



Date: 1/25/12

Workout:

Full Body

Name: Marc Perry

Workout #: 2

**Workout Parameters**

Primary Muscles Full Body  
 Total # of Sets 19  
 Total # of Reps (reps x sets) 242  
 Length: 60 Minutes

**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)

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				

**Aerobic/Intervals/Stretching**

Jump Rope - 1000 Reps (200 reps each set, 60-90 seconds rest between sets)  
 Stretching - 5 mins of stretching (Hamstrings, Quads, Calves, Hips, Shoulders)

**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 taxing exercise.

