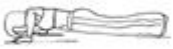
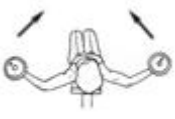
Palmer, Gordon's Exercise Workout Card (Day 1)

Day 1 ▾ Email Link Print

Exercise	Start	Record Results	wt	rp	wt	rp	wt	rp	wt	rp	wt	rp	wt	rp
Legs BB / DB Stepdown Sets:2-4 Reps:10-15 Rest:90 seconds *Use Dumbbells*														
Shoulders Bent Over Raise Sets:2-4 Reps:10-15 Rest:90 seconds														
Legs DB Side Lunge Sets:2-4 Reps:10-15 Rest:90 seconds *Step onto Bench*														
Chest Push Ups Sets:2-4 Reps:10-15 Rest:90 seconds *Tricep Narrow Push Ups -Elblows close to ribcage*														
Legs Single Leg Hamstring Sets:2-4 Reps:10-15 Rest:90 seconds *Use Band around foot hold elbows to matt*														
Shoulders DB Standing External Rotator Cuff Sets:2-4 Reps:10-15 Rest:90 seconds *Elbows up for 8 then add rotation up for 8 then add over head press for 8 then straight into press, elbows down, rotate down, drop elbows.*														
Legs Machine Calf Raise Sets:2-4 Reps:10-15 Rest:90 seconds *Hold dumbbells, Use Bench directly on floor. No risers*														
Chest DB Flat Flye Sets:2-4 Reps:10-15 Rest:90 seconds														

Core/Body

- Torso Bridge

Sets:2-4 Reps:10-15
Rest:90 seconds
Toe Tap out each side for 32 Reps

Biceps

- DB Kneeling Single Arm Curls

Sets:2-4 Reps:10-15
Rest:90 seconds

Core/Body

- Exercise Ball Knee Ins

Sets:2-4 Reps:10-15
Rest:90 seconds