

# BERRETT, RUSSELL

Training Type: Full Body  
 Result Desired: Tone, Shape, Define  
 Activity ID: W730955



## Day Description: Whole Body, Bicep Focus

TODAY'S SUGGESTED WARM-UP							MESSAGE CENTER: Before you begin your Adduction exercise, be certain to perform a warm-up set using half your first sets weight.							
Perform 5-10 minutes of cardio, then stretch.														
Exercise		SET 1			SET 2									
Equipment Name		WT	REPS	REST	WT	REPS	REST							
1-Arm Row Dumbbell		17.5	12-15	0:30	17.5	12-15	0:30							
*Please note: Warm-up exercise is suggested independently of your preferred restrictions.														
** HAVE MY COACH, MATT CAMPER, CONTACT ME **														

TODAY'S RESISTANCE WORKOUT										Date of Workout	/ /	Resistance Start Time	AM	
Level Two, Day: 12		Approximate time of resistance workout: 55											PM	
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3			TODAY'S REPS
			WT	REPS	REST		WT	REPS	REST		WT	REPS	REST	
Light Back Lats	N/A 3	Wide Grip Pulldown (front) Technogym Selectorized Selection Class 2SC (#17) Lat Machine	80	10-15	1:00		80	10-15	1:00		90	10-15	1:00	
Heavy Arms Lower Biceps	N/A N/A	Standing Curl Dumbbell	27.5	10-15	1:00		32.5	8-12	1:30		32.5	8-12	1:00	
Medium Arms Biceps	N/A N/A	Standing Curl with Twist Dumbbell	32.5	10-15	1:00		32.5	BEST	1:00					
Heavy Arms Lower Biceps	N/A	Seated Arm Curl Technogym Selectorized Selection (#14) Arm Curl	30+P	10-15	1:00		40	8-12	1:30		40	8-12	1:00	
Medium Chest Pecs/Triceps	N/A N/A	Pullover Dumbbell	35	BEST	1:30		35	10-15	1:00		45	BEST	1:00	
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Medium Back Lower Back	2 4	Seated Back Extension Technogym Selectorized Selection Class 2SC (#15) Lower Back	70+P	14-20	1:30		80+P	10-15	1:00					
Medium Shoulders Front Delts	N/A N/A	Upright Row Dumbbell	20	10-15	1:00		20	10-15	1:00					
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED							
Light Legs Quads/Hams	N/A N/A	Dumbbell Squat (2 Dumbbells) Dumbbell	15	10-15	1:00		15	10-15	1:00		17.5	10-15	1:00	
			SPOTTER RECOMMENDED				SPOTTER RECOMMENDED				SPOTTER RECOMMENDED			
Medium Legs Inner Thighs	N/A	Adductor Technogym Selectorized Selection Class 2SC (#5) Adductor	70	10-15	1:00		70	10-15	1:30		80	8-12	1:00	
Medium Legs Lower Calfs	N/A	Calf Raise Technogym Selectorized Selection Class 2SC (#7) Rotary Calf	40	10-15	1:00		40	BEST	1:00					

\*BEST means do the "best" you can, but don't exceed 20 repetitions.  
 +P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Resistance End Time	AM
	PM

TODAY'S ABS									
Exercise	Reps	Rest	Today's	Exercise	Reps	Rest	Today's		
#1 Crunch with Heel Push Floor	20-25	0:00		#2 Decline 90 Degree Reverse Crunch Decline Adjustable Ab Board	12-15	0:10			
#3 Ball Side Oblique Crunch Stability Ball	15-20	0:10		#4 Side Oblique Crunch with Legs Vertical Floor	12-15	0:10			
#5 Side Oblique Crunch Floor	15-20	0:00		#6 Bicycle Maneuver Floor	15-20	0:10			

TODAY'S CARDIO							
Record the minutes performed on each of the following activities:							
Minimum Time Recommended	20 Minutes	Stair Master		Recumbent Bike		Aerobic	
		Tread Mill		Upright Bike		Spinning	
Target Heart Rate	134 - 145	Ski Machine		Elliptical Trainer		Swimming	
		Row Machine		Running		Other	