

Sample Workout

Begin each workout with a warm-up. This can be 30 minutes of brisk paced walking or jogging, stair master, etc. Abdominals are done everyday using 300 crunches with alternating movements.

Intermediate Workout:

Do the following exercises in 3 sets of 12 reps.

Advanced Workout:

Do the following exercises in 4 sets of 12 reps, with increasing weight each set.

<p style="text-align: center;">Monday</p> <p style="text-align: center;">Legs:</p> <ul style="list-style-type: none"> • Squats • Leg Extensions • Hamstrings • Abductor and Adductor Muscles • Calf Raises <p style="text-align: center;">Biceps:</p> <ul style="list-style-type: none"> • Straight Bar Curls • Dumbbell Curls • Drop Sets 	<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Chest:</p> <ul style="list-style-type: none"> • Incline Dumbbell Press (upper) • Decline Dumbbell Press (lower) • Bench Press • Dumbbell Flies <p style="text-align: center;">Triceps:</p> <ul style="list-style-type: none"> • Triceps Extensions • Triceps Pull-downs • Triceps Kickbacks • Triceps Press
<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Shoulders:</p> <ul style="list-style-type: none"> • Military Press 	<p style="text-align: center;">Thursday</p> <p style="text-align: center;">Trapezius:</p> <ul style="list-style-type: none"> • Shrugs

<ul style="list-style-type: none"> • Dumbbell Rear Deltoid • Dumbbell Lateral Raises <ul style="list-style-type: none"> • Cable Raises <p style="text-align: right;">Back:</p> <ul style="list-style-type: none"> • Seated Rows • Lat Pull-downs Back • Lat Pull-downs Front • Dumbbell Lat Pulls 	<p style="text-align: right;">Forearms:</p> <ul style="list-style-type: none"> • Forearm Curls • Any grip exercise <p style="text-align: right;">Gluteus Maximus:</p> <ul style="list-style-type: none"> • Cable kick backs
<p>For Friday and Saturday do four (4) sets of twelve (12) reps pyramiding the weight as heavy as you can.</p>	
<p style="text-align: right;">Friday</p> <p style="text-align: center;">Legs, Chest and Triceps:</p> <ul style="list-style-type: none"> • Legs: Sled • Chest: Bench • Triceps: Barbell Extensions 	<p style="text-align: right;">Saturday</p> <p style="text-align: center;">Shoulders, Back and Biceps:</p> <ul style="list-style-type: none"> • Shoulders: Military Press • Back: Sit-up Row Machine (rear deltoids) • Biceps: Dumbbell Curls

Fitness Testing

Flexibility Test

For this field test a measuring tape or 36 inch ruler is required for this test. This test should be done after a short warm-up for the lower back and hamstring muscles. The individual should be seated with shoes removed and with legs outstretched and feet 10 inches apart. Insure that legs are flat on the floor and not bent. The measuring tape is positioned with the 15-inch mark at the heels and the zero mark towards the body. With the hands crossed and fingers even, the individual under test reaches

forward and holds momentarily while measurement is taken. Take three trials and record the highest reading. Consult the table below.

MEN	20's	30's	40's	50's	60's
Excellent	22+	21+	20+	19+	18+
Good	16 - 21	15 - 20	14 - 19	13 - 18	12 - 17
Average	13 - 15	12 - 14	11 - 13	10 - 12	9 - 11
Below Avg	below 13	below 12	below 11	below 10	below 9

WOMEN	20's	30's	40's	50's	60's
Excellent	19+	18+	17+	16+	15+
Good	13 - 18	12 - 17	11 - 16	10 - 15	9 - 14
Average	10 - 12	9 - 11	8 - 10	7 - 9	6 - 8
Below Avg	below 10	below 9	below 8	below 7	below 6

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