

Sensible Weight Loss Personal Exercise Regimen

Courtesy of Dr. Mike

Name: _____

Date: _____

PRE (Progressive Resistive Exercise) PROGRAM

Exercise Categories:

1. Legs 2. Arms 3. Core – Back 4. Core – Abdominal

4 EXERCISES ONLY (choose one exercise/category)

Each exercise executed in 3 sets of 7-10 repetitions, each at high intensity (70% of 1RM), with a 2-3 minute rest interval between sets.

Personal preference: Gym Home

Recommended Frequency: 3-5x/week

Exercises included:

Gym: Leg Press Lat Pull Back Extension Crunches
Personal Trainer recommended initially if you are a novice!

Home:

1. LEGS: Modified Squat: Chair Dum-bell Ball Wall Squat TB Leg Press TB
2. ARMS: Horizontal Row Vertical Row Lat Pull TB Lateral Raise TB
3. CORE-BACK: Back Extension Prone Back Extension Supine with Ball
4. CORE-ABDO: Crunches Reversed Crunches Assisted Crunches

GYM

LEG PRESS



Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____

LAT PULL



Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____

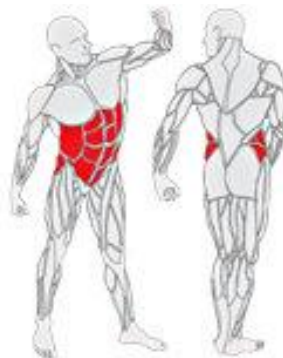
BACK EXTENSION

Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____



CRUNCHES

Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____



HOME



Modified Squat – Chair



Modified Squat – Dum-bell



Modified Squat – Ball

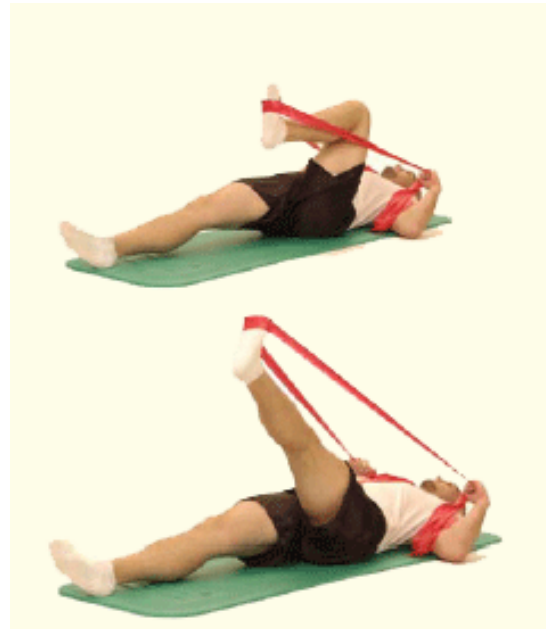


Modified Squat – Wall

Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____



Squat



Leg Press

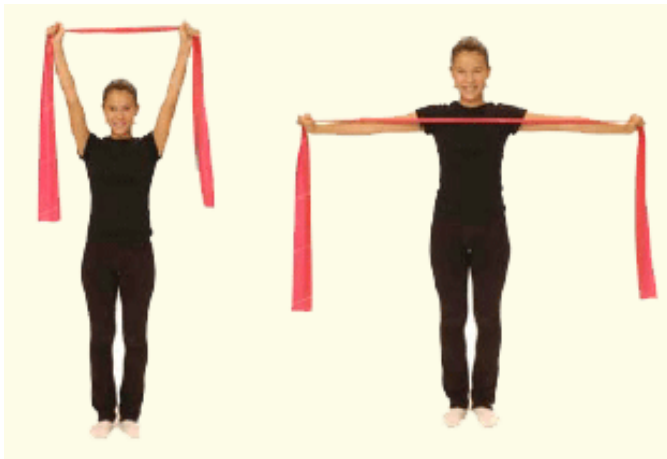
Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____



Horizontal Row



Vertical Row



Lat Pull Down



Lateral Raise

Weight: 70% 1Rm = _____ lbs
 Body-weight + _____
 Reps: 7-8-9-10
 Sets: 1-2-3
 Rest (min): 2-3-4-5 / Breath-X: yes/no
 Comment: _____



BACK EXTENSION PRONE



BACK EXTENSION SUPINE BALL

Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____



CRUNCHES



ASSISTED CRUNCHES



REVERSED CRUNCHES

Weight: 70% 1Rm = _____ lbs
Body-weight + _____
Reps: 7-8-9-10
Sets: 1-2-3
Rest (min): 2-3-4-5 / Breath-X: yes/no
Comment: _____
