

Day Description: Back Focus

TODAY'S MESSAGES	Perform 5-10 minutes of cardio, then stretch.
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TODAY'S RESISTANCE WORKOUT										Date Of Workout	Resistance Start Time			AM
Novice, Day: 10		Approximate time of resistance workout: 51								/ /				PM
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3			TODAY'S REPS
			WT	REPS	REST		WT	REPS	REST		WT	REPS	REST	
Warm Up Back Lats	N/A	Wide Grip Pulldown (front) Life Fitness Selectorized Pro Series (#21) Lat Pulldown	15+P	10-15	1:00		15+P	10-15	1:00		30	10-15	1:00	
Heavy Back Lats	N/A	1-Arm Row Dumbbell	12	8-12	1:00		12	8-12	1:30		12	8-12	1:00	
Heavy Back Lats	N/A	Seated Row Hammer Strength ISO Plate Loaded (#28) Iso-lateral Rowing	25	10-15	1:00		30	8-12	1:30		30	8-12	1:00	
Medium Back Lower Back	N/A	Lying Prone Back Extension Floor	Body	14-20	1:00		Body	14-20	1:30		Body	10-15	1:00	
Medium Chest Pecs/Triceps	N/A	Push Up (Wide Hand) Floor	Body	BEST	1:30		Body	10-15	1:00		Body	BEST	1:00	
Medium Chest Outer Pecs		Pec Fly Life Fitness Selectorized Pro Series (#19) Pectoral Fly/Rear Deltoid	15	10-15	1:00		15	10-15	1:00		15	10-15	1:00	
Medium Shoulders Delts	N/A	Seated Shoulder Press Dumbbell	5	BEST	1:00		5	BEST	1:00					
Medium Shoulders Rear Delts	N/A	Bent Over Rear Deltoid Dumbbell	5	14-20	1:00		5	10-15	1:00					
Medium Arms Lower Biceps	N/A	Standing Curl Dumbbell	5	BEST	1:00		5	BEST	1:00					

* **BEST** means do the most you can without exceeding 20 repetitions.
 +P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time		AM
		PM

TODAY'S ABS				Exercise	Reps	Rest	Exercise	Reps	Rest	
#1	Crunch	Floor			12-15	0:15	#2	Side Oblique Crunch with Heel Push	8-10	0:30
#3	Reverse Crunch	Floor			12-15	0:15	#4	90 Degree Side Oblique Crunch	10-12	0:15

TODAY'S CARDIO		Distance
Minimum Time Recommended	20 Minutes	_____
Target Heart Rate	138 - 149	Average Heart Rate _____
	Cardio Activity _____	Calories _____
	Duration _____	

MY NOTES IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.