

# Workout for John Sample

## Workout Name: Advanced Workout #1

Perform this workout from: 12/7/03 to 1/6/04 on these days of the week: **MWF**

### Bent Trail Leg Lunge

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
<b>Workout:</b>	12	35	12	35								

### 45 Degree Leg Sled Press

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
<b>Workout:</b>	12	225	12	225								

### Machine Full Knee Flexion (Leg Curl)

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
<b>Workout:</b>	12	75	12	75								

### Machine Full Knee Extension

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
<b>Workout:</b>	12	110	12	110								

## Workout for John Sample - Continued

### Machine Straight Leg Heel Raise

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	200	12	200								

### Barbell Incline Bench Press

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	165	12	165								

### Cable Crossover

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	50	12	45								

### Cable Pulldown

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	140	12	140								

## Workout for John Sample - Continued

### Dumbbell High Row - Two Arm

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	40	12	40								

### Barbell Overhead Press

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	90	12	90								

### Dumbbell Side Raise

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	12	12	12								

### Curl Bar Pressup

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	35	12	30								

## Workout for John Sample - Continued

### Curl Bar Bicep Curl

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	50	12	45								

### Reverse Back Hyperextension

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	0	12	0								

### Combo Pelvic Tilt & Torso Curl

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	12	0	12	0								

### Downward Dog

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										

## Workout for John Sample - Continued

### Hamstring Pullover

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										

### Racing Hip Stretch

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										

### Tricep Stretch Across Body

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										

### Arm-Overhead Tricep Stretch

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										

# Workout for John Sample - Continued

## Bicep Pull-Back

Date	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds	Reps	Seconds
Workout:	1	15										