

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 ^{at} with PRESS. (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

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

⑥ & ⑦ 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#x 2		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:

ROBERT © EMERALD CITY ATHLETICS, LLC

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