

EMERALD CITY ATHLETICS

DATE: 1/5

SESSION # _____

CARDIO PRESCRIPTION:

MACHINE: _____

SPEED/ INTENSITY: _____

TIME: _____

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	15W		FAST MED SLOW
BICYCLE CRUNCHES	↓	30 *	BW		FAST MED SLOW
					FAST MED SLOW
					FAST MED SLOW
					FAST MED SLOW

NOTES:

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