

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

EuropeActive

A graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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Fitness Information for Teens, 5th Ed. James Chambers, 2021-11-01 Provides consumer health information for teens about maintaining health through physical activity including facts about preventing injury and overcoming obstacles to fitness Includes index and resource information

The Cyclist's Training Bible, 5th Ed. Joe Friel, 2025-11-04 Train to win with Joe Friel and the definitive guide to optimal cycling performance Inside this all new Cyclist's Training Bible Joe Friel cycling's most experienced personal coach presents the latest discoveries in cycling science data analysis daily planning and skills development to help you create a personal training plan for success Whether you are training for road races criteriums time trials or gravel races or you just need to improve your climbing sprinting endurance or recovery The Cyclist's Training Bible covers it all including Power Meter Metrics Put cycling's most advanced science to work during every training session TSS Based Training Use the Training Stress Score to gauge training load and build a superior training plan Personalized Planning Create a custom training program to capitalize on your strengths and minimize your limiters Field Tests Evaluate progress and improve your training focus by performing Functional Threshold Power Functional Aerobic Capacity Sprint Power Time Trial and Functional Threshold Heart Rate tests Timing Your Peak and Taper Shed training fatigue while maintaining fitness in the lead up to key races Planning a Season Joe Friel's most advanced and comprehensive tools will help you create a winning daily monthly and yearly training plan Strength Training Develop climbing and sprinting power with targeted exercises on the bike and in the gym Cycling Workouts Follow detailed workouts to build aerobic endurance muscular force speed skill muscular endurance anaerobic endurance and sprint energy From the most trusted name in endurance sports coaching The Cyclist's Training Bible is the most comprehensive and reliable training resource ever written for cyclists

The Complete Guide to Strength Training 5th Edition Anita Bean, 2015-11-24 The Complete Guides series blends expert information and accessibility The Complete Guide to Strength Training is the ultimate resource for anyone wanting to increase strength and resculpt their body Featuring proven training programmes and evidence based nutritional guidance it delivers comprehensive workouts for beginners intermediates and elite athletes This updated 5th edition includes New exercises and workouts Brand new photos with detailed descriptions of over 100 exercises Programmes for increasing strength muscle and explosive power Fat loss workouts Bodyweight based workouts Plyometric training Up to date cutting edge nutrition and supplementation advice for gaining muscle and reducing fat

Methods of Group Exercise Instruction Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction Fourth Edition With Online Video* offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a

university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests Methods of Group Exercise Instruction Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success Methods of Group Exercise Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success

NASM Essentials of Personal Fitness Training, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

Concepts in Fitness Programming Robert G. McMurray, 2019-06-11 Concepts in Fitness Programming presents comprehensive material about various aspects of exercise testing and prescription in a simple straightforward manner Intended for individuals who design exercise and fitness programs but who lack extensive background in fitness training this book provides a wealth of knowledge beyond the basic how to s

Designing and Teaching Fitness Education Courses Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher s blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

Easy Fitness Workouts Paul Nam, 2021-03-24 Are you intimidated by the big box gyms and just have no idea what where to start Train in the comforts of your own home Get fit by just using resistance bands and body weight exercises Tone and strengthen your chest back arms core abs and legs in 8 weeks using a system that works Welcome to Easy Fitness Workouts Resistance Bands And Bodyweight Exercises In addition this book features Introduction Exercise

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EuropeActive's Essentials for Personal Trainers EuropeActive,2016-02-02 EuropeActive's Essentials for Personal Trainers provides personal trainers with the most thorough information and best practices to help their clients achieve their health and fitness goals Endorsed by EuropeActive the fitness and health industry's standard setting authority in Europe this manual is essential for all aspiring and qualified personal trainers and aims towards EuropeActive's objective More people more active more often The information contained in EuropeActive's Essentials for Personal Trainers provides aspiring personal trainers with the basic competencies skills and knowledge necessary for achieving level 4 status in the European Qualifications Framework EQF the baseline standards for registered personal trainers in Europe The content builds on foundational concepts to provide practical knowledge and on the job examples to personal trainers so that they can deliver enjoyable and effective services to their clients Authored by fitness experts throughout Europe EuropeActive's Essentials for Personal Trainers provides a standard reference to inform this growing field The first three chapters describe the role of the personal trainer with topics covering professionalism and presentation planning a personal training session and delivering a personal training session Readers will then learn functional anatomy with chapters on skeletal articulations and joint movement injury prevention and the muscular system To understand the science behind exercise prescription readers will learn about energy systems the cardiorespiratory system the nervous system and hormonal responses to exercise Chapters focusing on lifestyle assessment including health and fitness assessment psychological aspects of personal training and nutrition allow personal trainers to understand the unique needs of the various clients they serve The book concludes with chapters on training adaptations as well as exercise planning and programming With more and more people turning to professionals for assistance in their quest for better health and fitness the demand for qualified personal trainers in Europe has never been greater EuropeActive's Essentials for Personal Trainers is an ideal resource for those aspiring to become personal trainers in Europe and equips current professionals in the fitness industry with the tools they need in effectively serving their clients Personal trainers who achieve EQF level 4 status demonstrate to both clients and employers that they have all of the pertinent knowledge and skills to be successful anywhere in Europe *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.

Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product-specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives, and outlines chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class.

discussions In addition to outlines and key points the resource also contains over 450 figures tables and photos from the textbook which can be used as an image bank by instructors who need to customize their own presentations Easy to follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates These tools can be downloaded online and are free to instructors who adopt the text for use in their courses Essentials of Strength Training and Conditioning Third Edition provides the latest and most comprehensive information on the structure and function of body systems training adaptations testing and evaluation exercise techniques program design and organization and administration of facilities Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine tune their practice

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