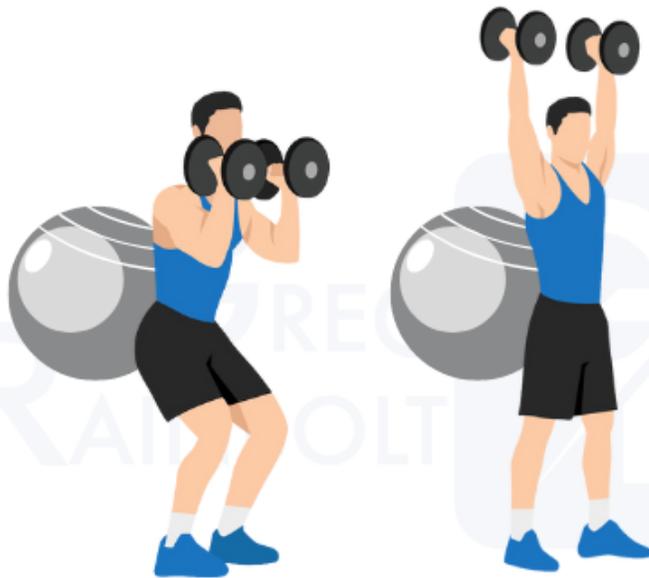
Abdominal Crunch

A

B



Shoulder Press



A

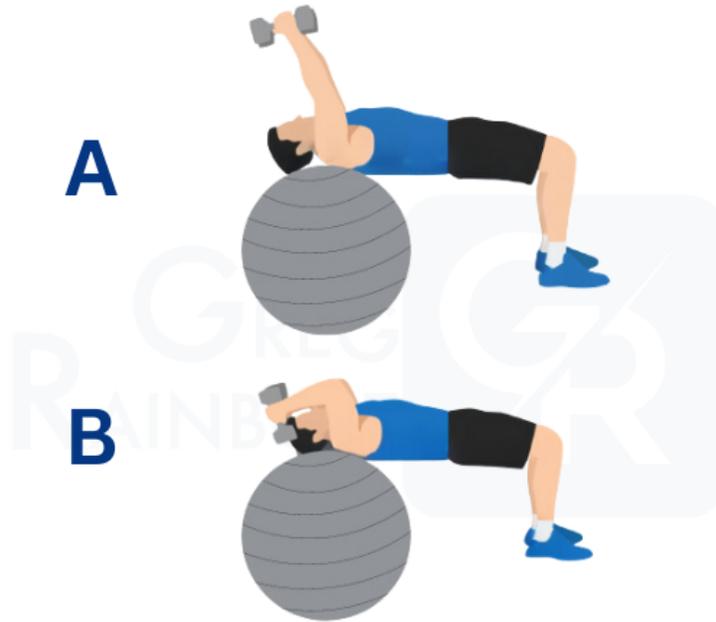
B



Abdominal Crossovers

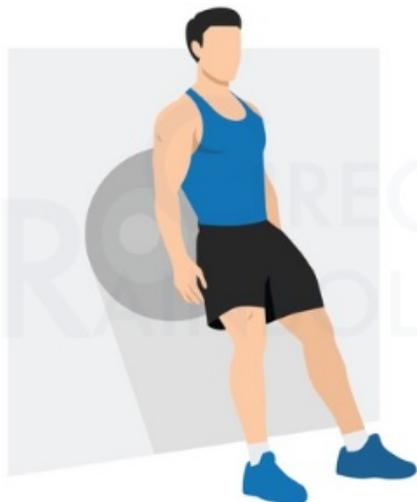


Tricep Extensions



Ball Squat

A



B



Single Leg Curls Lying Leg Curls

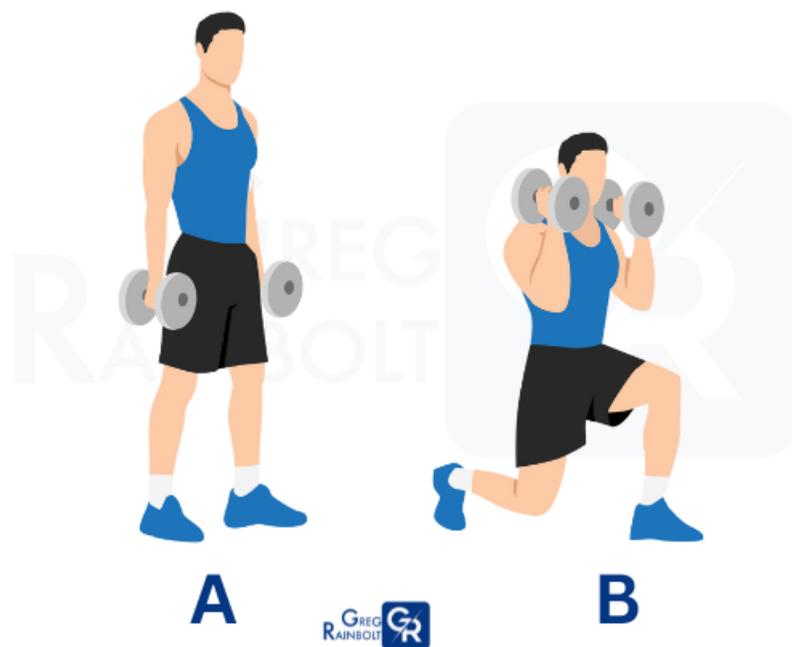
A



B



Bicep Curl - Lunge



Leg Curls

