

TRAININGPAD

EXERCISE JOURNAL BACKSIDE

- 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
Dumbbell squats 25r		
<i>REST 30 sec</i>		
DB bent over rows 25r		
<i>REST 30</i>		
DB Split squat (each leg) 25r		
<i>REST 30 sec</i>		
Bent over flies 25r		
<i>REST 30 sec</i>		
Walking lunges 10r ea leg		
<i>REST 30 sec</i>		
DB Split Stance Deadlift 15r		
<i>REST 30 sec</i>		
DB tricep overhead extension 15r		
<i>REST 30 sec</i>		
Bench or Chair Dips 30r		