



TRAINING GOALS

If your goal is to increase muscle size and achieve maximum strength:

1. Complete 3 sets of each exercise:
 - Set #1 - medium weight / 10 repetitions
 - Set #2 - heavier weight / 6 - 8 repetitions (add 5 - 15 lbs)
 - Set #3 - heavier weight / 3 - 5 repetitions (add 5 - 15 lbs)
 2. Rest 2 to 3 minutes between each set.
 3. The last few repetitions in each set will require a challenging effort if the weight is correct.
 4. Increase weight for Set #1 by 5 - 10 pound increments over a 2 to 3 week period.
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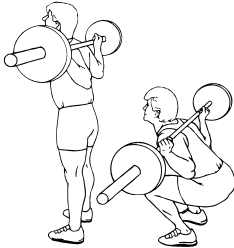


Routine For: Colleen
Created By: Johnny Shelby

(Free-Weight)

LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

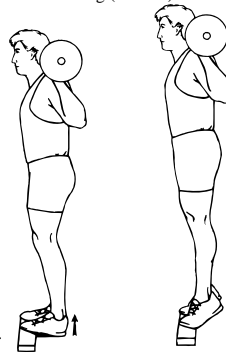
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do ____ sets.
Complete ____ repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

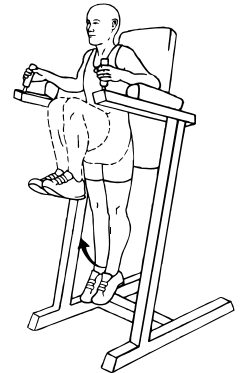
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do ____ sets.
Complete ____ repetitions.

ABS - 33 Knee Raise

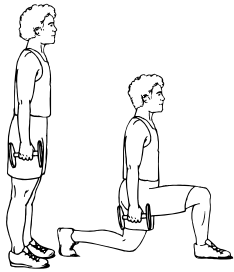
Tighten abdominals and bend legs, pulling knees toward chest.



Do ____3 sets.
Complete 25____ repetitions.

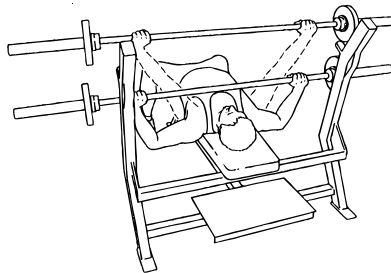
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

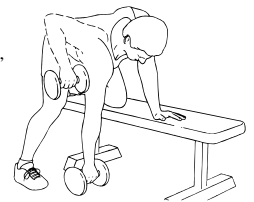
CHEST - 22 Bench Press: Wide Grip (Barbell)



Press to straight arms.
Do ____ sets. Complete ____ repetitions.

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

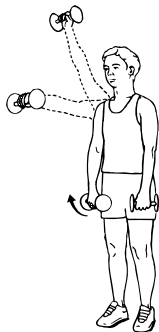
Lift weight to side of chest, keeping elbow close to body.



Do ____ sets.
Complete ____ repetitions.

SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

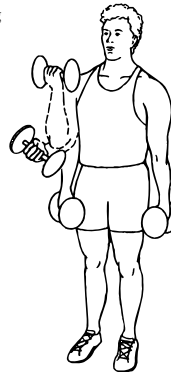
Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

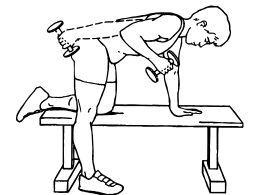
Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do ____ sets.
Complete ____ repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

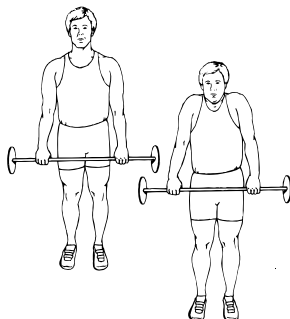
Straighten arm, keeping upper arm in line with body.



Do ____ sets.
Complete ____ repetitions.

BACK: TRAPS - 8 Shrug: Medium Grip (Barbell)

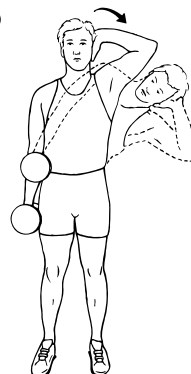
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do ____ sets.
Complete ____ repetitions.

ABS - 37 Side Bend (Dumbbell)

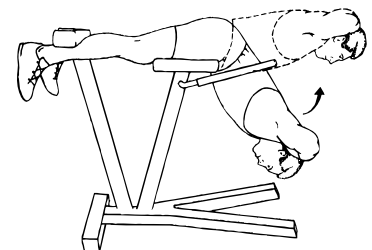
Tighten abdominals and bend to side as far as possible.



Do ____ sets.
Complete ____ repetitions.

BACK: LOW - 9 Extension

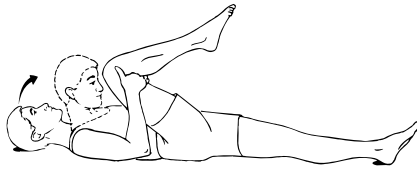
Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.



Do ____3 sets. Complete ____ 25 repetitions.

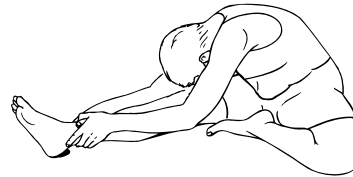


LOWER BACK - 1 Extensors / Gluteal



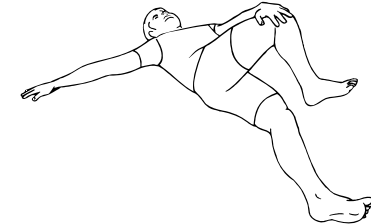
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 60 seconds. Repeat with other knee. Repeat 3 times. Do 1 sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 90 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 60 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

GROIN - 3 Thigh Adductors

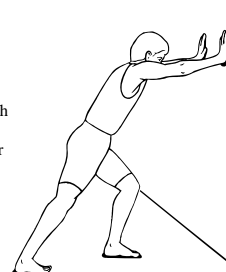
Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

LOWER LEG - 8 Gastroc

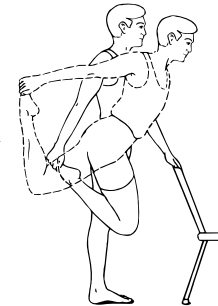
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

UPPER LEG - 6 Quadriceps

From starting position, raise leg until stretch is felt. Hold 90 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold 30 seconds. Repeat toward other shoulder.



Repeat 3 times. Do 1 sessions per day.