Date:

Name: Workout #:

Workout:

Workout Paramaters

Primary Muscles Total # of Sets

Total # of Reps (reps x sets)

Length:

R

Warm Up

|  |  |  |  |  |  |  |  |  |  |  |
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| **Exercises** | **T** | **AR** | **W** | **TR** | **AR** | **W** | **TR** | **AR** | **W** | **RBS** |
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Aerobic/Intervals/Stretching

Comments/Notes

**Date: 1/25/12 Name: Marc Perry Workout #: 2**

**Workout:**

Workout Paramaters

Primary Muscles Total # of Sets

**Full Body**

Total # of Reps (reps x sets) Length:

**Full Body 19**

**242**

**60 Minutes**

x

h

Warm Up

**5 Mins Foam Roll (upper back, lats, calves, quads, piriformis**

**5 mins Dynamic Stretching (lunge with a lean, lateral lunges, leg kicks, arm circles)**

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| **Exercises** | **TR** | **AR** | **W** | **TR** | **AR** | **W** | **TR** | **AR** | **W** | **RBS** |
| **Bench Step Ups with DB's** | **24** | **24** | **40** | **24** | **20** | **40** | **24** | **18** | **40** | **0s** |
| **Push Ups** | **F** | **50** | **BW** | **F** | **30** | **BW** | **F** | **15** | **BW** | **60s** |
| **DB Row** | **12** | **12** | **70** | **12** | **10** | **70** | **12** | **10** | **70** | **0s** |
| **DB Shoulder Press** | **12** | **12** | **60** | **12** | **10** | **60** | **12** | **8** | **60** | **0s** |
| **Triceps Pressdown** | **10** | **20** | **40** | **24** | **20** | **40** | **24** | **20** | **40** | **60s** |
| **Hanging Abs Raise** | **20** | **20** | **BW** | **20** | **18** | **BW** |  |  |  |  |
| **Bird Dog on Exercise Ball** | **20** | **20** | **BW** | **20** | **20** | **BW** |  |  |  |  |
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**Jump Rope - 1000 Reps (200 reps each set, 60-90 seconds rest between sets) Stretching - 5 mins of stretching (Hamstrings, Quads, Calves, Hips, S oulders)**

**Comments/Notes**

**Pairing Bench Step Ups with Push Ups really taxed my cardiovascular system. I felt very out of breath, which affected my ability to complete more push-ups and generally my strength levels the rest of the workout. I need to work on improving cardio and consider pairing push ups with a less ta ing exercise.**

**Aerobic/Intervals/Stretching**

