

Basic Body Workout by A.J.

SESSION 1

<u>BACK</u>	<u>Sets</u>	<u>Reps</u>
Should Take no longer than 45 minutes		
Bent over Dumbbell Flye	3	12
Dumbbell Row	3	12
Biangular Row	3	12 to 15
Lat Pulldown	3	15
Rear Pec Dec	3	12
<u>BICEPS</u>		
Hammer Curl	3	15
Seated Alternating Dumbbell Curl	3	12 to 15
Rope Curls	3	10
Wide Grip Dumbbell Curl	2	15
<u>SHOULDERS</u>		
Military Presses	3	15
Biangular Shoulder Press	4	10
Front Dumbbell Raises	3	12
Ab Crunch Machine	3	15 to 20
Roman Chair Sit Up	3	10 to 15

SESSION 2

<u>CHEST</u>	<u>Sets</u>	<u>Reps</u>
Biangular Chest Press	4	15
Vertical Bench Press	3	15
Pec Dec	3	15
Lying Dumbbell Flye	3	15
Ab Crunch Machine	3	20
<u>TRICEPS</u>		
Seated Overhead Single Arm Ext.	3	15
Rope Extension	3	15
Tricep Kickbacks or Tri. Machine	3	15

SESSION 3

<u>LEGS</u>	<u>Sets</u>	<u>Reps</u>
Frontal Squat	3	20
Leg Press	4	15 to 20
Walking Lunges	3	10 to 15
Stiff-Leg Deadlift	4	10
Lying Leg Curl	3	15
Dumbbell Calf Raise	4	20
Single Leg Calf Raise	4	20
Ab Crunch Machine	5	20

DO

- Set realistic & attainable goals - pace yourself
- Cross train to vary your routine so that you do not get in a rut!
- Find a friend to exercise with and help you stay motivated
- Make sure you eat enough to supply yourself with energy
- Try to exercise for 30 minutes if your intensions are fat loss
- Combine cardio with strength training for best results

DON'T

- Give up if one exercise doesn't work for you - try another
- Eat before you work out
- Continue to exercise if you are short of breath or in pain
- Compare your self to someone else
- Get discourage, don't over do it, and don't overheat