



Greetings! This is a demo workout to show you how you can use Trainer Workout to its fullest. From Regular exercises to circuit training, to repetition bound to time bound or max reps, sky is the limit. You can add a note to a workout, add a note to a specific exercise, add a tempo and even duplicate a complexe set and copy it for another exercise to maximize your time. Share it and/or print it based on your clients' will. SAVE TIME, LOOK PROFESSIONAL :)

Exercise**Base Prescription****Day 1 :****Day 2 :****Day 3 :****Skipping Rope with Skip****Rope**

Tempo 0 0 0 0

Warm-up: Try to maintain over 100 jumps per minute.

Set	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)
1	0.0	120 sec					
Rest		30					
2	0.0	120 sec					
Rest		30					
3	0.0	120 sec					

60 sec rest before next exercise



Tempo 2 2 3 0

You may vary the weight based on level of strength. Be sure to keep your back flat against the bench.

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	25.0	15					
2	30.0	12					
3	35.0	10					

Cable Crossover with Cable Machine

60 sec rest before next exercise



Tempo 2 1 2 0

Form is crucial with all movement, especially this one. Use a weight that you can handle to maintain proper form.

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	80.0	15					
2	100.0	12					
3	120.0	10					

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Tempo 2 1 2 0

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	15.0	15					
2	20.0	12					
3	25.0	10					

Tricep cable pushdown Circuit 3 Rounds with Rope



Tempo 0 0 0 0

Using the rope allows you to isolate the triceps. This is a great exercise for definition in the triceps region.

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	90.0	12					

Rest: 15 sec rest before next exercise

Cable Machine



Tempo 0 0 0 0

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	90.0	12					

Skull Crusher medium grin with EZ bar



Tempo 1 2 1 0

Rest: 15 sec rest before next exercise

Regular barbell works fine
too.

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)
1	60.0	12					

Rest between rounds: 60 sec