

TRAININGPAD

EXERCISE JOURNAL BACK SIDE

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW (body weight), BB (bar bell), DB (dumbbell), KB (kettle bell), r (reps), h (hold)*

| EXERCISES #1 (2-3 SETS) | SUGGESTED WEIGHT | NOTES |
|--|------------------|-----------------------------|
| Single leg hip bridges (15-20r)(10-12r) Ss Jumping Lunges (20r) | | x2 |
| REST 30-40 sec | | |
| DB bent over row(20r)(12r) Ss DB kickbacks (20r) | | |
| REST 30-40 sec | | |
| DB Split squat (15-20r)(10-12r) Ss Single Leg Burpee | | x2 |
| REST 30-40 sec | | |
| DB Back Squats (15-20r)(8-10) Ss Prone Ham Curls (ball or M) | | Slide with socks if no ball |
| REST 30-40 sec | | |
| Db rows on bench (20r)(12r) Ss rear fly | | |
| REST 30-40 sec | | |
| Cable donkey kicks (15-20r)(10-12r) Ss abductors (band or M) | | Or DB behind knee |
| REST 30-40 sec | | |
| Straight leg deadlift (15-20r)(10-12r) Ss Dips | | |
| REST 30-40 sec | | |
| Close band pulldown (15-20r)(10-12r) Ss DB overhead extensions | | |