

Workout for Body Shop

Workout Name: BodyShopFullBodyBeg#1

Machine - Leg Press

- A) Select the desired weight.
- B) Place feet perpendicular onto the footpad.
- C) Adjust the seat so that the knees are over, or in front of hips (Knees should never be behind the hips.)
- D) Hips, knees and feet should be aligned.
- E) Push the footpad forward until the knees are almost fully extended (Do not lock the knees.)
- F) Hold for a moment and then return to the start position in a controlled manner.
- G) Repeat for the desired number of repetitions.

Note. As a variation this exercise can be performed as a single leg exercise.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Machine Bench Press

- A) Adjust seat so that the handles are just in front of your sternum.
- B) If available, push foot lever forward to advance the handles to a comfortable start position.
- C) Select neutral or barbell grip.
- D) Start movement by pressing the handles forward with a smooth, continuous motion. Do not lock your elbows in the finish position.
- F) Slowly return to the start position.
- G) When finished, gently lower weight to starting position - using foot lever if available.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Workout for Body Shop - Continued

Cable Pulldown

- A) If necessary, install a bar on the overhead cable pulldown that permits a horizontal, overhand grip at a width slightly wider than your shoulders.
- B) If knee/thigh pads are available, adjust their height so that your legs fit comfortably with the lower leg perpendicular to the floor. Be seated so that cable will come down just in front of you.
- C) Grasp the bar in an overhand grip with hands about 6-8 inches wider than shoulder's width apart.
- D) Start movement by pulling the bar down in a smooth, controlled motion. Pull the bar straight down to the front, ending at the sternum. Lean back slightly as the bar passes your face so that you can expand your chest and retract your shoulder blades.
- E) Start and end movement with smooth, controlled movements.
- F) Finish with the chest expanded, and shoulder blades pulled down, back, and together.

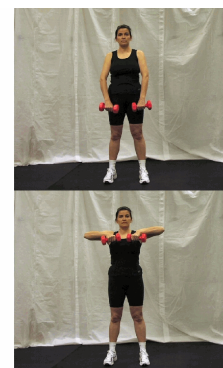


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	10	0										

Rest Between Sets: 60 secs

Dumbbell Upright Row

- A) Stand with feet shoulder width apart and bench knees slightly.
- B) Allow arms to hang straight down from shoulders. Palms of hands face thighs and thumbs start facing forward.
- C) Motion #1: Shrug and elevate shoulders to ears.
- D) Motion #2: Bend and flare elbows, and immediately face palms toward floor. The hands are kept at elbow height as they are moved away from sides of body. Upper-lower arms move as one unit.
- E) End with upper-lower arms forming 90 degree angles. Elbows should be at same height as hands and parallel to shoulders.



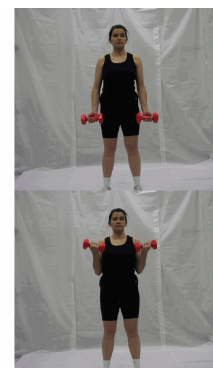
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Workout for Body Shop - Continued

Dumbbell Bicep Curl

- A) Sit or stand upright, straighten arms at sides of body and point thumbs forward.
- B) Position feet just inside shoulder's width and soften knees.
- C) Keep elbows aligned under shoulders, bend elbows and progressively curl and rotate the forearms so palms face ceiling at hip level.
- D) Continue bending elbows until fists face ceiling. Palms of hands end facing the shoulders with thumbs pointing out and away from sides of body.
- E) Do not rock or sway or permit elbows to move forward.

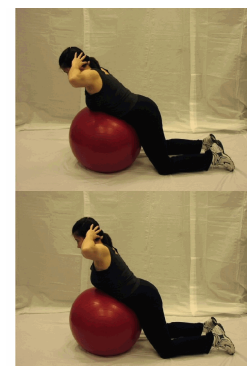


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	10	0										

Rest Between Sets: 60 secs

Back Extension - On SB Hands Behind Head

- A) Kneel and position the body on a stability ball in a prone position, spine flexed. Hands placed behind head (fingers interlocked), or just behind the ears.
- B) Stabilize the neck, shoulders and pelvis as you extend the spine.
- C) During extension press the pelvis to the ball, but be careful not to move it.
- D) Focus on straightening the spine to prevent the body from lifting off the ball.
- E) Slowly, and in a controlled manner, return to the starting position.
- F) Repeat for the desired repetitions.



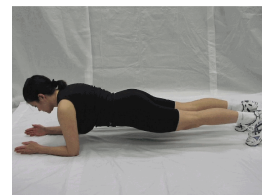
Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	10	0										

Rest Between Sets: 60 secs

Workout for Body Shop - Continued

Iso-Abs - Prone

- A) Assume a plank position, with the forearms and toes contacting the floor.
- B) Hips lifted off the floor, in line with shoulders, knees and ankles.
- C) Maintain core stability by drawing the stomach in, and contracting the glutes. Tuck chin, shoulder blades should be retracted and depressed.
- D) Hold for a period of time, and slowly return leg to ground and then the body to the ground while keeping the low back flat, and the body in alignment.
- E) Repeat for the desired number of repetitions.



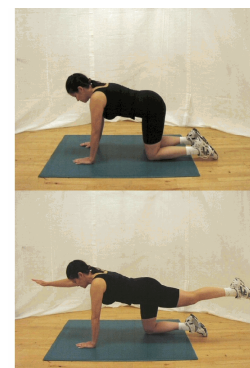
Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	1	0										

Hold for 10-30 seconds

Rest Between Sets: 60 secs

Quadruped - Hip Extension

- A) Assume a quadruped position on the floor, on hands and knees (hands shoulder width apart).
- B) Maintain core stability by drawing the stomach in. Tuck the chin, neck stable and spine neutral. Hips and shoulders should be in alignment.
- C) Lift one leg by contracting the glutes and extending the hip. Only lift to a position where core stability and body alignment can be maintained.
- D) Slowly, and in a controlled manner, return to the starting position and repeat on the opposite side.
- E) Repeat for the desired number of repetitions.



Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	10	0										

Rest Between Sets: 60 secs