

DATE: \_\_\_\_\_

SESSION: \_\_\_\_\_

JUSTIN

## CARDIOVASCULAR

LEVEL \_\_\_\_\_

○

TIME \_\_\_\_\_

TYPE \_\_\_\_\_

Rest

LEGS 100

EXERCISE / SUPERSET	Sets	Reps	Intensity	Tempo	Rest Interval
- LEG PRESS → squat	2x 3x	15 8-10	WARMUP GOAL: BW	GO UP IN WEIGHT *SUPER SET C/AB-7	
- LUNGE STEP BACK	3x	12EA	BW	*we will add variation later	STATIC CRUNCH HOLD
- BOSU SQUAT	3x	15	BW		
- STEPS -	↓	3↑↓	25 steps		
- LEG EXTENSION BIZ	3x	15EA	40 *FLOOD FLOW + Pump	*ALTERNATE WITH	WALL-BAL. SQUAT.
- HAMSTRING CURL CB	↓	12EA			
-					

Compliance: 1-10

Meal Plan \_\_\_\_\_

Supplement \_\_\_\_\_

Attendance \_\_\_\_\_

## SUMMARY OF TRAINING SESSION

GOALS: STRENGTH HYPERTROPHY

GOOGLE: HOLLOW

BODY

THEORY

BALANCE / COORDINATION

Client Signature \_\_\_\_\_

DATE: \_\_\_\_\_

SESSION: \_\_\_\_\_

JUSTIN

## CARDIOVASCULAR

LEVEL \_\_\_\_\_



TIME \_\_\_\_\_

TYPE \_\_\_\_\_

Rest

ANTERIOR

EXERCISE / SUPERSET	Sets	Reps	Intensity	Tempo	Rest Interval
— ISOMETRIC HOLD REAR DELT FLY	2x	30s - 1 min	10/20/30	INCREASE	
— INCLINE BENCH	3x	8-10			
— DB INCLINE PRESS (at with REVERSE SHOULDER PRESS)	3x	10-12			
— TRICEP EXTENSION	3x	10-12		*VARY GRIP, style, EXERCISE	ex: BENCH DIP
— BICYCLE CRUNCH	3x	ENDURANCE (30+ reps ~45s duration)			
— BENCH SQUAT JUMPS (GOAL TRIPLE EXTENSION)		ENDURANCE (20+ reps ~45s)			
— COUCH STRETCH (GOOGLE)					

Compliance: 1-10

Meal Plan \_\_\_\_\_

Supplement \_\_\_\_\_

Attendance \_\_\_\_\_

## SUMMARY OF TRAINING SESSION

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Client Signature \_\_\_\_\_

## POSTERIOR: BACKLINE

- RESIST GRAVITY
- POSTURE (EXTENSION)
- BALANCE MOVEMENT

- soleus (under big calf)
- HAMSTRING, GLUTE
- spinal stabilizers,  
Lat, RHOMBOID, REAR DELT (BACK)
- Transverse Abdominal (Plank)

~~BRING~~ - BRING OBJECTS TOWARD  
OUR CENTER OF GRAVITY (C.O.G.)

## ANTERIOR: FRONTLINE

- PROVIDE MOVEMENT (FLEXION)

- MOVE OBJECTS AWAY  
FROM CENTER OF GRAVITY

- QUAD, GASTRO (CALF)

- RECTUS Abdominus
- PECTORAL
- ANTERIOR DELTOID
- TRICEP

LEGS: STABLE STANCE - SQUAT → RAW STRENGTH  
CORE SPLIT STANCE - LUNGE → CORE/STABILITY  
CORE COORDINATION/BALANCE  
CORE/HIP MOBILITY

SAMPLE WEEK  
① LEGS  
② POSTERIOR  
ALWAYS

③ ANTERIOR

④ LEGS

ALWAYS  
FIRST  
EXTRA

⑤

PUSH/PULL

- UPPER BODY "FUN"
- PRACTICING MAINTAINING POSTURE

⑥⑦ 2x CARDIO/MOBILITY/CORE



# EMERALD CITY ATHLETICS

DATE: 1/5

SESSION # \_\_\_\_\_

## CARDIO PRESCRIPTION:

MACHINE: \_\_\_\_\_  
TIME: \_\_\_\_\_

SPEED/ INTENSITY: \_\_\_\_\_  
INCLINE: \_\_\_\_\_

MUSCLE GROUP: ANTERIOR

EXERCISE	SETS	REPS	WEIGHT	REST	TEMPO
ISO-LATERAL INCLINE PRESS ARCHED SPINE ENDURANCE	3x-4x	12 ↓ 20	20# (10x2)		FAST MED SLOW
REAR FACING ISO-LATERAL SHOULDER PRESS	3x	12	20# (10x2)		FAST MED SLOW
DB INCLINE PRESS	3x	12	20#x2		FAST MED SLOW
ANY YOUR CHOICE! TRICEP EXERCISE - NARROW GRIP PRESS - ROPE EXTENSION	↓	12			FAST MED SLOW
FOOT RELEASE BENCH HOPS	3x ↓	12 ↓ 20	BSW		FAST MED SLOW
BICYCLE CRUNCHES	↓	30 *	BW		FAST MED SLOW
					FAST MED SLOW
					FAST MED SLOW
					FAST MED SLOW

NOTES:

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1/5  
1/5  
1/5  
1/5

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

<del>BAUNDED</del> BAUNDED GOOD MORNING	3x	12	30		
BENT OVER <del>UNDERHAND</del> ROW GRIP	3x	12	30	* DRAG	UP THIGH
WIDE GRIP. ROW MACHINE	3x	12	70+	* SLOW LAST	OW 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 \_\_\_\_\_

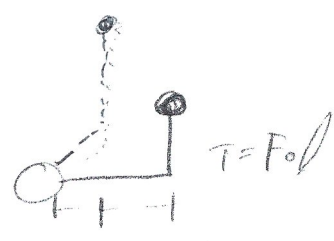
- Band Jump Squats - TRIPLE EXTENSION (HIPS, KNEES, ANKLE straightened out)

- 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

DICT  
STARCH, FOCUS ON  
CHEST AND  
CHESTER,  
DIAPHRAGM OPEN