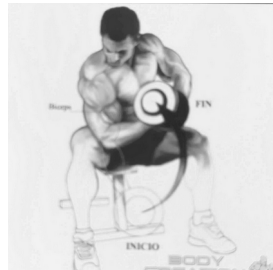


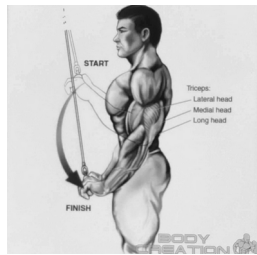
## Arm, Chest, Shoulder Routine

Warm Up: Stretch, ≈10 minute walk/run,

Bicep, Forearm: chin up, bicep curls

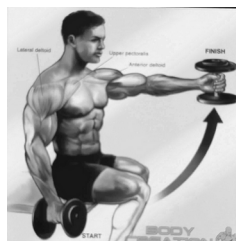
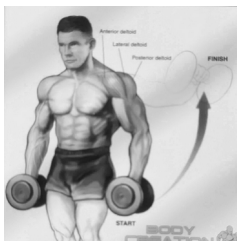


Tricep: Cable Push Down, Tricep Dips, barbell behind head

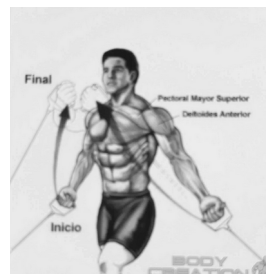
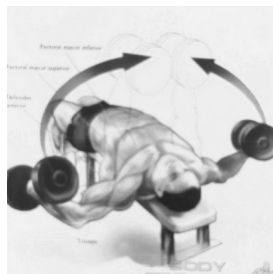
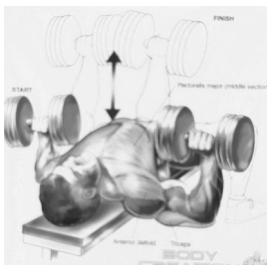


//hate this one, easier is dumbbell behind head

Deltoid: Arm Lifts



Pec: Bench Press, Push up, Cable Fly



Warm Up: ≈10 minute walk/run, Stretch

## Leg Day

Warm Up: Stretch, ≈10 minute walk/run, ≈10 minute Stair Step, Stretch



*\*targets hamstrings\**

Quad, Glut: Squat, Leg press (Unweighted, Weighted)

Calf: Calf raises (Unweighted, Weighted)

Lunges, Reverse Lunges (Unweighted, Weighted)

Jump (Unweighted, Weighted)

~~Balance Exercises, half ball? Hamstrings? Hip thrusts, Glute bridge, kettle bell swings, certain squats~~

Cool Down: ≈10 minute walk/run, Stretch

## Back & Core

Warm Up: Stretch, ≈10 minute walk/run

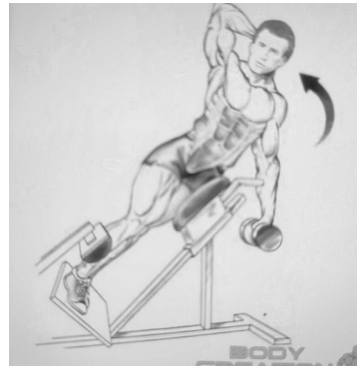
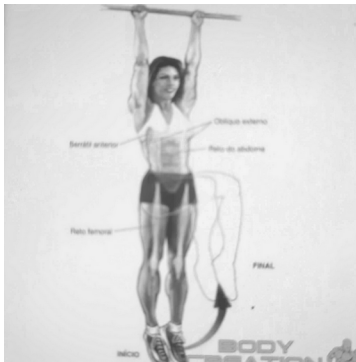
Dead Hang:



Lat: Pull up, \*\*\*head to ceiling\*\*\*

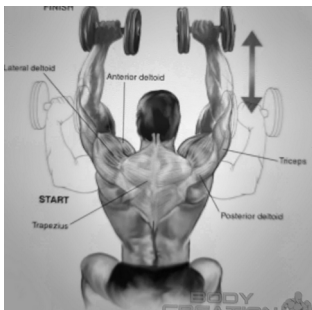


RA6:



Barbell back lift, Hanging kick, Plank variations,

Trap:



Cool Down: ≈10 minute walk/run, Stretch

Cardio Specific Exercises:

- Kayaking
- Rowing
- Swimming
- Climbing
- Hiking
- Biking
- Walking
- Running
- Tabata (High Intensity Interval Training)

**Arm/Chest/Shoulder** Targets:

- (Bicep)s Brachii
- (Tricep)s Brachii
- ~~Forearm~~
- Deltoids (Shoulder)
- (Pec)torallis Major

**Leg** Targets:

- (Quad)riceps femoris
- (Glut)eus Maximus
- Calfs
- Hamstrings
- (biceps femoris)

**Back & Core** Targets:

- (Trap)ezius (back)
- (Lat)issimus Dorsi (wing)
- Rectus Abdominus (6-pack)
- External obliques
- Internal obliques
- Transverse abdominal