
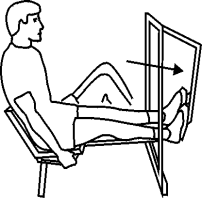
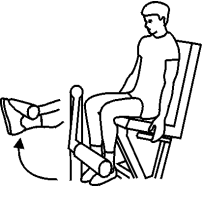
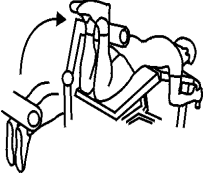
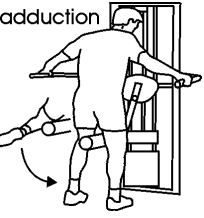
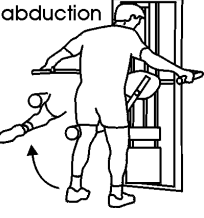


Name: _____
Date: _____

Program: Day 2 (part a)

Always warm up (for 10 minutes) and Stretch before workout !

	Lunges	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Stand erect holding dumbbells at arms' length, palms in · Back straight, head up, feet about 12" apart · Step forward as far as possible with right leg until upper right thigh is almost parallel to floor · Keep left leg as straight as possible · Step back to starting position · Inhale down, exhale up · Repeat with left leg
Sets	Repetitions	Resistance	Notes								
2-3	12-15										
	Leg Press	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Adjust seat so upper thighs are nearly vertical to floor in contracted position · Knees about 90 degrees, Hold rails under buttocks · Place feet on lower pads · Press out until thighs are straight, knees almost locked · Let weight stack down until nearly touches remaining plates · Keep knees straight · Do not raise hips off bench · Inhale down, exhale up
Sets	Repetitions	Resistance	Notes								
2-3	12-15										
	Leg Extension	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Sit on machine with feet under lower foot pads as shown · Have seat against back of knees · Hold seat behind buttocks · Point toes slightly down · Raise weight up until legs are parallel to floor · Return to starting position · Exhale up, inhale down
Sets	Repetitions	Resistance	Notes								
2-3	12-15										
	Lying Leg Curl	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Lie face down on machine · Place heels under top foot pad · Hold front of machine for support · Curl legs up until calves touch hamstrings · Keep hips on bench throughout movement · Return to starting position · Exhale up, inhale down
Sets	Repetitions	Resistance	Notes								
2-3	12-15										
	adduction Leg adduction (inside)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Place pad above knee on inside of the left leg · Stand in the middle of the machine with a slight bend in knees · Hold onto the front of the machine · Pull left leg across, in front of right leg, keeping knee locked · Keep back straight, do not swing body from side to side · Keep hips stationary an facing forward throughout movement · Return to starting position · Exhale pulling across body, inhale returning · Repeat with the right leg
Sets	Repetitions	Resistance	Notes								
2-3	12-15										
	abduction Leg Abduction (outside)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table>	Sets	Repetitions	Resistance	Notes	2-3	12-15			<p>Note:</p> <ul style="list-style-type: none"> · Place pad above knee on outside of the left leg · Stand in the middle of the machine with a slight bend in knees · Hold onto the front of the machine · Push left leg out sideways from the right leg, keeping knee locked · Keep back straight, do not swing body from side to side · Keep hips stationary an facing forward throughout movement · Return to starting position · Exhale pushing out from the body, inhale returning · Repeat with the right leg
Sets	Repetitions	Resistance	Notes								
2-3	12-15										

GOAL: Get proper technique, over soreness, coordination, and make fitness a way of life

REST: 1 - 1.5 minutes between sets and exercises

INTENSITY: Select a resistance that will allow completion of the full number of repetitions in good form during each set.

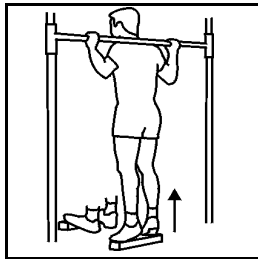
PACE: Lift in two second and lower in three seconds in all exercises.

M,W,F Weights - (alternate Day 1 and Day 2); T and TH do 45-60 minutes of cardio (eg. bike, jog, swim, rollerblade etc.).

Name:
Date:

Program: Day 2 (part b)

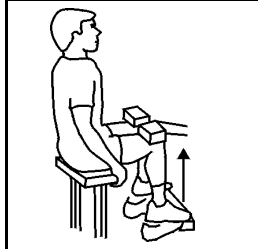
Always warm up (for 10 minutes) and Stretch before workout !



Standing Calf Raises

Sets	Repetitions	Resistance	Notes
2-3	12-15		

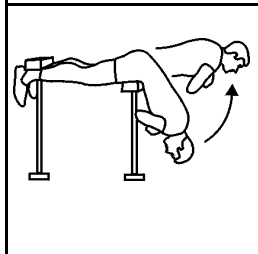
- Note:**
- Position shoulders under shoulder pads of the calf machine
 - Stand erect with balls of feet on foot pad
 - Keep back straight, head up, legs locked
 - Do not let hips move backward or forward
 - Raise up on toes as high as possible
 - Hold position momentarily, then return to starting position
 - Exhale up, inhale down



Seated Calf Raises

Sets	Repetitions	Resistance	Notes
2-3	12-15		

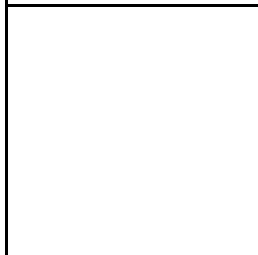
- Note:**
- Sit on seat of machine
 - Place upper thighs under leg pad just above knees
 - Raise up on toes and release safety stop
 - Lower heels to lowest possible comfortable position
 - Raise up on toes as high as possible
 - Hold momentarily, then return to starting position
 - Inhale down, exhale up



Back Extensions

Sets	Repetitions	Resistance	Notes
2-3	12-15		

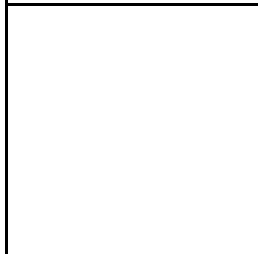
- Note:**
- Extend upper body over end of high bench
 - Lock legs under support
 - End of bench should be at hips
 - Bend down at waist so upper body is vertical to floor
 - Raise torso straight up until slightly past parallel
 - Return to straight up until slightly past parallel
 - Return to starting position
 - Inhale up, exhale down



[Blank Exercise Name]

Sets	Repetitions	Resistance	Notes

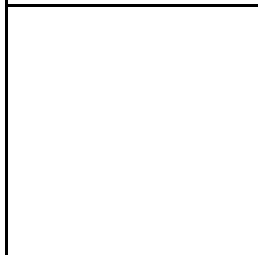
Note:



[Blank Exercise Name]

Sets	Repetitions	Resistance	Notes

Note:



[Blank Exercise Name]

Sets	Repetitions	Resistance	Notes

Note:

GOAL: Get proper technique, over soreness, coordination, and make fitness a way of life

REST: 1 - 1.5 minutes between sets and exercises

INTENSITY: Select a resistance that will allow completion of the full number of repetitions in good form during each set.

PACE: Lift in two second and lower in three seconds in all exercises.

M,W,F Weights - (alternate Day 1 and Day 2); T and TH do 45-60 minutes of cardio (eg. bike, jog, swim, rollerblade etc.).