

Workout Booklet

For our fabulous client, Heather

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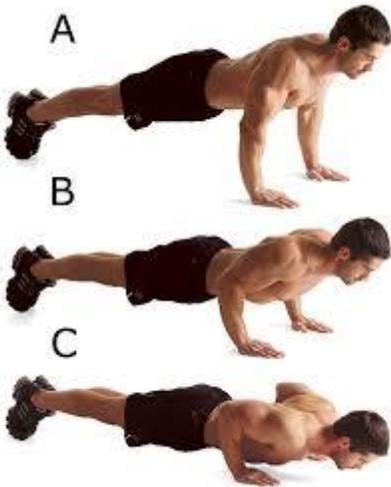
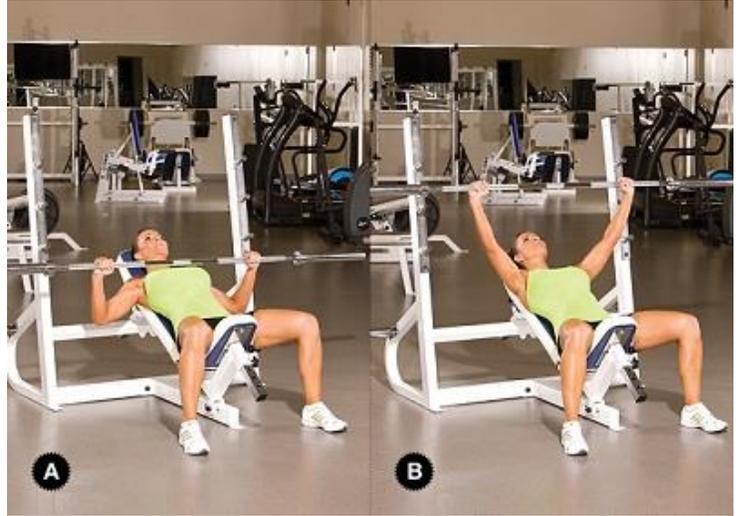
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UPPER BODY

– Chest –

Bench Press

Begin this exercise by lying onto the incline bench or maintain the following onto to the floor: both feet on the ground, back of the head, upper and lower back, shoulders, and buttocks. Have the bar above the eyes until the lift off. Grip the bar with the hands and thumbs around the bar and placed them slightly wider than shoulder width. For the downward movement, move the bar above the chest. Slowly bring the bar down by bending the elbows until it is hovering the chest. For the upward movement, extend the elbows until there is a slight bend. Repeat this exercise 8-12 times for 2 sets.



Push-ups

Being this exercise by getting onto the ground on your hands and knees. Have the hands placed beside the shoulders and slightly wider than shoulder width apart. Extend the arms while maintaining a soft bend in the elbow. Have the legs extend and bring the feet close together. Straighten the back and squeeze the abdominal muscles, maintain this throughout the whole exercise. For the downward movement, bend the elbows to a 90 degree angle. For the upward movement, extend the elbows back to the soft bend. Repeat this exercise 1-6 times for 2 sets.

Dumbbell Bench Press

Begin this exercise by having dumbbells in your hands; have the palms facing each other and the dumbbells resting on top of your thighs. Lie onto the incline bench and maintain the following onto to the floor: both feet on the ground, back of the head, upper and lower back, shoulders, and buttocks. Lift the dumbbells off your thighs and place them above the chest, shoulder width apart. Have the palms facing outwards. For the downward movement, slowly bring the dumbbells down by bending the elbows to a 90 degree angle. For the upward movement, extend the elbows until there is a slight bend. Repeat this exercise 8-12 times for 2 sets.



– Shoulders –

Shoulder Press



Begin this exercise in standing position. Have the feet shoulder width apart. Grab the dumbbell in each hand by wrapping your hands and thumbs around the bars. Raise each hand to head height. Have the back of the hands facing towards you and place the arms at 90 degrees. For the upward movement, extend the arms so that the dumbbells are side by side above your head. For the downward movement, bend the arms back down to 90 degrees. Repeat this exercise 8-12 for 2 sets.

Shoulder Fly's

Begin this exercise by having the feet shoulder width apart. While gripping onto dumbbells, have the palms facing each other. Bend at the hip so that the torso is about a 45 degree angle. Slightly bend the knees and elbows. Have the dumbbells below the chest. For the upward movement, move the arms outwards and up while contracting the shoulders together until the arms are parallel with the floor. Repeat this exercise 8-12 times for 2 sets.

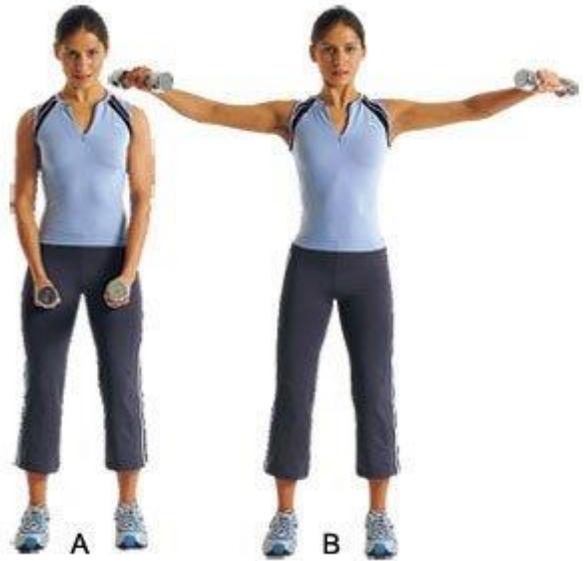


Front Dumbbell Raises

Begin this exercise by standing up straight with feet shoulder width apart. With each hand, grab a dumbbell and grip them so that your palms are facing downward. For the upward movement, lift the dumbbell in front of your body until it is parallel with the floor. Make sure the arm has a slight bend. Move the dumbbell back down and repeat this with the other hand. Perform this exercise 8-12 times per arm for 2 sets.

Lateral Raises

To begin this exercise, stand up straight with feet shoulder width apart. Have a dumbbell in each hand and place the palms beside the body. Raise the dumbbells with a slight bend in your elbow until your arms reach parallel with the floor. Lower the dumbbells down so that they are beside your body again. Repeat this exercise 8-12 times per arm for 2 sets.



– *Biceps* –

Biceps Curls



Begin the exercise by starting in a standing position with the feet shoulder width apart and with a slight bend in the knees. The posture should be chest out and head looking straight ahead. Have your elbows locked in to the sides of your body to prevent unnecessary movement. The dumbbells should be held with the palms facing the ceiling (or in Supination) with the palms holding the weights in a closed grip (hands completely around the handle). Then, in a controlled manner, raise the free weights until they reach as close to the shoulders as possible. Slowly lower the weights until they are back at starting position. The action to avoid in this exercise is swinging the arms up in order to bring the weight up. The exercise is meant to be performed in a controlled manner. Repeat the exercise 8-12 times for 2 sets.

Hammer Curls

Begin the exercise by starting in a standing position with the feet shoulder-width apart, slight bend in the knees and the weights held with the palms facing the trunk of the body. The client should maintain proper posture throughout the duration of the exercise (chest pushed out, head looking straight ahead). The elbows should be locked into the trunk of the user. In a controlled manner, the client will lift the weights until they reach the shoulder or as far as they can. Then they will slowly return to the starting position. Repeat this exercise 8-12 times for 2 sets.



Assisted Chin-ups



Begin this exercise by placing your knees on the platform and holding on to the overhead bars with a closed hand grip with the arms extended above the body. The palms should be facing each other when holding on to the bar. The chest should be pushed out and the head is looking forward. Begin to slowly raise yourself towards the bars until the bars are at eye level, and then slowly bring yourself back to starting position. Repeat this 8-12 times for 2 sets.

– *Triceps* –

Overhead Triceps Extension

Begin the exercise with feet shoulder-width apart with a little bend in the knees. The chest should be pushed outward and the head looking straight ahead. Hold one dumbbell in both hands and raise the weight above your head. The weight will be lowered at the elbow joint behind the head until the forearms are about parallel with the floor. Then raise the weights back to the starting position. Repeat this exercise 8-12 times for 2 sets.



Triceps Kick-back

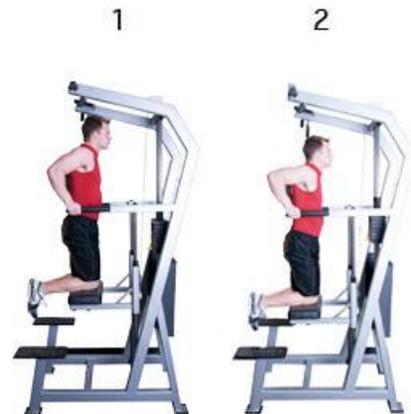


Begin the exercise with legs shoulder-width apart with a bend in the knees. The trunk should be bent over by the waistline. Each hand will be carrying a dumbbell in it with the palms facing towards the body. The elbows will then be raised until it is in line with the shoulder, along with the elbows close in proximity to the trunk. Watch for elevation in the shoulders with this step. While keeping the upper arm stationary, the client will then extend the weight behind them until it is in line with the elbow and shoulder. As the arm is extending backwards, the client will twist the weight in their hand until the palms are facing towards the ceiling. The client will then lower the weight until it is

back in the starting position. Repeat this exercise 8-12 times per arm for 2 sets.

Assisted Triceps Dips

Begin this exercise by placing your knees on the platform and the hands on the lower bars on the Gravitron machine. Ensure that the back is tall, arms are straight, the chest is out and the head is looking straight ahead. Begin to slowly lower yourself until the upper arm is parallel with the floor. Slowly rise back up to starting position. Repeat this 8-12 times for 2 sets.



One-handed Triceps Extension



Begin this exercise with feet shoulder-width apart with a slight bend in the knees. Have the chest pushed out and the head looking straight ahead. Hold a dumbbell in one hand and raise the weight above your head. The weight will be lowered at the elbow joint behind the head until the forearms are about parallel with the floor. Then raise the weights back to the starting position. Repeat this exercise with the other hand. Perform this exercise 8-12 times per arm for 2 sets.

LOWER BODY

Squats

To perform a squat you need to start by standing with your feet shoulder width apart. Be sure to keep your back straight as if you were trying to pinch your shoulder blades together. Bend your knees while keeping your upper body straight as if you were lowering yourself on to a chair. Bend your knees until they make a 90-degree angle with your upper and lower leg. Stand back up leaving a slight bend in your knee to complete one repetition. Perform this exercise 8-12 times for 2 sets.



Sumo Squats

Begin this exercise with your feet wider than shoulder width apart, feet pointed outwards (externally rotated), shoulders squeezed together and head faced forward. For the downward movement, slightly bend at the hip and bend at the knees until the thighs are parallel with the floor. For the upward movement, squeeze your glutes and straighten your legs. Perform this exercise 8-12 times for 2 sets.



Lunges

To perform the Lunge exercise keep your upper body straight, with your shoulders back and relaxed with your chin up (pick a point to stare at in front of you so you don't keep looking down). Be sure to keep your core engaged while performing the exercise. Step forward with one leg, lowering your hips towards the ground until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out over your foot and make sure the opposite knee doesn't touch the floor. Keep the weight in the heel of your front foot as you push back up to the starting position. Perform this exercise 8-12 times for 2 sets.



Side Lunges

Begin with your feet shoulder width apart, feet pointed forward and shoulders squeezed together. Take a side step so that the left leg is straightened out (45 degrees to the floor). Shift your weight onto the right leg and slowly descend by bending the right leg to 90 degrees. As you perform this, bend forward at the hip and make sure the right knee does not go beyond the foot. Return to the starting position. Perform this exercise 8-12 times per leg for 2 sets.



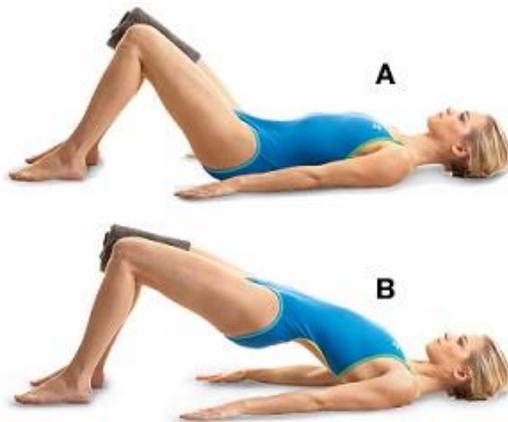
CORE & BACK

Plank

Begin this exercise by getting onto the floor on your elbows and knees. Have the arms bent at a 90 degree angle, so that they are perpendicular to the floor. Extend and straighten the legs out. Straighten the back and squeeze the abdominal muscles together. Maintain this position for a minute for 2 sets.



Glute Bridge



Start the exercise lying supine with the feet flat on the ground and shoulder width apart, knees flexed at 90 degrees, and the arms lying flat on either side of the clients' body. The client will be instructed to squeeze the abdominals, and squeeze the glutes together and slowly lift their body off the ground until the trunk, thighs and knees are in align. Hold for about 2 seconds, and then slowly lower the body to the ground and relax the abdominals and the glutes. Things to watch out for in this exercise are the knees staying together and the rocking of the hips when lifting. If the client cannot separate the knees, place a towel in between the knees. Repeat this exercise 8-12 times for 2 sets.

Mountain Climbers

Begin the exercise in a push up position, with the arms directly underneath the shoulders and the body in a straight line from head to toes. The client will bring the left leg towards the right elbow and bring the left leg back to the starting position. This will be repeated with the right leg to the left elbow. This is considered one repetition. The client should not have their lower back curved towards the ground, and the shoulders rounded. The client is to repeat the exercise with 8-12 reps per side for 2 sets.



Flutter Kicks

Begin this exercise by lying on your back. Have your arms placed beside your body and palms facing downward. Fully extend the legs and lift them above the ground. Slightly lift the head and shoulders off the ground as well. Contract the abdominal muscles and begin moving the legs in a scissor like motion. The legs should be moving opposite to each other. Repeat this exercise 8-12 times on each side for 2 sets.

Russian Twists

To perform the Russian Twist start by sitting on the ground with your knees bent and the heels of your feet on the ground with your legs together.

Lean slightly back while keeping your back straight by trying to pinch your shoulder blades together.

Interlock your hands together and while contracting your core move your hands to one side of your body. Reach as far over as you can, touching the floor if possible. Then perform the same motion to the other side to complete 1 repetition of this exercise. A weighted exercise ball can be used to increase resistance. This exercise should be performed 8-12 times per side for 2 sets.

STEP 1



STEP 2



Quadrupeds (“Bird-Dog”)



To perform the opposite arm to leg exercise start on all fours (both of your hands and your knees on the ground). Make sure you keep your back flat like you are trying to balance a tray of drinks on it. Raise your right arm and left leg. Fully extend (straighten) your arm and leg reaching as far as you can. Then

bring your arm and leg in towards your body, with your elbow trying to touch your knee. Be sure to keep your back straight. Place both limbs back on the ground as they were for the starting position. Then perform the same motion with the opposite arm and leg that you have not done the exercise with yet. This exercise should be performed 8-12 times per arm/leg for 2 sets.

Superman

Begin this exercise, laying on your stomach with your arms and legs straight and your head looking forward. Lift your legs and arms simultaneously above the ground and hold this position for one second. Return back to the starting position. Perform this exercise 8-12 times for 2 sets.





Partner-Assisted Leg Raises

Begin this exercise lying on your back. Have a partner stand slightly above your head. Grab onto your partner's ankles. Raise your legs so that it is perpendicular to the floor. Your partner will push your legs forward. Resist that momentum as your legs descend to the floor. Keep your legs above the ground as this happens. Perform this exercise 8-12 times for 2 sets.

One-Leg Glute Bridge

Start the exercise lying supine with the feet flat on the ground and shoulder width apart, knees flexed at 90 degrees and the arms lying flat on either side of your body. Raise one leg off the floor so that it is in line with your body. Squeeze your abdominal muscles the glutes together and slowly lift your body off the ground until the trunk, thighs and knees are in align. Hold for about 2 seconds, and then slowly lower the body to the ground and relax the abdominals and the glutes. Repeat this exercise on your other leg. Perform this exercise 8-12 times per leg for 2 sets.



Swiss Ball Jack-knife

Get into the push up position so that your shins lie comfortably on the stability ball. Bring your legs forward so that the ball is brought towards the chest. Bring the ball back out until you are back in the push up position. Repeat this exercise 8-12 times for 2 sets.

Ankle Touches

Begin the exercise by lying on your back with knees flexed at about 90 degrees and the arms extended at either side of the body. Starting with the left arm, reach for the heel of the left foot and return to the starting position. Repeat this motion with the right side of the body. This is considered to be one repetition. Repeat this 8-12 times per side for 2 sets.



FLEXIBILITY

Seated Forward Bend

Start by sitting on the floor with the legs extended, the back straight and toes pointed upwards to the ceiling. Inhale and have your hands reach up towards the ceiling. Try to lengthen your upper body, including your back, as much as possible. As you exhale, bend at your hip while maintaining the straight back and reach as far down as you can on your legs. Maintain this position for 30 seconds and continue to take deep breaths in and out.

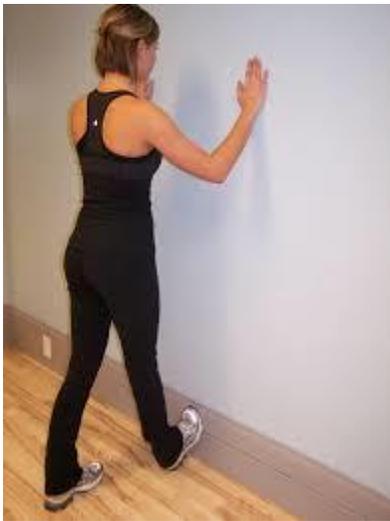


Butterfly Stretch

Start by sitting on the floor with your legs out straight. Then bend your knees into the shape of a diamond and bring the soles of your feet together. Be sure to keep your back straight while performing this exercise. With your elbows, apply downward pressure to both of your legs until you feel the stretch. Hold for 30 seconds.

Seated Hamstring Stretch

To start this stretch you need to be in a seated position, on a chair for example. Your leg being stretched will be in complete extension with the heel of that foot on the ground. Your opposite leg will bend to about 90 degrees with the foot flat on the ground. Your back has to be kept straight while focusing on trying to pinch your shoulder blades together. While maintaining a straight back, lean forward trying to bring your chest to your thigh. Continue leaning forward until you feel a stretch in the back of your leg (hamstring muscles). Hold the stretch for 30 seconds. Complete this stretch for both legs.



Standing Wall Calf Stretch

Start in the standing position facing the wall. Place the foot of the leg you intend to stretch up against the wall with your heel on the ground. Lean forward at the ankle towards the wall. Hold the stretch for 30 seconds. Repeat this stretch for both legs.

Standing Quadriceps Stretch

Start in a standing position. It is suggested to hold onto a chair or a wall if you need assistance with balance while performing the stretch. You are going to bend the knee of the leg you intend to stretch and bring the heel of your foot up to your butt. Grab your bent leg with the hand on the same side of the body for support. Push your hips forward and keep your back straight. You will feel the stretch on the front upper portion of the leg you are bending (Quadriceps Muscle). Hold for 30 seconds. Complete this stretch for both legs.





Cross-Body Shoulder Stretch

Start in a standing position with your feet shoulder width apart. Bring the arm you intend to stretch across your body at chest level. Reach your arm across your body and hold it in place with your opposite arm. You can provide some additional stretch using the supporting arm by pulling the stretching arm a little further across your body. Hold this stretch once you can feel it in your shoulder and around to your back for 30 seconds. Perform this stretch for both arms

Doorway Chest Stretch

To perform a One Arm Doorway stretch you need to find a pole or doorway. Place your arm against the pole or doorway making sure your elbow is at a 90-degree angle with your palms on the pole or doorway. Your feet should be staggered with your opposite leg a bit further ahead. Using the structure to resist, rotate your torso in the opposite direction. In other words, turn your chest away from the structure and the side of the body you are stretching. Continue to turn until you can feel the stretch in your chest and shoulder. Hold the stretch for 30 seconds, and complete for both arms.



Side Neck Stretch

Start in a standing position with feet shoulder width apart or sitting in a chair. Tilt your head to the right and place your right hand on the left side of your head. Try and straighten your neck (back to the left) while applying some resistance with your hand. Hold this stretch for 30 seconds. Perform this stretch for both sides.

WORKOUT PROGRAM – SUMMARY CHART

UPPER BODY						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Push-ups (standard)	body weight (3 reps, 2 sets)	body weight (4 reps, 2 sets)	body weight (4 reps, 2 sets)	body weight (7 reps, 2 sets) Modified Version due to injury	body weight (4 reps, 2 sets)	body weight (5 reps, 2 sets)
Hammer curls (Replaced w/ Assisted Chin- ups)	12.5 lbs. (12 reps/arm, 2 sets)	12.5 lbs. (12 reps/arm, 2 sets)	– 12.5 lbs. (12 reps/arm, 1 set) – 15 lbs. (12 reps, 1 set)			
Assisted Chin- ups				39 lbs. (12 reps, 1 set) 44 lbs. (12 reps, 1 set)	44 lbs. (12 reps, 2 sets)	44 lbs. (12 reps, 2 sets)
Triceps Kick- backs (Replaced w/ Assisted Triceps dips)	7.5 lbs. (12 reps/arm, 2 sets)	7.5 lbs. (12 reps/arm, 2 sets)	– 7.5 lbs. (12 reps/arm, 1 set) – 8 lbs. (12 reps/arm, 1 set)			
Assisted Triceps dips				39 lbs. (12 reps, 1 set) 44 lbs. (12 reps, 1 set)	44 lbs. (12 reps, 2 sets)	44 lbs. (12 reps, 1 set) 50 lbs. (12 reps, 1 set)
Shoulder Fly's (Replaced w/ Lateral Raises)	5 lbs. (12 reps, 2 sets)	5 lbs. (12 reps, 2 sets)	5 lbs. (12 reps, 2 sets)	5 lbs. (12 reps, 1 set) 7.5 lbs. (12 reps, 1 set)		
Lateral Raises					5 lbs. (12 reps, 1 set) 7.5 lbs. (12 reps, 1 set)	7.5 lbs. (12 reps, 2 sets)
Bench Press (Replaced w/ Dumbbell Bench Press)	35 lbs. (12 reps, 2 sets)	35 lbs. (12 reps, 2 sets)	45 lbs. (12 reps, 2 sets)	45 lbs. (12 reps, 2 sets)		
Dumbbell Bench Press					20 lbs. (12 reps, 2 sets)	20 lbs. (12 reps, 2 sets)

Shoulder Press (Replaced w/ Front Dumbbell Raises)	12.5 lbs (12 reps, 2 sets)	12.5 lbs (12 reps, 2 sets)	12.5 lbs (12 reps, 2 sets)	12.5 lbs (12 reps, 2 sets)		
Front Dumbbell Raises					7.5 lbs. (12 reps, 2 sets)	7.5 lbs. (12 reps, 2 sets)
Biceps Curls	12.5 lbs (12 reps, 2 sets)	- 12.5 lbs (12 reps, 1 set) - 15 lbs. (12 reps, 1 set)	15 lbs. (12 reps, 2 sets)	15 lbs. (12 reps, 2 sets)	15 lbs. (12 reps, 2 sets)	15 lbs. (12 reps, 2 sets)
Overhead Triceps Extension (Replaced w/ One-handed Extension)	12.5 lbs (12 reps, 2 sets)	- 12.5 lbs (12 reps, 1 set) - 15 lbs. (12 reps, 1 set)	15 lbs. (12 reps, 2 sets)	15 lbs. (12 reps, 2 sets)		
One-handed Overhead Triceps Extension					7.5 lbs. (12 reps, 2 sets)	7.5 lbs. (12 reps, 2 sets)

LOWER BODY

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Squats			Body weight (12 reps, 2 sets)	Body weight (12 reps, 2 sets)	10 lbs. (12 reps, 2 sets)	10 lbs. (12 reps, 2 sets)
Forward Lunge			Body weight (12 reps/leg 2 sets)	Body weight (12 reps/leg, 2 sets)	3 lbs. (12 reps, 2 sets)	3 lbs. (12 reps, 2 sets)
Sumo Squat			Body weight (12 reps, 2 sets)	Body weight (12 reps, 2 sets)	10 lbs. (12 reps, 2 sets)	10 lbs. (12 reps, 2 sets)
Lateral Lunge			Body weight (12 reps/leg 2 sets)	Body weight (12 reps/leg 2 sets)	5 lbs. (12 reps, 2 sets)	5 lbs. (12 reps, 2 sets)

CORE & BACK

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Plank	Body weight (30 sec. hold, 2 sets)	Body weight (30 sec. hold, 1 set. 60 sec. hold, 1 set)	Body weight (60 sec. hold, 2 sets)	Body weight (60 sec. hold, 1 set. 90 sec. hold, 1 set).	Body weight (90 sec. hold, 1 st set; 60 sec. hold, 2 nd set)	Body weight (90 sec. hold, 1 st set; 60 sec. hold, 2 nd set)
Glute Bridge	Body weight (12 reps w/ 2	Body weight (12 reps w/ 2	Body weight (12 reps w/ 2	Body weight (12 reps w/ 2		

(Replaced w/ One-leg Glute bridge)	sec hold, 2 sets)					
One-Leg Glute Bridge					Body weight (12 reps w/ 2 sec hold, 2 sets)	Body weight (12 reps w/ 2 sec hold, 2 sets)
Mountain Climbers	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	(Could not perform due to injury)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)
Flutter Kick (Replaced w/ Ankle Touches)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	(Could not perform due to injury)		
Ankle Touches					Body weight (12 reps, 2 sets)	Body weight (12 reps, 2 sets)
Quadrupeds (Bird Dog)			Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)
Russian Twists (Removed for time constraints)			Body weight (12 reps/leg, 2 sets)	Body weight (12 reps/leg, 2 sets)		
Superman (Removed for time constraints)			Body weight (12 reps, 1 set)			
Partner-assisted Leg Raise			Body weight (12 reps, 2 sets)	(Could not perform due to injury)	Body weight (12 reps, 2 sets)	Body weight (12 reps, 2 sets)

FLEXIBILITY

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Seated Forward Bend stretch	30 sec. hold, 1 set	30 sec. hold, 1 set	TAKE HOME			
Hip Flexor Butterfly stretch	30 sec. hold, 1 set	30 sec. hold, 1 set				
Seated Hamstring stretch	30 sec. hold, 1 set/leg					
Standing Wall Calf stretch	30 sec. hold, 1 set/leg	30 sec. hold, 1 set/leg	TAKE HOME			
Standing Quadriceps stretch	30 sec. hold, 1 set/leg					

Cross-body Shoulder stretch	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm
Side Neck Stretch	30 sec. hold, 1 set/side	30 sec. hold, 1 set/side	TAKE HOME			
One-arm Door Way Stretch			30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm	30 sec. hold, 1 set/arm