

RED ROCK CENTRAL WEIGHT TRAINING

November 23, 2013

Monday

Chest and Triceps

- ▣ MONDAY- CHEST and TRI**◆**S
- ▣ Bench Press- Four sets.
- ▣ 80% of maximum bench- as many reps as you can until muscle failure!
- ▣ Incline Bench- Three sets
- ▣ All sets are burnout sets. You must have a spotter help you. Muscle failure!
- ▣ Dumbbell Benchpress. 3 sets
- ▣ Challenge yourself with the dumbbells. Rotate the dumbbells so that you squeeze your chest together.
- ▣ Tricep Extensions (skull crushers) Three sets
- ▣ 12 reps with a curling bar. After 12 tricep extensions you will do 12 "close grip" bench presses before you put the bar down. BURNOUT!
- ▣ Tricp "Pushdowns". 3 sets
- ▣ 12-15 reps on the lat-pull down machine. Isolate your triceps and do not lean into the weight when you are pushing it down.
- ▣ Dips- 2 sets.
- ▣ Do 2 sets of dips, as many as you can do without stopping. Keep track of how many you are doing each week to notice the gains in muscle mass and muscle endurance.
- ▣ *** You must have a spotter for these workouts. Find someone who will be as dedicated as you are! Push each other and do not except being mediocre!

Bench Press

- ▣ **Position for the bench press**
- ▣ Lie back on the bench with your feet firmly planted on the floor and back pressed firmly against the padding.
- ▣ Take a tight grip of the barbell (overhand). Make sure that your grip is balanced between both sides of your body. Once your grip is set, press your shoulders down and back into the bench. This will push up your pectoral girdle and allow for a much better stimulation.
- ▣ Lift the bar from the rack.

- ▣ **Execution of the bench press**
- ▣ Take the barbell from the rack and lock your elbows at the top position. Lower the barbell to the nipple area of the chest, slowly and under control, keeping your elbows away and outward from the trunk of your body.
- ▣ Lightly touch the chest and push the weight back up in a controlled fashion.

Bench Press

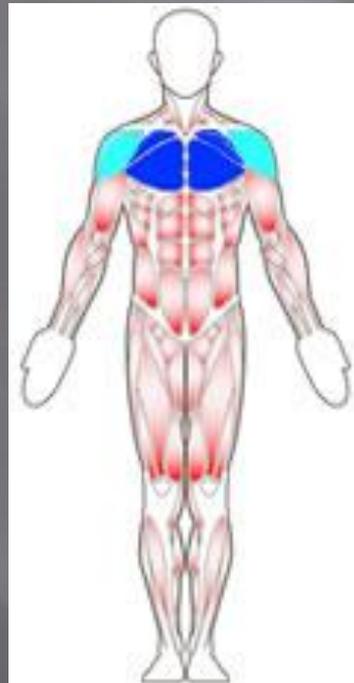




Muscle Groups

Muscle groups

- Pectorals
- Triceps
- Front shoulders



Inclined press

- ▣ **Position for the incline bench press**
- ▣ Lie back on an incline bench (35 to 45 degrees) with your feet firmly planted on the floor. Your back should be pressed firmly against the padding.
- ▣ Grip the barbell. Make sure that the grip is balanced between both sides of your body. Lift the bar from the rack.
- ▣ **Execution of the incline bench press**
- ▣ Take the barbell from the rack and lock your elbows at the top position. Keeping the arms away from the body, lower the barbell to the upper chest area slowly and controlled.
- ▣ Lightly touch the upper chest area and push the weight back up in a controlled manner to the starting position.

Inclined Bench Press





Muscle Groups

Muscle groups

- Pectorals
- Triceps
- Front shoulders



Dumbbell Bench Press

- ▣ **Position for the dumbbell bench press**
- ▣ 1. Slowly adjust the dumbbells with your arms fully extended at right angles to the floor. Press the weight up to the locked position. The dumbbells should be held directly over your chest area, slightly touching each other with palms facing forward.

Execution of the dumbbell bench press

- ▣ 1. Slowly bend your arms and lower both dumbbells in a slow, controlled fashion to your chest. The dumbbells should be at the sides of your chest.
- ▣ 2. Slowly press the weight back up from the sides of your chest to the starting position

Dumbbell Bench Press

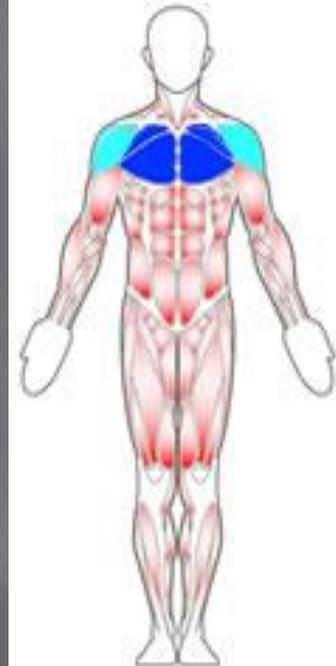




Muscle Groups

Muscle groups

- Pectorals
- Triceps
- Front shoulders



Skull crushers

- ▣ **Position for the lying triceps extension**
- ▣ 1. Grasp a barbell using an overhand grip with hands less than shoulder width apart.
- ▣ 2. On a flat bench, lie on your back.
- ▣ 3. The bar should be should be directly over your head and your arms fully extended.

- ▣ **Execution of the close grip bench press**
- ▣ 1. Keeping your upper arms straight and fixed, slowly bend your elbows and lower the bar to your forehead.
- ▣ 2. Using your triceps, push the weight back up to the starting position.

Skull Crushers



Muscle Groups

Muscle groups

- Triceps
- Pectorals
- Front shoulders



Triceps pushdowns

- ▣ **Position for the standing cable press down**
- ▣ 1. In an upright position, plant your feet firmly on the floor. Keep your feet close together, knees slightly bent, and back straight.
- ▣ 2. Grasp the bar in an overhand grip with your hands 2 to 8 inches apart.
- ▣ 3. Pull the bar down far enough to allow your upper arms to rest against the sides of your body.
- ▣ **Execution of the standing cable press down**
- ▣ 1. With both hands on the bar, press downwards until the arms are straight. Only use your lower arms. Slowly return, and repeat. Keep your elbows close to your body at all times.

Tricep Pushdowns

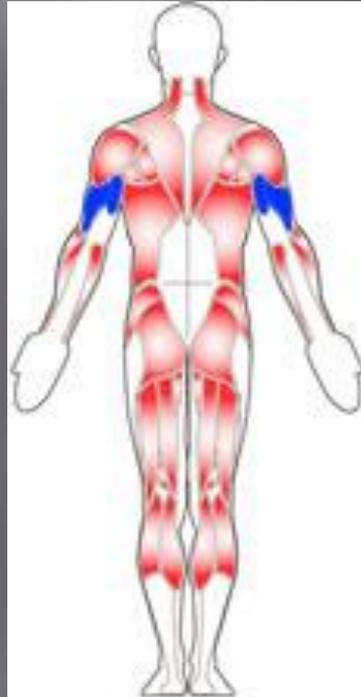




Muscle Groups

Muscle groups

- Triceps



Dips

- ▣ **Position for the dip**
- ▣ Stand between two flat benches that are roughly 3 feet apart.
- ▣ Place your hands on the edge of one bench and place your heels on the other. Your hands and feet should be shoulder width apart.
- ▣ Extend your arms completely

Execution of the dip

1. Slowly bend your arms until your body is lowered between the benches. Slowly push back up to the start position. Repeat the movement.

Dips

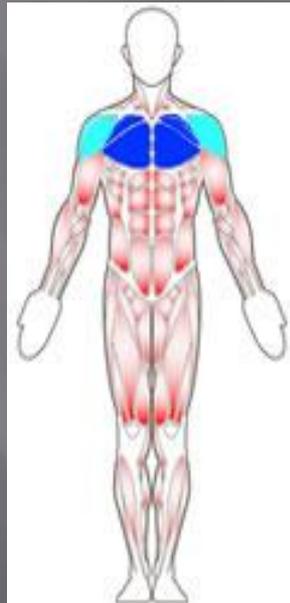




Muscle Groups

Muscle groups

- Triceps
- Pectorals
- Shoulders



Tuesday

Back and Biceps

- ❑ Lat Pull-Downs- 4 sets
- ❑ Full range of motion is key to gaining the most strength. Do not hunch your back when pulling the weight down.
- ❑ Seated Rows- 4 sets.
- ❑ Make sure you are not leaning backwards when you are pulling the weight.
- ❑ Bent Over Rows- 3 sets. Burnout!
- ❑ Back should be straight and your head should stay up. Pull the weight up to your chest and pull your elbows behind your back.
- ❑ 24 Guns Workout- 3 sets.
- ❑ 8 reps full range of motion. 8 reps going half way up from the bottom. 8 reps starting at the top and going half way down.
- ❑ Seated Dumbbell Curls. 3 sets.
- ❑ Do not sway your body while doing these. Rotate your palms out!
- ❑ 6.) Pull Ups- 2 sets. As many as you can do, do not quit early!
BURNOUT

LAT Pull downs

- ▣ **Position for the lat machine pull down**
- ▣ 1. Stand in front of a lat pull down apparatus and grasp the bar using an overhand grip at least one foot wider than your shoulders on each side.
- ▣ 2. Sit down with your feet firmly planted on the floor with your body straight and thighs secured underneath the thigh pads.
- ▣ **Execution of the lat machine pulls down**
- ▣ 1. In a controlled fashion, pull the bar down in front of your head until you gently touch the upper chest area. Pause.
- ▣ 2. Slowly bring the bar back to the starting position until your arms are straight.

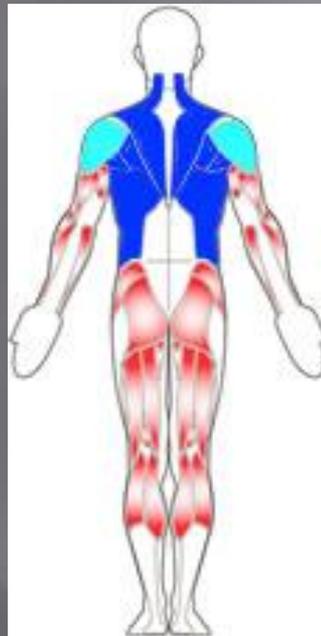
Lat Pulldowns



Muscle Groups

Muscle groups

- Back
- Shoulders
- Biceps



Seated Mid rows

- ▣ **Position for the seated Mid rows**
- ▣ 1. Grasp the seated pulley handles with palms facing inward. Slowly straighten your arms, sit down and secure your feet firmly on the feet apparatus.
- ▣ 2. Make sure your knees are slightly bent in the start position with your back straight.

Execution of the seated mid rows

- ▣ 1. Pull the cable horizontally into your mid section while keeping your back straight. Keep your elbows close to your body and pull your arms back.

Seated Midrows

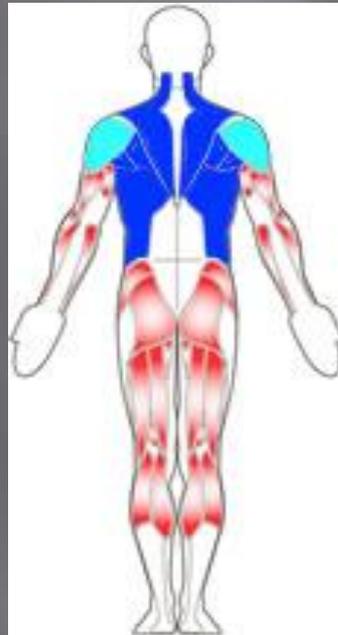




Muscle Groups

Muscle groups

- Back
- Shoulders
- Biceps



Bent over rows

- ▣ **Position for the bent over row**
- ▣ 1. This exercise can be done while on a block or bench. Grab a barbell with your hands placed about 24" (60cm) apart and remove the bar from the racks.

- ▣ **Execution of the bent over row**
- ▣ 1. In a controlled fashion, pull the bar upwards until you touch the lower part of your rib cage.
- ▣ 2. Lower the weight until your arms are straight. Repeat the movement without letting the bar rest on the bench or the floor.

Bent Over Rows





Muscle Groups

Muscle groups

- Back
- Shoulders
- Biceps



Standing barbell curls (24 guns)

- ▣ **Position for the standing barbell curl**
- ▣ 1. Standing upright, grab a barbell using an underhanded grip.
- ▣ 2. Hold the bar in the arms down position. Hold the bar slightly wider than shoulder width.
- ▣ **Execution of the standing barbell curl**
- 1. Curl the weight up in a controlled fashion until the bar is under your chin. Pause for a second and slowly lower the bar until your arms are fully extended in the arms down position.

Standing Curls





Muscle Groups

Muscle groups

- Biceps
- Shoulders
- Forearms



Curls

▣ Execution of the concentration curl

1. Exercise one arm at a time. Holding a light dumbbell, curl the straight arm upward slowly until your arm is at its flexed position. Slowly lower the dumbbell back to the start position. Raise and repeat. Immediately after training one arm, train the other in the same manner.

Curls





Muscle Groups

Muscle groups

- Biceps
- Forearms
- Shoulders



Pull-ups/chin ups

- ▣ Position-
- ▣ Stand directly beneath hanging bar.
- ▣ Jump up arms fully extended
- ▣ Grab bar hands facing towards yourself
- ▣ Execution
- ▣ Pull up

Pull ups





Muscle Groups

Muscle groups

- Biceps
- Back
- Shoulders



WEDNESDAY

LEGS

- ❑ Squats- 3 Sets.
- ❑ No more than 6-8 reps per set if your goal is to gain muscle mass!
- ❑ Lunges- 3 Sets. 20 reps total (10 with each leg)
- ❑ Do not hit your knee on the ground, and make sure you are explode back to the standing position.
- ❑ Leg Curls- 2 Sets. 8-12 reps per set. Full Range of motion!
- ❑ Leg Extensions- 2 Sets. 8-12 reps per set. Full Range of motion!
- ❑ Calf Raises- 2 Sets. 20-30 Reps per set using heavy dumbbells and going all the way up on your tip toes and holding that position for 2 seconds.
- ❑ Box Jumps- 3 sets. 20 jumps per set.
- ❑ Stair Steps- 3 Sets. 20 reps per set and concentrate on SPEED!
- ❑ ** If you can walk out of the weightroom without feeling weak in the legs, you did not work hard enough. Walking should be a chore after this workout.

Squat

▣ Position

- ▣ Take a barbell from a squat rack and hold it at the back of your neck with your hands on the bar. Keep your back and head straight. Your feet should be spaced at shoulder width.
- ▣ Grasp the bar with your hands spaced slightly wider than shoulder width apart.
- ▣ The bar should be resting comfortably across your trapezius muscle.

▣ Execution

- ▣ 1. In a controlled fashion, slowly squat down until your knees are parallel to the floor.
- ▣ 2. Slowly straighten your legs and return to the start position. Keep your head level at all times.

Squat

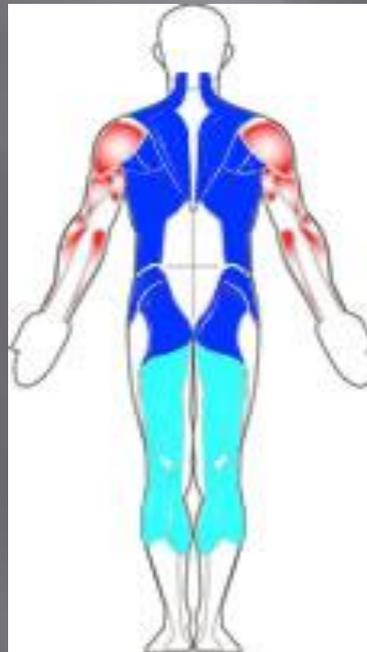




Muscle Groups

Muscle groups

- Back (Lower)
- Front thighs
- Gluteus maximus
- Hamstrings
- Calves



Leg press

- ▣ **Position for the leg press**
- ▣ 1. While seated on a leg press, place your feet about 1 foot under the leg press plate
- ▣ 2. Your head should be straight and slightly angle your toes outward.
- ▣ 3. Grasp the handles and unhook the weight making sure your legs are ready to perform the lift.
- ▣ **Execution of the leg press**
- 1. Slowly bend your legs, allowing your knees to travel towards your chest.
- ▣ 2. Once your knees are at roughly 90 degrees, press your legs upwards until they are straightened

Leg Press

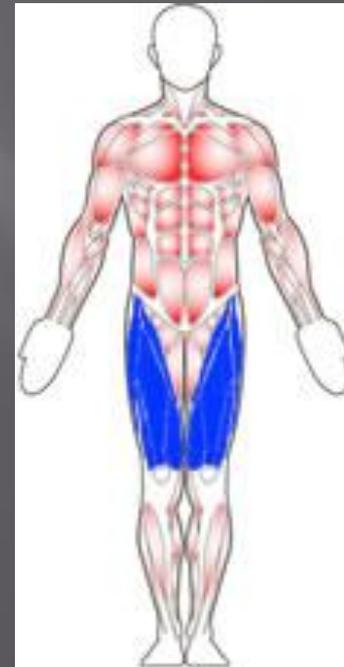




Muscle Groups

Muscle groups

- Front thighs
- Hamstrings
- Glutes



Leg Curls

- ▣ **Position for the leg curl**

- ▣ 1. Lying face down on a leg curl machine, hook your heels under the leg curl pad and grab hold of the handles.

- ▣ **Execution of the leg curl**

- 1. In unison, curl your legs upwards until you cannot go any further. Hold for a second and slowly extend your legs back out. Do not bounce the weight at the bottom.

Leg Curls





Muscle Groups

Muscle groups

- Hamstrings
- Calves
- Gluteus maximus



Leg extensions

- ▣ **Position for the leg extension**
- ▣ 1. Sit on the leg extension with your back firmly on the back rest.
- ▣ 2. Press the back of your knees firmly against the edge of the seat.
- ▣ 3. The leg extension pads should be set just above your ankles. Place your ankles under the extension pads. Keep your head level and place your hands on the grips.
- ▣ **Execution of the leg extension**
- ▣
- ▣ 1. Slowly raise the weight by extending both legs upwards to the straightened position.
- ▣ 2. Hold this position for one second. Slowly lower the weight back to the start position.

Leg extentions





Muscle Groups

Muscle groups

- Front Thighs



Calves

- ▣ **Position for the seated calf raise**
- ▣ 1. Sit down on the apparatus and place the balls of your feet on the platform.
- ▣ 2. Slowly drop your heels as far down as they can go.
- ▣ **Execution of the seated calf raise**
- 1. Raise your heels until your calves are fully contracted. Slowly lower your heels and repeat movement

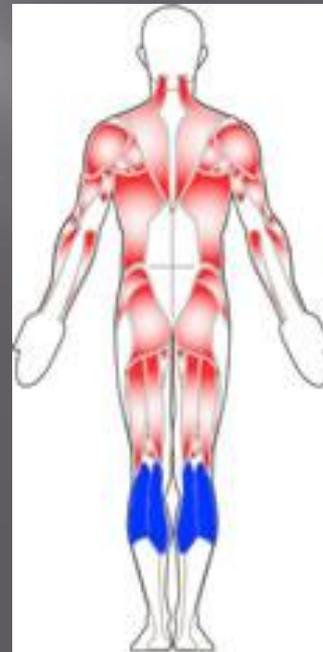
Calf raisers



Muscle Groups

Muscle groups

- Calves



Box Jumps



THURSDAY SHOULDERS

- ▣ Military Press- 3 Sets. 6-8 Reps per set.
- ▣ Shoulder Shrugs- 3 Sets. 12-15 reps per set. Make sure you are not rolling your shoulders, lift your shoulders straight up and down and hold at the top for 2 seconds.
- ▣ Lateral Raises- 2 Sets. 12-15 reps per set. Hold at the top for 2 seconds.
- ▣ Frontal Raises- 2 Sets. 12-15 reps per set. Hold at the top for 2 seconds.
- ▣ Upright Rows. 3 Sets. 8-12 reps per set. Hold at the top for 2 seconds.

Military Press

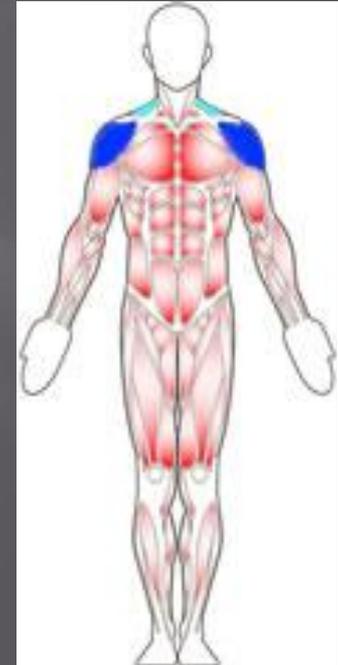
- ▣
- ▣ **Position for the Military Press**
- ▣ 1. Sitting down on a bench.
- ▣ 2. Grasp a barbell with your hands spaced a little wider than shoulder width. Keep your back and head straight with your feet firmly planted on the floor.
- ▣ 3. Take the weight off the rack and press the bar directly over your head in a vertical line.
- ▣ **Execution of the Military Press**
- ▣ 1. Slowly lower the bar behind your head to just below the ears.
- ▣ 2. Push the bar back up without bounding the weight.



Muscle Groups

Muscle groups

- Shoulders (Front And Side)
- Triceps
- Trapezius



Lateral raises

- ▣ **Position for the side dumbbell lateral raise**
- ▣ 1. This exercise can be performed standing or seated.
- ▣ 2. With both hands, grasp the dumbbells with the palms facing each other. The arms must be bent in order to stress the lateral deltoids.
- ▣ **Execution of the seated dumbbell press**
 1. Keeping elbows slightly bent, raise the dumbbells in an arc from the side of your body to level with your head. Slowly lower the dumbbells back to the start position.

Lateral raises



Muscle Groups

Muscle groups

- Trapezius
- Side shoulders



Frontal raises

- ▣ **Position for the alternate front dumbbell raise**
- ▣ 1. Stand with your feet about shoulder length apart.
- ▣ 2. Lift a pair of dumbbells and allow them to rest on your upper thighs with your palms facing downward. Your arms should be straight.
- ▣ **Execution of the alternate front dumbbell raise**
- 1. Lift one dumbbell with your arm in front of your body until the palm is just above shoulder height.
- ▣ 2. Slowly lower the dumbbell back to it's starting position.

Frontal Raises



Muscle Groups

Muscle groups

- Front shoulders
- Upper chest



Upright rows

- ▣ **Position for frontal rows**
- ▣ Start with a kettle bell.
- ▣ Hold with arms fully extended down.
- ▣ **Execution of frontal rows**
- ▣ Pull kettle bell up and hold over head.

Upright Rows



Muscle Groups

Muscle groups

- Shoulders



Shoulder Pulls



