

Date: *January 14*

Warm-up

Warm-up 5 minutes at moderate intensity. Rate your perceived exertion on 10: 1 = easy and 10 = very very difficult (recommended intensity: 5 or 6/10).

ELLIPTICAL

6 /10
5 min.

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___ min.

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___ min.

Training

Repetitions

Do all the exercises one after the other and start all over again for the second set.
Cautious: 2 sets (1 minute break between sets) **Courageous:** 3 sets (1 minute break between sets) **Bold:** Increase weight and do 3 sets (1 minute break between the sets)
Select weight (lbs). / Indicate the number of repetitions done / Indicate the number of sets done.
Your perceived exertion during a workout should be at 7 or 8/10.



Jump over the bench

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Squat on the bench

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Dumbbell bench press

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Triceps press

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12 1 20 1 2

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Plank to squat hands on bench

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- 10 1 2

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Step up

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Dumbbell row on Incline bench

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15 1 20 1 2

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Biceps curl on Incline bench

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10 1 20 1 2

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DETAILS - BENCH PROGRAM

INSTRUCTIONAL VIDEO HERE.

BENCH PROGRAM				
Exercises	Pictures	Targeted Muscles	Technique Tips	Modifications
Jump Over the Bench		Quadriceps Glute Maximus Abdominals	Place hands at the front end of the bench with both feet on the same side. Jump with both feet from one side to the other.	Place hands at the end of the bench. Jump both feet from one side to the other with a shorter range and less height.
Squat on the Bench		Quadriceps Gluteus Maximus	Straddle the bench with feet placed outside of hips. Shift hips back and down, knees in alignment with toes and keep chest lifted. Glutes lightly touch the bench, then return to start position.	Sit back with less range of motion where glutes do not contact the bench.
Dumbbell Bench Press		Pectorals	Lie down on the bench, hands placed directly in alignment with shoulders, elbows slightly bent. Open chest with elbows at 90 degrees, shoulder level and return to start position.	Use lighter weights.
Tricep Press		Triceps	Lie down on the bench, hands placed directly in alignment with shoulders and with elbows slightly bent. Lower elbows at each side, close to body to obtain a 90 degree angle. Return to start position.	Use lighter weights.
Plank to Squat Hands on Bench		Quadriceps Gluteus Maximus Abdominals	Place hands at the end of the bench and extend legs in full alignment from head to feet. Bring both feet to each side of the bench with hips back and down, knees in alignment with toes. Return to start position.	One foot at a time or jump.
Step Up		Quadriceps Gluteus Maximus	Place one foot on to the bench and "step up" by transferring bodyweight onto the standing leg anchored on the bench. Use little to no weight on the extended leg positioned on the floor. Return with control to start position.	Use a step instead of a bench.
Dumbbell row on Incline Bench		Lattissimus Dorsi	Adjust the bench at a 45 degree incline position. In a chest supported position, place one knee on the bench and arms towards the floor. Pull both elbows back keeping arms close to ribcage. Return to start position.	Use lighter weights.
Bicep curl on Incline Bench		Biceps	Position bench at a 45 degree angle and sit on the bench in this inclined position. Bend both elbows while maintaining alignment just under shoulders. Return to start position.	Use lighter weights.