

filetti fitness

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Date: 12/4/09

EXERCISES	NOTES	12/4			12/5			12/6			12/8			12/9			12/10		
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Dumbbell bicep curl	-keep elbows close to sides -shoulders back	12.5	15	12.5							15	15	12.5						
Lat pulldown	-feet flat -thumbs flipped over bar	70	70	70							75	75	70						
e-z bar bicep curl	-keep wrists curled up	10	7.5	7.5							10	10	7.5						
seated cable row	-maintain upper body posture	60	60	60							65	60	60						
standing front raise	-relax neck don't shrug ☺				8	8	8							10	10	8			
smith chest press	-keep bar 3 in. from chest				10	15	10							15	12.5	10			
lateral raise	-wrists neutral -exhale on the up				7.5	7.5	7.5							8	8	7.5			
cable chest fly	-heel up in back				35	35	35							40	35	35			
tricep cable pushdown	-elbows tucked -knees bent							40	45	40									
lunges	-push back from front heel							7.5	5	7.5									
tricep kickbacks	-don't flip wrists							5	8	5									
wall squat with ball	-shoulders over hips - exhale going up							10	12.5	10									

Cardio / Abs ALWAYS - 10 min. cardio warmup before weight workout

Cardio - Recumbent bike 30 min. twice this week.
 Level 2 - 7 increase level every 2 min.
 3. 10 minute intervals

ABS:

3x20 Floor crunch - keep lower back flat
 2x15 - alternating heel touches
 2x10 - medicine ball torso twist