Palmer, Gordon's Exercise Workout Card (Day 1) Varm up should include legs, chest, back, arms, shoulders and core. Squats, high knees march on the spot with arm swing and bicep of queeze, gently swing arms in circular motion in both directions.												Day 1 ▼ Email Link Print url, forward chest reach and press with triceps				
Exercise	Start	Record Results	wt	rp	wt	rp	wt	rp	wt	rp	wt	rp	wt	rp	wt	rp
Chest	, -															
Push Ups Sets:2-4 Reps:15-20	1															
Rest:90 seconds																
Make sure elbows are about 35-45 degrees from shoulders with hands	2															
across from chest																
Legs	1183															
Basic Wall Squat Sets:2-4 Reps:2-5	IQ.	es t														
Rest:90 seconds	11 636	()														
Try and get as close to 90 degree angle at the knees and hips as you	I I	(Carp														
can. Hold up to 90 seconds		W 65														
Legs	, 5	. 0														
Lying Leg Lift Sets:2-4 Reps:20-25	一种	THE .														
Rest:90 seconds	CETT P	BEN R P														
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		_														
Legs Lying Low Leg Lift		a 00														
Sets:2-4 Reps:20-25	FIRE	CAMP.														
Rest:90 seconds	- 6 6	, 000														
		Ĺ														
Back Band Seated Narrow Row	_	CA														
Sets:2-4 Reps:15-20	8	& .														
Rest:90 seconds Pull Band and bring elbows back at	Dis	1														
45 Degrees from shoulder height,																
Squeeze shoulder blades together.		Ĺ														
Core/Body	Λ	Λ														
Basic Side Crunch																
Sets:2-4 Reps:15-20 Rest:90 seconds	200	500														
Squeeze rib cage towards hip bone																
Triceps Cable Overhead Rope Extension	8	N														
Sets:2-4 Reps:8-14	185															
Rest:90 seconds One arm at a time. Stand on one end	d // 2//	22														
of the band with the back foot. keep																
elbow roughly at your ear. Extend hand overhead squeezing your		4 1														
triceps Legs		-		ı .	· u						,					
Basic Single Leg Hamstring																
Sets:2-4 Reps:20-25 Rest:90 seconds	(PD)										igwdown					
You can put the working leg/foot on a	a 2 90	-														
stair or low sofa to make this more intense or use both feet to lesson	8	-														
intensity. Engage Glute and lift hips		L														
Shoulders Band Lateral Raise		C														
Sets:2-4 Reps:8-14		1														
Rest:90 seconds Start and end with band tight and																
hands about 10 inches away from		(35)														
body. Bring hands to shoulder height	t															
only. repeat		Г														
Legs ▶ Prone Hip Extension		(G)														
Sets:2-4 Reps:30-35	all	De la company de														
Rest:90 seconds Lift leg, toes down, heal up, squeeze	oca Ald	as will														
glutes.	-															
		L														

Back Band Back Pull										
Sets:2-4 Reps:8-14 Rest:90 seconds Start with the band above your head and out front slightly with hands about shoulder width apart. Pull	育市	育市								
hands apart as you bend elbows and squeeze shoulder blades together										
while bringing elbows down towards										
rib cage. Core/Body										
Standing Cable Hold										
Sets:2-4 Reps:8-14	2									
Rest:90 seconds Stand with feet about hip or shoulder	75									
width(wider is easier) Tuck tailbone										
under by squeezing glutes and abs. Bring band across from centre of	Λ									
chest at about sternum level, arms										
just slightly bent and shoulders back and hold for 30 seconds, repeat.										
Biceps										
Standing Cable Curl	@	A								
Sets:2-4 Reps:8-14 Rest:90 seconds	B NI	Oa III			$oxed{oxed}$					
Use a band and stand on it with both	(1)	(1) IA								
feet, Keep elbow slightly in front of the ribs cage and curl up. Full	71	ALA								
extension and full contraction without	800 Ann	See And								
moving elbows.				I 1						
Core/Body Torso Bridge										
Sets:2-4 Reps:30-35		100			$\vdash \vdash \vdash$			$\vdash \vdash \vdash$		
Rest:90 seconds Tuck Tailbone under by squeezing					$\vdash \vdash \vdash$			$\vdash \vdash \vdash$		
glutes and abs, leveling out the lower					$\vdash \vdash \vdash$					
back. Hold up to one minute										