Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_

**Work Out Program C**

Do a minimum of **4** of these exercises per day. Feel free to mix up what you do on what day. Be sure to record what you are doing.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 |
| Arms: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Legs: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Core/Back: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Extra 1: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Extra 2: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Extra 3: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Extra 4: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |
| Extra 5: | Weight |  |  |  |  |  |  |  |  |
|  | Reps |  |  |  |  |  |  |  |  |
|  | Sets |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Arms/Shoulders/Chest** | **Legs** | **Core/Back** |
| Bench Press | Deadlift | Push Sit Up |
| Military Press | Squat | Hanging Leg-Hip Raise |
| Arnold Press | Weighted Lunge | Side Bend |
| Upright Row | Weighted Step-Up | Superman |
| Biceps Curl | Wall Sits | Hyperextension |
| Skull Crusher | Single Leg Split Squat | Bent Over Row |
| Triceps Pull Down | Good Morning | Shoulder Shrug |
| Hammer Curl | Calf Raise | Pull Up |
| 21s | Ball Squat | V-Up |
| Incline Bench Press | Hyperextension | Spiderman Push Ups |

You must spend the class time working on the exercises that you choose from the lists.

* Select one exercise from each list (total of 3) to work on
* Select an additional 3 exercises from any of the lists depending on what you want to work on for the day

12-15 reps on low weight or 3-5 reps on high weight