

5 DAY WORKOUT ROUTINE

5 DAY SPLIT

DR WORKOUT

DAY 1: LEGS

- Squat- 3 sets of 10 reps
- Lunges- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Decline crunches- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets

DAY 2: PUSH

- Push ups- 3 sets of 20 reps
- Bench press- 3 sets of 10 reps
- Overhead press- 3 sets of 10 reps
- Incline dumbbell press- 3 sets of 10 reps
- Front/Lateral raises- 3 sets of 10 reps
- Cable triceps pushdowns- 3 sets of 10 reps + 1 drop set
- Skull crushers- 3 sets of 10 reps

DAY 3: PULL

- Pull ups- 3 sets of 10-15 reps
- Deadlift- 3 sets of 6-8 reps
- Seated cable rows- 3 sets of 10 reps
- Dumbbell curls- 3 sets of 10 reps
- Preacher curls- 3 sets of 10 reps
- Dumbbell shrugs- 3 sets of 10 reps
- Reverse Curl- 3 sets of 10 reps

DAY 4: LOWER

- Squat- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Leg press- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets
- Russian twist- 3 AMRAP sets

DAY 5: UPPER

- Parallel bar dips- 3 sets of 10-15 reps
- Flat dumbbell presses- 3 sets of 10-15 reps
- Seated dumbbell shoulder presses- 3 sets of 10-15 reps
- Dumbbell lateral raises- 3 sets of 10-15 reps
- Cable rows- 3 sets of 10-15 reps
- Dumbbell rows- 3 sets of 10-15 reps
- Cable behind head tricep extension- 3 sets of 10 reps + 1 drop set
- Cable Curls- 3 sets of 10 reps + 1 drop set

DAY 6 & DAY 7: REST

5 Edition Fitness Workout

Gale Group

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Gale Group' text.

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Methods of Group Exercise Instruction-3rd Edition Carol Kennedy-Armbruster, Mary Yoke , 2014-02-12 Based on industry standards and guidelines this text highlights a variety of group exercise formats through training principles correction and progression techniques and safety to enhance the skills of group exercise leaders **Developmental Physical Education for All Children 5th Edition** Cleland Donnelly, Frances, Mueller, Suzanne, Gallahue, David, 2016-09-26 Developmental Physical Education for All Children Fifth Edition will help you deliver developmentally appropriate physical education for kids in pre K through grade 5 Lessons for all levels are based on the new national standards and a host of ancillaries supplement the learning **Essentials of Strength Training and Conditioning** Thomas R. Baechle, Roger W. Earle, National Strength & Conditioning Association (U.S.), 2008 Now in its third edition Essentials of Strength Training and Conditioning is the most comprehensive reference available for strength and conditioning professionals In this text 30 expert contributors explore the scientific principles concepts and theories of strength training and conditioning as well as their applications to athletic performance Essentials of Strength Training and Conditioning is the most preferred preparation text for the Certified Strength and Conditioning Specialist CSCS exam The research based approach extensive exercise technique section and

unbeatable accuracy of Essentials of Strength Training and Conditioning make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities.

Section 1 chapters 1 through 10 presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology, and discusses applications for the design of safe and effective strength and conditioning programs. Section 2 chapters 11 and 12 discusses testing and evaluation including the principles of test selection and administration as well as the scoring and interpretation of results. Section 3 chapters 13 and 14 provides techniques for warm up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic exercise prescription chapters 15 through 17, aerobic endurance exercise prescription chapter 18, and periodization and rehabilitation chapters 19 and 20. Step by step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. Section 5 chapters 21 and 22 addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals.

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