

DATE: 1/9

SESSION: _____

JUSTIN

CARDIOVASCULAR

LEVEL _____



TIME _____

TYPE _____

POSTERIOR 1.0

Rest

DO AS A CIRCUIT
OR ONE AT A
TIME

Rest

EXERCISE / SUPERSET

Sets

Reps

Intensity

Tempo

Interval

BAUNDED BAUNDED GOOD MORNING	3x	12	30		
BENT OVER UNDERHAND ROW GRIP	3x	12	30	* DRAG	UP THIGH
WIDE GRIP. ROW MACHINE	3x	12	70+	* SLOW LAST	3 REPS
UNDERHAND LAT PULL DOWN	3x	15	60	* TO THE NECK!	
HEAVY BICEP CURL - CHOICE	↓	8-12			
REAR DELT FLY ISOMETRIC BACK EXTENSION	3x	30s - 1min	20H - 30H		
PLANK	↓	30s - 1min			

GO UP
IN
WEIGHT

Compliance: 1-10

Meal Plan _____

Supplement _____

Attendance _____

SUMMARY OF TRAINING SESSION

Justin M Reina@gmail.com

SLOW / PRECISE

NO

MOMENTUM

Client Signature _____

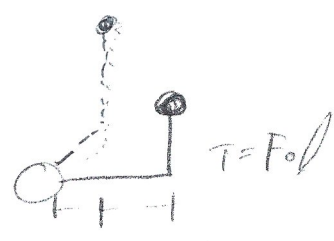
- Band Jump Squats - TRIPLE EXTENSION (HIPS, KNEES, ANKLE straightened out)

- Strength Technique Performance; SS = superset + = tri-set

- B12; C8 → MACHINE NUMBER

- WALL BALL SQUAT

- ~~NO~~ HORIZONTAL LEVER ARM LENGTH
9 AMOUNT TRICEP CAN HELP



- SUPPS Aminos prior/during/immediately after wkt
Protein - post workout

↓
Savin

QUALITY! - consumer product (GNC)
vs

Practitioner product (DORF)

↳ 3rd party testing; including NSF

* Health Canada

* FUN DAY
AWESOME!

- TRI BODY
VARIATIONS
FOR
PUSHUPS!

Recommended

Proven

- Multivitamin → Especially with
- Antioxidant low ~~energy~~ intake

↳ muscle waste
buildup + pollutants + toxins

- Fish Oil
Heart/Brain health
↳ hormones

DIET
~~STARCH~~, FOCUS ON
CHEST AND
CHETUPERS
DIAPHRAGM OPEN