**Workout #2: Anaerobic Exercises (60-minutes)**

**Achieved Goals (2):**

Increase Muscle Strength

Gain Muscle Mass

**Day #1: Chest (60 Minutes)**

**Warm-Up (9 Minutes)**

Chest Opener Stretch (2 minutes)

Stand with feet shoulder-width apart and clasp your hands behind your back. Straighten your arms and lift them slightly while puffing out your chest. Hold for 30 seconds.

Halos Right & Left (3 minutes)

Halos can be performed with a medicine ball, weight plate, dumbbell, or kettlebell. Begin by standing straight with your shoulders relaxed. Hold your weight of choice in front of you. Lift the weight slightly above your shoulders in front of your face. Now take the weight and begin moving to the left, making a slow circle all the way around your head.

Internal Rotations (2 minutes)

This exercise will be performed with either a light dumbbell or exercise band. If you are using an exercise band you MUST safely secure it to a stationary object that will not move when tension is applied to the band. Tuck your right elbow into your side. With your right hand, hold either the dumbbell or exercise band at waist height, in front of you. Tuck your right elbow into your side and at a slow, controlled speed, rotate your arm so that your right hand is now in front of your torso

External Rotations (2 minutes)

This exercise is similar to the internal rotations, but this time instead of rotating your arm so that it ends up in front of your torso, we will be rotating it away from your body. This will be performed with either a light dumbbell or exercise band. If you are using an exercise band you MUST safely secure it to a stationary object that will not move when tension is applied to the band. Tuck your right elbow into your side. With your right hand, hold either the dumbbell or weight band at waist height, in front of you. Tuck your right elbow into your side and at a slow, controlled speed, rotate your arm so that your right hand and forearm are now perpendicular to your body.

**Exercise 1: Incline Barbell Press (9 Minutes)**

Set #1: 15 Presses (1.5 minutes)

1 minute break

Set #2: 15 Presses (1.5 minutes)

1 minute break

Set #3: 15 Presses (1.5 minutes)

1 minute break

Necessary Equipment: Barbell and Weights

Description: Sit on the incline bench press angled 45 to 60 degrees, grasp the barbell with an overhand grip wider than shoulder width.

Rest 1.5 Minute

**Exercise 2: Bench Press (8.5 Minutes)**

Set #1: 15 Presses (1.5 minutes)

1 minute break

Set #2: 15 Presses (1.5 minutes)

1 minute break

Set #3: 15 Presses (1.5 minutes)

1 minute break

Necessary Equipment: Barbell and Weights

Description: Lie face up on a horizontal bench with buttocks on the bench and feet flat on the ground. Grasp the barbell with an overhand grip wider than shoulder width, lower the bar to the chest with a controlled movement, and extend the arms while exhaling.

Rest 1 Minute

**Exercise 3: Push-Ups (10 Minutes)**

Set #1: 12-20 Push-ups (2 minutes)

1 minute break

Set #2: 12-20 Push-ups (2 minutes)

1 minute break

Set #3: 12-20 Push-ups (2 minutes)

1 minute break

Description: Support yourself face down on the ground, arms extended, hands shoulder-width (or more) apart, and feet touching or slightly apart.

Rest 1 Minute

**Exercise 4: Parallel Bar Dips (8 Minutes)**

Set #1: 12 Dips (1 minute)

1 minute break

Set #2: 12 Dips (1 minute)

1 minute break

Set #3: 12 Dips (1 minute)

1 minute break

Description: Hang from the parallel bars with arms extended and legs suspended; bend the elbows to bring the chest level with the bars. Return to the extended position, exhale at the end of the effort.

Rest 2 Minute

**Exercise 5: Flat Dumbbell Presses (8.5 Minutes)**

Set #1: 12 Presses (1.5 minutes)

1 minute break

Set #2: 12 Presses (1.5 minutes)

1 minute break

Set #3: 12 Presses (1.5 minutes)

1 minute break

Necessary Equipment: Dumbbells

Description: Lie face up on a horizontal bench, with feet flat on the ground for stability, and elbows bent, holding dumbbells with an overhand grip at chest level.

Rest 1 Minute

**Post-Workout Stretch (7 Minutes)**

Doorway Chest Stretch (2 Minutes)

Stand in a doorway, placing your arms on either side of the frame with elbows bent at 90 degrees. Step forward slightly to stretch your chest. Hold for 30 seconds.

Standing Chest Stretch (2 Minutes)

Stand tall and extend one arm straight out to the side at shoulder height. Place your palm on a wall or sturdy surface and gently turn your body away from your arm to feel the stretch in your chest. Hold for 30 seconds per side.

Behind-the-Back Chest Stretch (3 Minutes)

Clasp your hands behind your back, straighten your arms, and gently lift them while pushing your chest forward. Hold for 30 seconds.

**Day #2: Back (60 Minutes)**

**Warm-Up (9 Minutes)**

Dynamic Lat Stretch (2 Minutes)

Stand with your feet shoulder-width apart. Reach one arm overhead and bend to the opposite side, stretching the side of your torso. Alternate sides for 10 reps.

Thoracic Spine Rotation (2 Minutes)

Stand with your arms extended in front of you at shoulder height. Rotate your torso to one side, then the other, keeping your hips stable. Perform 10 reps per side.

Foam Roller Back Extension (5 minutes)

Sit on the floor with your knees bent and feet planted. Place a foam roller just above your lower back where your bottom ribs are. Lie back on the roller and reach your arms up overhead. Gently bend backward over the roller while exhaling, pushing your arms back and toward the floor. Come back up and move the foam roller up your back a few inches. Repeat this until the roller is in line with your shoulders.

**Exercise 1: Reverse Chin-Ups (8 Minutes)**

Set #1: 10 Chin-Ups (1 minute)

1 minute break

Set #2: 10 Chin-Ups (1 minute)

1 minute break

Set #3: 10 Chin-Ups (1 minute)

1 minute break

Necessary Equipment: Fixed Bar

Description: Hang from a bar with an underhand grip, hands shoulder-width apart, and push out the chest as you raise the chin to the bar.

Rest 2 Minute

**Exercise 2: Chin-Ups (8 Minutes)**

Set #1: 10 Chin-Ups (1 minute)

1 minute break

Set #2: 10 Chin-Ups (1 minute)

1 minute break

Set #3: 10 Chin-Ups (1 minute)

1 minute break

Necessary Equipment: Fixed Bar

Description: Hang from a fixed bar with a very wide overhand grip and pull your chest up to the bar.

Rest 2 Minute

**Exercise 3: Lat Pull-Down (9 Minutes)**

Set #1: 15 Pulls (1.5 minutes)

1 minute break

Set #2: 15 Pulls (1.5 minutes)

1 minute break

Set #3: 15 Pulls (1.5 minutes)

1 minute break

Necessary Equipment: Lat Pulldown Machine

Description: Sit facing the machine with the legs positioned under the pads, gripping the bar with a wide overhand grip, and pull the bar down to the sternal notch while puffing out the chest and pulling the elbows back.

Rest 1.5 Minute

**Exercise 4: Seated Rows (9 Minutes)**

Set #1: 15 Rows (1.5 minutes)

1 minute break

Set #2: 15 Rows (1.5 minutes)

1 minute break

Set #3: 15 Rows (1.5 minutes)

1 minute break

Necessary Equipment: Row Machine

Description: Sit facing the machine, feet resting on the foot pad, and torso bent forward. Bring the handle to the base of the sternum by straightening the back and pulling the elbows back.

Rest 1.5 Minute

**Exercise 5: Bent-Over Row (10 minutes)**

Set #1: 15 Rows (1.5 minutes)

1.5 minute break

Set #2: 15 Rows (1.5 minutes)

1.5 minute break

Set #3: 15 Rows (1.5 minutes)

1.5 minute break

Necessary Equipment: Barbell

Description: Do heavy bent-over rows toward the start of your back workout in lower rep ranges, such as 6-8 or 8-10, in order to save your lower back

Rest 1 Minute

**Post-Workout Stretch (7 Minutes)**

Child’s Pose (2 Minutes)

Kneel on the floor, sit back on your heels, and stretch your arms forward while lowering your chest toward the ground. Hold for 30 seconds.

Thread the Needle (3 Minutes)

Start on all fours. Slide one arm under your body and reach through, allowing your torso to rotate and your shoulder to rest on the floor. Hold for 30 seconds per side.

Standing Lat Stretch (2 Minutes)

Stand tall, reach one arm overhead, and gently bend to the opposite side, stretching your lat muscles. Hold for 30 seconds per side.

**Day #3: Legs (60 Minutes)**

**Warm-Up (5 Minutes)**

Walking Lunges (3 Minutes)

Step forward into a lunge, then push off your front foot to step into the next lunge. Continue alternating legs for 10 steps per side.

Downward-Dog To Cobra (2 minutes)

Transition from Downward Dog by shifting into Plank, lowering halfway to Chaturanga, then pressing into Cobra with your chest lifted and shoulders relaxed.

**Exercise 1: Dumbbell Squats (8 Minutes)**

Set #1: 15 Squats (1 minutes)

1 minute break

Set #2: 15 Squats (1 minutes)

1 minute break

Set #3: 15 Squats (1 minutes)

1 minute break

Necessary Equipment: Dumbbells

Description: Stand with the feet slightly apart, holding a dumbbell in each hand. Bend the knees, keeping the back straight until thighs are horizontal.

Rest 1 Minute

**Exercise 2: Front Squats (9 Minutes)**

Set #1: 15 Squats (1.5 minutes)

1 minute break

Set #2: 15 Squats (1.5 minutes)

1 minute break

Set #3: 15 Squats (1.5 minutes)

1 minute break

Necessary Equipment: Barbell

Description: Stand with the legs shoulder-width apart, holding the bar with an overhand grip resting on the upper chest. Bend the knees to lower the thighs horizontal to the floor.

Rest 1.5 Minute

**Exercise 3: Power Squats (9 Minutes)**

Set #1: 15 Squats (1.5 minutes)

1 minute break

Set #2: 15 Squats (1.5 minutes)

1 minute break

Set #3: 15 Squats (1.5 minutes)

1 minute break

Necessary Equipment: Barbell

Description: Perform the classic squat with legs farther apart and toes pointing out, focusing on the inner thigh and glute muscles.

Rest 1.5 Minute

**Exercise 4: Leg Extensions (8 Minutes)**

Set #1: 15 Extensions (1 minute)

1 minute break

Set #2: 15 Extensions (1 minute)

1 minute break

Set #3: 15 Extensions (1 minute)

1 minute break

Necessary Equipment: Leg Extension Machine

Description: Sit at the machine, grasp the handles, and extend your legs to horizontal.

Rest 2 Minute

**Exercise 5: Hamstrings Curl (8 Minutes)**

Set #1: 10 Curls (1 minute)

1 minute rest

Set #2: 10 Curls (1 minute)

1 minute rest

Set #3: 10 Curls (1 minute)

1 minute rest

Necessary equipment: Hamstring curl machine

Lay face down and bend your knees to lift your heels toward your glutes, contracting your hamstrings, before slowly lowering back down

**Exercise 6: Calf Raises (7 Minutes)**

Set #1: 20 Calf Raises (1 Minute)

1 minute break

Set #2: 20 Calf Raises (1 Minute)

1 minute break

Set #3: 20 Calf Raises (1 Minute)

1 minute break

Necessary equipment: Dumbbells

Stand with feet hip-width apart and lift your heels off the ground to rise onto your toes, engaging the calf muscles before lowering back down

1 minute break

**Post-Workout Stretch (6 Minutes)**

Standing Quad Stretch (2 Minutes)

Stand on one leg, grab your other foot behind you, and gently pull it toward your glutes. Hold for 30 seconds per leg.

Pigeon Pose (2 Minutes)

From a plank position, bring one knee toward your hand and lay the outside of your shin on the ground, extending your other leg behind you. Hold for 30 seconds per side.

Calf Stretch (2 Minutes)

Stand facing a wall and place one foot forward with your knee bent. Keep your other leg extended behind you with your heel on the floor. Hold for 30 seconds per side.

**Day #4: Shoulders and Arms (60 Minutes)**

**Warm-Up (4 Minutes)**

Warm Up: Arm Circles (2 minutes)

Description: Extend your arms out to the sides and make small circles, gradually increasing the size. Do 10-15 circles forward, then 10-15 circles backward.

Warm Up: Shoulder Rolls (2 minutes)

Description: Roll your shoulders forward in a circular motion for 10 reps, then backward for 10 reps.

**Exercise 1: Dumbbell Curls (7 Minutes)**

Set #1: 15 Curls (1 minute)

1 minute break

Set #2: 15 Curls (1 minute)

1 minute break

Set #3: 15 Curls (1 minute)

1 minute break

Necessary Equipment: Dumbbells

Description: Sit holding a dumbbell in each hand with arms hanging down and the palms of the hands facing the body

*Break 1 Minute*

**Exercise 2: Seated Front Press (7.5 Minutes)**

Set #1: 12 Presses (1 minute)

1 minute break

Set #2: 12 Presses (1 minute)

1 minute break

Set #3: 12 Presses (1 minute)

1 minute break

Necessary Equipment: Barbell and Weights

Description: Sit with the back straight and hold the bar with an overhand grip, resting it across the upper chest.

Rest 1.5 Minute

**Exercise 3: Push-Downs (6.5 minutes)**

Set #1: 15 press downs (1 minute)

30 second break

Set #2: 15 press downs (1 minute)

30 second break

Set #3: 15 press downs (1 minute)

30 second break

Necessary Equipment: Cable Machine and Rope

Description: Stand with back to the machine and grasp the handle with an overhand grip keeping the elbows tucked in

*Break 2 Minutes*

**Exercise 4: Hammer Curls (7 minutes)**

Set #1: 15 curls (1 minute)

1 minute break

Set #2: 15 curls (1 minute)

1 minute break

Set #3: 15 curls (1 minute)

1 minute break

Necessary Equipment: Dumbbells

Description: Stand or sit gripping a dumbbell in each hand with the palms facing each other

*Break 1 Minutes*

**Exercise 5: Lateral Dumbbell Raises (8 minutes)**

Set #1: 12 Presses (1 minute)

1 minute break

Set #2: 12 Presses (1 minute)

1 minute break

Set #3: 12 Presses (1 minute)

1 minute break

Necessary Equipment: Dumbbells

Description: Stand with a straight back, with legs slightly apart,arms hanging next to the body,holding a dumbbell in each hand : raise the arms to horizontal with the elbows slightly bent and return to the initial position

*Break 2 Minutes*

**Exercise 6: Seated Dumbbell Presses (8.5 Minutes)**

Set #1: 12 Presses (1.5 minutes)

1 minute break

Set #2: 12 Presses (1.5 minutes)

1 minute break

Set #3: 12 Presses (1.5 minutes)

1 minute break

Necessary Equipment: Dumbbells

Description: Sit on the bench, keeping the back straight, and hold dumbbells at shoulder level with an overhand grip.

Rest 1 Minute

**Exercise 7: Tricep Extension (6 minutes)**

Set #1: 15 Presses (1 minute)

1 minute break

Set #2: 15 Presses (1 minute)

1 minute break

Necessary Equipment: Barbell and Weights

Description: Lie on a horizontal bench and grasp the barbell with an overhand grip the arms vertical

*Break 2 Minutes*

**Post-Workout Stretch (5.5 Minutes)**

Bicep Wall Stretch (2 Minutes)

Stand near a wall and place your palm flat against it at shoulder height. Slowly rotate your body away from the wall until you feel a stretch in your biceps and chest. Hold for 20-30 seconds per side.

Cross-Body Shoulder Stretch (2 Minutes)

Extend one arm across your body at shoulder height, and use your other hand to gently pull it closer to your chest. Hold for 30 seconds on each side.

Child’s Pose with Arm Reach (1.5 Minutes)

From a kneeling position, sit back onto your heels and stretch your arms forward on the floor. Reach your arms out as far as possible, keeping your palms down. Hold for 90 seconds.