

### **3-Day Total Body Exercise Program**

The 3-Day program is designed to give you an effective total body workout in 3 days a week. Each day offers a variety of exercises that work both the upper and lower body. If you like doing the same routine everyday, then ignore the last two days and use the first workout for all 3 days. However, it is recommended to change up your routine from time to time to keep your program fresh. The days you choose to perform this workout need to be nonconsecutive days (e.g. Monday, Wednesday, Friday or Tuesday, Thursday, Saturday). This allows your muscles to fully recover before stressing them again. It is suggested that repetitions per set be kept between 8-12 for general fitness and toning. No more than four sets per exercise are recommended. The amount of weight used in each exercise should be based on fatigue near the end of a set. If you are not feeling fatigue within the last few repetitions of a set, you need to increase the weight or increase the repetitions. When increasing weight, you may need to start out with 8 repetitions per set and gradually work up to 12 repetitions per set. If you are increasing repetitions, do not exceed 15 repetitions per set. If you are performing 15 repetitions per set and it is not hard, then increase the weight and lower the repetitions. Typically, you should be increasing by 2 repetitions every week and increasing weight every 3-4 weeks.



# Exercise Log

## 3-Day Total Body Exercise Day 1

DATE: 8/23/2007

### Cardio Activity

| Exercise | Duration | Cardio Notes |
|----------|----------|--------------|
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|          |          |              |
|          |          |              |

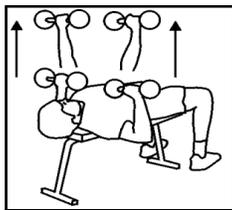
### Strength Training Activity

Instructions: For each set completed, fill in the weight used and reps performed.

| EXERCISE                    |        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 | Set #6 |
|-----------------------------|--------|--------|--------|--------|--------|--------|--------|
| DB Chest Press              | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Concentration Curl          | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Seated DB Tricep Extension  | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| DB Front Raise              | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Lat Pulldown (Hammer)       | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Lat Pulldown (Hammer)       | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Reverse Back Hyperextension | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Leg Press (Hammer)          | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| One Leg Ball Squats         | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Crunches                    | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |

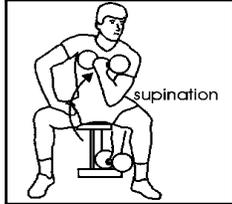
Training notes or comments:

## Exercise Descriptions



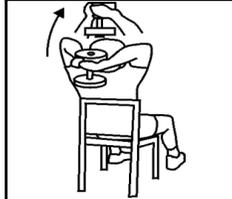
### Dumbbell Chest Press

**Note:** Sit down on bench with dumbbells resting on lower thigh. Position weights to shoulder and lie back. Position dumbbells to the sides of the upper chest with elbows under dumbbells. Press dumbbells up with elbows to the sides until arms are extended. Lower weight to the sides of the upper chest.



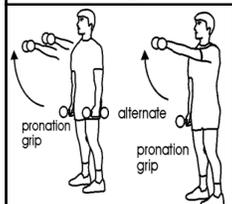
### Concentration Curl

**Note:** Sit on bench. Grasp dumbbell between feet. Place back of upper arm to inner thigh. Lean into leg to raise elbow slightly. Raise dumbbell to front of shoulder. Lower dumbbell until arm is fully extended.



### Seated Dumbbell Triceps Extension

**Note:** Position one dumbbell overhead with both hands under inner plate (heart shaped grip). With elbows overhead, lower forearm behind upper arm by flexing elbows. Flex wrists at bottom to avoid hitting dumbbell on back of neck. Raise dumbbell overhead by extending elbows while hyperextending wrists.



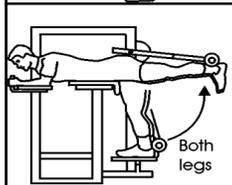
### Dumbbell Front Raise

**Note:** Grasp dumbbells in both hands. Raise one dumbbell with elbows fixed in a 10° to 30° angle throughout until upper arm is parallel to the floor. Continue with alternate arm.  
\*Can perform using both arms at the same time as well.



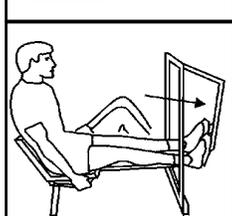
### Lat Pulldown (Hammer) #5

**Note:** Grasp lever handles. Sit with thighs under supports. Pull down lever to upper chest. Return until arms and shoulders are fully extended.



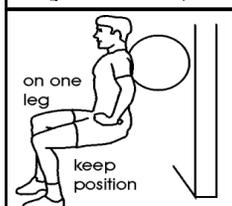
### Reverse Back Hyperextensions

**Note:** Position upper body prone on padding. Grasp handles on platform. Legs will hang down from the apparatus. Raise, or extend waist until legs are parallel to the floor.



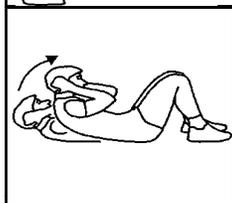
### Leg Press (Hammer) #19

**Note:** Sit with back on padded support. Place feet slightly high on platform. Grasp handles to sides. Extend knees and hips until knees are fully extended. Return until hips are completely flexed.  
\*Adjust seat and back support to accommodate near full range of motion without forcing hips to bend at waist.



### One Leg Ball Squats

**Note:** Place ball between back and wall. Take a step forward so that you are leaning on ball. Place one foot in the middle of your body and lift up the other leg. Bend the leg that is still on the floor and lower yourself as if you were going to sit in a chair. Straighten leg to return to the starting position.



### Crunches

**Note:** Lie supine on bench or on padded floor with knees and hips bent. Flex waist to raise upper torso from bench or floor. Return until the back of the shoulders contact the padded bench or floor.  
\*Hold plate behind neck or on chest with both hands or use no weight.



# Exercise Log

## 3-Day Total Body Exercise Day 2

DATE: 8/23/2007

### Cardio Activity

| Exercise | Duration | Cardio Notes |
|----------|----------|--------------|
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|          |          |              |

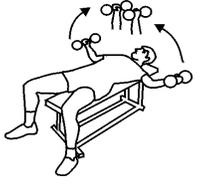
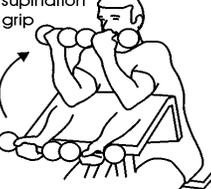
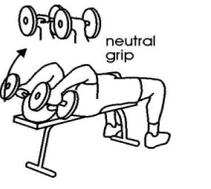
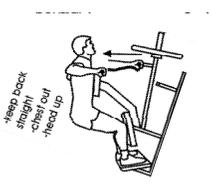
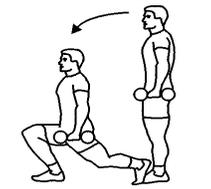
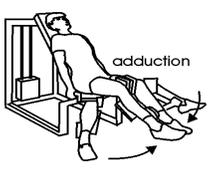
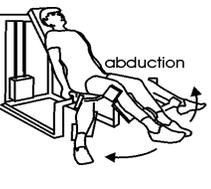
### Strength Training Activity

Instructions: For each set completed, fill in the weight used and reps performed.

| EXERCISE                             |        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 | Set #6 |
|--------------------------------------|--------|--------|--------|--------|--------|--------|--------|
| DB Flyes                             | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Preacher DB Curl                     | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| DB Overhead Press                    | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| DB French Curl                       | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Lat Row (Hammer)                     | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Lunges                               | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Adduction (Hammer)                   | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Abduction (Hammer)                   | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
| Knee Lifts or Stratight<br>Leg Lifts | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |
|                                      | Weight |        |        |        |        |        |        |
|                                      | Reps   |        |        |        |        |        |        |

Training notes or comments:

## Exercise Descriptions

|   |   |
|---|---|
|    | <h3>Dumbbell Flyes</h3> <p><b>Note:</b> Grasp two dumbbells. Lie supine on a flat or incline bench. Support dumbbells above the chest with the arms fixed in a slightly bent position. Internally rotate shoulders so elbows to the sides. Lower dumbbells to sides until chest muscles are stretched with elbows fixed. Bring dumbbells together in a hugging motion until dumbbells are nearly together. *Do not bounce or touch weights together.</p>                            |
|    | <h3>Preacher DB Curl</h3> <p><b>Note:</b> Sit on preacher bench placing back of arms on pad. The seat should be adjusted to allow the arm pit to rest near the top of the pad. Grasp curl bar with shoulder width underhand grip. Raise the bar until forearms are perpendicular to floor with the back of the upper arm remaining on the pad. Lower the barbell until arm is fully extended.</p>   |
|    | <h3>DB Overhead Press</h3> <p><b>Note:</b> Position one dumbbell overhead with both hands under inner plate. With elbows overhead, lower forearm behind upper arm by flexing elbows. Flex wrists at bottom to avoid hitting dumbbell on back of neck. Raise dumbbell overhead by extending elbows while hyperextending wrists. Position wrists closer together to keep elbows from pointing out too much. Let the dumbbell pull the arm back to maintain full shoulder flexion.</p> |
|    | <h3>Lying Tricep Extension</h3> <p><b>Note:</b> Lie on bench and position dumbbells over head with arms extended. Lower dumbbells by bending elbow until they are to sides of head. Extend arm. Repeat.</p>   |
|   | <h3>Lat Row (Hammer)</h3> <p><b>Note:</b> Sit on seat and position chest against pad. Grasp lever handles with an overhand grip. Pull lever back until elbows are behind back and shoulders are pulled back. Return until arms are extended and shoulders are stretched forward.</p>  |
|  | <h3>Lunges</h3> <p><b>Note:</b> Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original straddle position by extending the hip and knee of the forward leg. Continue with other leg in opposite straddle position.</p>   |
|  | <h3>Adduction (Hammer)</h3> <p><b>Note:</b> Sit in machine. Position legs in padded decks, grasp handles to sides. Move legs toward one another by adducting the hip. Next, move legs back to starting position.</p>  |
|  | <h3>Abduction (Hammer)</h3> <p><b>Note:</b> Sit in machine. Position legs in padded decks, grasp handles to sides. Move legs away from one another by abducting the hip. Next, move legs back to starting position.</p>   |
|  | <h3>Knee Lifts</h3> <p><b>Note:</b> Position elbows and back against the appropriate pads. Allow the legs to hang down. Raise legs by flexing hips while flexing knees until hips are fully flexed. Continue to raise knees toward shoulders by flexing waist. Return until waist, hips, and knees are extended. *Place weight between ankles or use no weight.</p>   |



# Exercise Log

## 3-Day Total Body Exercise Day 3

DATE: 8/23/2007

### Cardio Activity

| Exercise | Duration | Cardio Notes |
|----------|----------|--------------|
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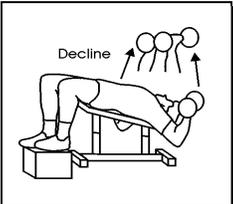
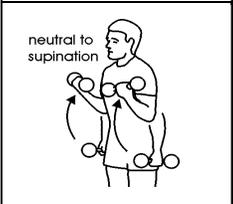
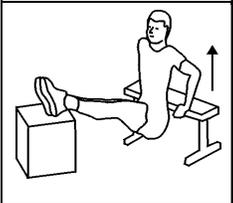
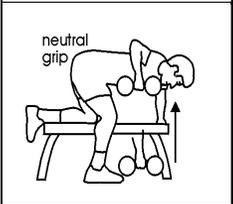
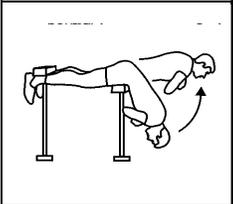
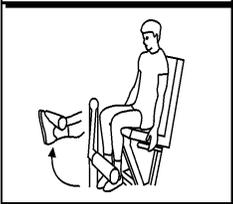
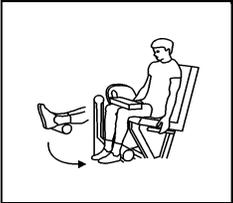
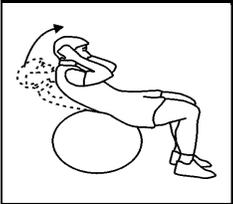
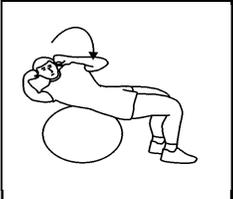
### Strength Training Activity

Instructions: For each set completed, fill in the weight used and reps performed.

| EXERCISE                    |        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 | Set #6 |
|-----------------------------|--------|--------|--------|--------|--------|--------|--------|
| DB Chest Press              | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Concentration Curl          | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Seated DB Tricep Extension  | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| DB Front Raise              | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Lat Pulldown (Hammer)       | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Lat Pulldown (Hammer)       | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Reverse Back Hyperextension | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Leg Press (Hammer)          | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| One Leg Ball Squats         | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |
| Crunches                    | Weight |        |        |        |        |        |        |
|                             | Reps   |        |        |        |        |        |        |

Training notes or comments:

## Exercise Descriptions

|   |  |
|---|--|
|    | <h3>Decline DB Chest Press</h3> <p><b>Note:</b> Use the decline bench. Holding a dumbbell in each hand, lie on bench with head at lower end, knees bent and heels on edge of bench. Straighten arms above lower chest, palms facing forward. Contract abs and keep spine naturally curved. Bend elbows out and down until they are in line with shoulders, forearms parallel at the end of the movement. Use chest muscles to press arms straight up, so dumbbells line up with shoulders. Repeat for all reps.</p>        |
|    | <h3>Dumbbell Bicep Curl</h3> <p><b>Note:</b> Position two dumbbells to sides, palms facing in, arms straight. With elbows to the sides, raise one dumbbell and rotate forearm until forearm is vertical to the floor and the palm faces the shoulder. Lower to original position and repeat with alternative arm. *The biceps may be exercised alternating (as described), simultaneous, or in a simultaneous-alternating fashion.</p>   |
|    | <h3>Dips or Bench Dips</h3> <p><b>Note:</b> Place hands on the edge of a bench, feet on adjacent bench. Lower body until full stretch. Raise body. *Place weight on lap to make exercise more difficult.</p>   |
|    | <h3>Bent-over One Arm Row</h3> <p><b>Note:</b> Kneel over side of bench with arm and leg to side. Grasp dumbbell. Pull dumbbell to side until upper arm is just beyond horizontal or height of back. Return until arm is extended and shoulder is stretched forward. Continue with opposite arm. *Allow scapula to articulate but do not rotate torso in effort to throw weight up.</p>  |
|   | <h3>Back Hyperextensions</h3> <p><b>Note:</b> Position thighs prone on padding. Hook heels padded brace. Lower body by bending at the waist until fully flexed. Raise, or extend waist until torso is parallel to floor. *Hold weight to chest or behind neck.</p>   |
|  | <h3>Leg Extensions (Hammer)</h3> <p><b>Note:</b> Sit on apparatus with back against padded back support. Place front of lower leg under padded lever. Position knee articulation at same axis as lever fulcrum. Grasp handles to sides for support. Move lever forward by extending knees until leg are straight. Return lever to original position by bending knees.</p>  |
|  | <h3>Leg Curl (Hammer)</h3> <p><b>Note:</b> Sit on apparatus with back against padded back support. Place back of lower leg on top of padded lever. Position knee articulation at same axis as lever fulcrum. Grasp handles. Pull lever to back of thighs by flexing knees. Return lever until knees are straight.</p>  |
|  | <h3>Crunches on Ball</h3> <p><b>Note:</b> Starting Position: Lie face up on an exercise ball with your knees bent, feet shoulder-width apart and flat on the floor. Place your hands behind your head but don't interlock your fingers. Keep your head and neck relaxed. Movement: Exhale as you contract your abdominals to bring your shoulders off the ball, hold briefly. Inhale as you slowly lower to starting position.</p>   |
|  | <h3>Oblique Crunches on Ball</h3> <p><b>Note:</b> Starting Position: Lie face up on an exercise ball with your knees bent, feet shoulder-width apart and flat on the floor. Place your hands behind your head but don't interlock your fingers. Keep your head and neck relaxed. Movement: Exhale as you contract your abdominals to bring your left shoulder off the ball moving toward the right leg, hold briefly. Return and move right shoulder toward left leg. Inhale as you slowly lower to starting position.</p> |