**Personal Exercise Plan**

**FREQUENCY-Determine Your Situation**

*How much time per day can you devote to exercise?*

**TYPE- Exercises Should I Do?**

*Keep it simple*

* **Butt and Hamstrings** –deadlifts, straight leg deadlifts
* **Push (chest, shoulders, and triceps)**- overhead press, bench press, incline dumbbell press, push-ups, dips.
* **Pull (back, biceps, and forearms)** – chin ups, pull ups, inverse body weight rows, dumbbell rows.
* **Core (abs and lower back)** – planks, side planks, exercise ball crunches, mountain climbers, jumping knee tucks, hanging leg raises.
* **Quads** – squats, lunges, one legged squats, box jumps.

**Pick one exercise from each category above for a workout, and you’ll work almost every single muscle in your body.**These are just a few examples for what you can do, but you really don’t need to make things more complicated than this.

**INTENSITY-How Many Sets/ Repetitions Should I Do?**

* **Low reps (5-8)** and**heavy weight**.
* **High reps (12-15)**and**lower weight**.
* **Medium reps (8-12)**and **medium weight** .

**What’s the significance of the different number of repetitions?**

* **Reps in the 1-5 range** build super dense muscle and strength (called*myofibrillar hypertrophy).*
* **Reps in the 6-12 range** build a somewhat equal amounts of muscular strength and muscular endurance.
* **Reps in the 12+ range** build muscular endurance and size (this is called*sarcoplasmic hypertrophy*).

**What’s the significance of the different number of sets?**

**Multiply the sets X reps = total reps per week**

* For each bigger muscle group: about **60-120 total reps PER WEEK**.
* For each smaller muscle group: about **30-60 total reps PER WEEK**.

In more specific terms, this breaks down like this:

* **Chest**: 60-120 reps per week.
* **Back**: 60-120 reps per week.
* **Quadriceps**: 60-120 reps per week.
* **Hamstrings**: 60-120 reps per week.
* **Shoulders**: 30-60 reps per week.
* **Biceps**: 30-60 reps per week.
* **Triceps**: 30-60 reps per week.
* **Calves**: 30-60 reps per week.
* **Abs**: 30-60 reps per week.

## How Much Should I Lift?

This one is easy: lift enough so that you can get through the set, but not too much that you have NO fuel left in the tank at the end.  How do you determine how much that is?  Trial and error.  When just starting out, or if you’re doing a new exercise for the first time, **always** err on the side of caution.

**Now, if you’re doing exercises with just your body weight,** you need to find a way to make each exercise more difficult as you get in shape – once you get past 20 reps for a particular exercise and you’re not gassed, it’s time to mix things up.

## TIME-How Long Should I Exercise?

45 minutes to an hour.

Requirements-may change daily

Choose to use the predetermined weight lifting program using the selectorized machines- completing 2 sets of 10-15 and 10 minutes of cardio work.

Or

Create your own PEP-you must include the **type** of exercises you will be doing each day (**frequency**) of class.

* + - 3 upper body exercises
    - 3 lower body exercises
    - 1 core body exercise

Determine your intensity-sets/repetitions for each exercise.

1 cardio activity-10 minutes long

|  |  |  |
| --- | --- | --- |
| SELECTORIZED | FREE WEIGHTS-MAJOR LIFTS | FREE WEIGHTS AUXILLARY LIFTS |
|  |  |  |
| **Pec Deck-***Pectoral* | Squat-variations | Biceps |
| **Lat Puldown-***Latissimus Dorsi* | Dead-variations | Triceps |
| **Chest Press-***Pectoral* | Power Clean | Shoulder |
| **Leg Press-***Quads/Hamstring* | Bench Press-variations | Back |
| **Leg Ext-***Quadriceps* |  | Lower Body |
| **Shoulder Press-***Deltoids* |  | Pull exercises |
| **Leg Curl-***Hamstring* |  | Push exercises |
| **Row-***Trapezius* |  |  |
| **Abdominal-***Abdominal* |  | **Core Stability** |
| **Tricep Push Down-***Triceps* |  | TRX |
| **Bicep Curls-***Biceps* |  | Pilates |
| **Squat/Calf Raise-***Gastrocnemius* |  | Exercise Balls |
| **Assisted Dip/Chin-*Tricep*** |  |  |

**A List Of The Best Chest Exercises**

* Flat Barbell or Dumbbell Bench Press
* Incline Barbell or Dumbbell Bench Press
* Decline Barbell or Dumbbell Bench Press
* Flat Chest Press Machine
* Incline Chest Press Machine
* Decline Chest Press Machine
* Dips (on parallel bars with slight forward lean)
* Push-Ups
* Flat Dumbbell Flyes
* Incline Dumbbell Flyes
* Decline Dumbbell Flyes
* Pec Deck Machine
* Cable Crossovers/Cable Flyes

(Compound chest exercises also target the triceps and shoulders secondarily.)

**A List Of The Best Back Exercises**

* Pull-Ups
* Chin-Ups
* Lat Pull-Downs
* Bent Over Barbell or Dumbbell Rows
* T-Bar Rows
* Seated Cable Rows
* Chest Supported Barbell or Dumbbell Rows
* Chest Supported Machine Rows
* Inverted Rows
* Barbell, Dumbbell or Machine Shrugs

(Compound back exercises also target the biceps secondarily.)

**A List Of The Best Shoulder Exercises**

* Seated Overhead Barbell or Dumbbell Press
* Standing Overhead Barbell or Dumbbell Press
* Overhead Machine Press
* Arnold Press
* Barbell, Dumbbell or Machine Upright Rows
* Dumbbell, Cable or Machine Lateral Raises
* Dumbbell, Cable or Machine Front Raises
* Barbell, Dumbbell, or Machine Rear Delt Rows, Raises or Flyes

(Compound shoulder exercises also target the triceps secondarily.)

**A List Of The Best Quadriceps Exercises**

* Barbell or Dumbbell Squats
* Barbell or Dumbbell Front Squats
* Barbell or Dumbbell Split Squats
* Barbell or Dumbbell Lunges
* Barbell or Dumbbell Step-Ups
* Leg Press
* Machine Squat/Hack Squat
* Leg Extensions

(Compound quad exercises also target a significant portion of the lower body/posterior chain.)

**A List Of The Best Hamstring Exercises**

* Barbell or Dumbbell Romanian Deadlifts
* Barbell or Dumbbell Straight Leg Deadlifts
* Barbell or Dumbbell Sumo Deadlifts
* Glute-Ham Raises
* Hyperextensions
* Cable Pull-Throughs
* Good-Mornings
* Leg Curls

(Compound hamstring exercises also target a significant portion of the lower body/posterior chain.)

**A List Of The Best Biceps Exercises**

* Standing Barbell or Dumbbell Curls
* Barbell or Dumbbell Preacher Curls
* Seated Dumbbell Curls
* Incline Dumbbell Curls
* Hammer Curls
* Concentration Curls
* Cable Curls
* Biceps Curl Machine

**A List Of The Best Triceps Exercises**

* Dips (on parallel bars, elbows close to body, without forward lean)
* Flat Close Grip Bench Press
* Decline Close Grip Bench Press
* Close Grip Push-Ups
* Laying Barbell or Dumbbell Triceps Extensions
* Skull Crushers
* Overhead Barbell or Dumbbell Triceps Extensions
* Cable Press-Downs
* Bench Dips