Workout

**Summary:**

The goal of XFC19Fitness is to keep the workout simple, easy, and to make you stronger while keeping you safe. This is a full body workout with compound movements with some accessory’s movements. This workout targets Biceps, Triceps, Shoulders, Chest, Back, and Legs. Every exercise must each contain a minimum of 4 sets 15 reps while increasing the weight every set completed.

The way we are going to execute rep:

1. Muscle To Mind Connection - Think of the body part you are going to exercise first. Then…
2. Pull Exercise – Pull fast then return the weight slowly.
3. Push Exercise – Push fast then return the weight slowly.

* Biceps:
  + EZ Curl Bar
* Triceps:
  + Cable Extensions
* Shoulders:
  + Overhead Press
* Chest:
  + Incline Press
  + Bench Press
  + Decline Press
* Back:
  + Lat Pull Down
  + Back Row
  + Back Extension
* Legs:
  + Squat