

## **Phase 4 - Advanced Strength Training (Optional):**

### **Monday, Tuesday, Wednesday, Thursday, and Friday**

- 30 minutes of cardio walking outside, treadmill, stationary bike, or stair climber
- 10 minutes stretching

#### **Monday:**

3 sets of 8-12 repetitions for each of the following exercises:

##### **Chest:**

- Flat Chest Press Barbell
- Flat Chest Press Dumbbells
- Incline Chest Press Dumbbells
- Decline Chest Press Dumbbells

##### **Abs:**

- Abdominal Crunches (3 sets of 30 Crunches)

#### **Tuesday:**

3 sets of 8-12 repetitions for each of the following exercises:

##### **Back:**

- Lat Pull Downs
- Reverse Grip Pull Downs
- Seated Cable Row
- Dumbbell Shrugs

##### **Abs:**

- Incline Crunches (3 sets of 30 Crunches)

#### **Wednesday:**

3 sets of 8-12 repetitions for each of the following exercises:

##### **Legs:**

- Leg Press
- Leg Extensions
- Leg Curls
- Walking Lunges (3 sets of 30)
- Seated or Standing Calf Raises

##### **Abs:**

- Leg Raises (3 sets of 30 Crunches)

### **Thursday:**

3 sets of 8-12 repetitions for each of the following exercises:

#### **Shoulders:**

- Shoulder Press
- Seated Dumbbell Press
- Standing Front Dumbbell Raises
- Standing Lateral Dumbbell Raises

#### **Abs:**

- Twisting Crunches (3 sets of 30 Crunches)

### **Friday:**

3 sets of 8-12 repetitions for each of the following exercises:

#### **Arms:**

- Straight Barbell Curls
- Hammer Curls
- Cable Pushdowns
- Dumbbell Kickbacks

#### **Abs:**

- Reverse Crunches (3 sets of 30 Crunches)

## **Exercise Descriptions/Instructions:**

### **Abs:**

#### **Abdominal Crunches**

Lay flat on the floor or a bench. Bend your legs and raise your knees so your legs are perpendicular to the floor. With your hands placed in front of your chin or behind your head, exhale and curl your upper body towards your knees contracting your abs. Hold the contraction for a second then slowly lower your upper body back to its original position.

#### **Incline Crunches**

Lie on the bench with your back flat and your feet secured. With your hands placed in front of your chin or behind your head, exhale and curl your upper body towards your knees contracting your abs. Hold the contraction for a second then slowly lower your upper body back to its original position.

#### **Leg Raises**

Lie flat on your back. Place your hands, palms down, under your buttocks. Keep your lower back rounded and slightly raise your shoulders off of the floor. Keeping your legs slightly bent, raise them about 12 to 16 inches off the floor. With control, lower them back until they are about 6 inches away from the floor. Repeat until you have completed your desired repetitions.

#### **Reverse Crunches**

Lie on the decline bench with your feet pointing towards the ground and hands over your head to hold onto the bench. Bend your legs and lift your knees towards your chest curling your pelvis up. Under control, lower your legs and return to the starting position.

#### **Twisting Crunches**

Lie on the floor with your hands behind your head and place your legs across a bench. Exhale and curl your upper body towards the bench rotating your elbow towards the opposite knee. Control yourself back to the starting position and repeat the motion to the other side.

### **Arms:**

#### **Straight Barbell Curls**

Stand with your feet apart to give a sturdy base. Space your hands shoulder width and grip the bar with an underhand grip (palms facing forward). If you are picking the bar up from the ground, make sure to bend at the knees and stand up with the weight. If you are using a rack, lift the bar and take a step back.

Begin with your arms straight, biceps fully extended, and your upper body leaning slightly forward. With an explosive motion, curl the weight towards you contracting the biceps. During the curling motion, move your upper body back to an upright position. With control, lower the weight back to its original position getting a complete stretch and lean slightly forward. After your set, place the bar back on the rack or bend at the knees and set the bar on the ground.

#### **Hammer Curls**

Grab a set of dumbbells. If you are picking them up off of the floor, make sure you use your legs to help lift the weight. Stand with your feet shoulder width giving yourself a sturdy base. Hold the dumbbells at your side with your palms facing each other. Curl one dumbbell at a time keeping your palm facing inward. After fully contracting the bicep, lower the dumbbell under control back to its original position. Repeat the same steps with the opposite arm. Alternate back and forth until you have completed your desired repetitions.

### **Cable Pushdowns**

Take a couple steps back from the cable unit and stand with a sturdy base that will allow you to lean into the movement. Grip the bar slightly less than shoulder width. To get into the starting position, push the weight down to your waist and lock your elbows keeping them close to your sides. Bend at the elbows and control the weight up until the bar is by your forehead. With an explosive motion, push the weight back down until your elbows lock fully contracting the triceps. Repeat this until you complete your desired reps and then rest the weights back on the stack.

### **Dumbbell Kickbacks**

Lean forward and place one arm on the bench to support your upper body with your feet firmly planted on the ground providing a stable base. Grab a dumbbell with the opposite hand. Keep your upper arm close to your body with your elbow raised to about shoulder height. Bend at the elbow so your arm is forming an "L" shape with the dumbbell hanging down towards the ground. With force, push the dumbbell back until your arm is straight. Under control, bend at the elbow and return the weight to the starting position. Repeat this motion until you have completed your desired reps then perform the same movement with the opposite arm.

## **Back:**

### **Lat Pull Downs**

Grip the wide bar attachment just before the ends of the bar start to angle. Hold onto the bar and sit down. Make sure that the lap bar is adjusted so your legs fit snug underneath it. In the starting position your arms should be fully extended giving your lats a full stretch. With power, pull the bar to the top of your chest. Try to touch your chest with the bar, fully contracting your lats. Under control, extend your arms back to the starting position again fully stretching your lats. When you are finished, stand up holding the bar and set the weights down.

### **Reverse Grip Pull Downs**

Grip the bar about shoulder width with a reverse grip (palms facing you) and set on the lat machine with your knees securely braced under the lap bar. Start the movement with your arms extended giving your lats a full stretch. With an explosive motion, pull the bar towards the bottom of your chest. Arch your back as you pull the bar down until it touches your chest. Under control, extend your arms back to the starting position. Repeat the motion until you have finished your desired reps.

### **Seated Cable Row**

Grab the straight bar attachment a little narrower than shoulder width and sit into position keeping your knees slightly bent. Bend at the waist and lean forward giving your lats a complete stretch. Row the weight into your body as you return to a seated upright position. Repeat this motion until you have completed your desired reps.

## **Dumbbell Shrugs**

Place a set of dumbbells on the floor. Position your feet about shoulder width apart to give yourself a sturdy base. Squat down and take a secure grip of each dumbbell. Use your legs and stand up with the weight. Your arms should be straight holding the dumbbells at your sides. Keep your abs and lower back tight to support your spine. With your arms straight, lift your shoulders towards your ears as high as you can. Under control, lower the weight back down at your sides fully stretching the traps. When you complete your desired number of reps, use your legs and lower the weight back to the ground.

## **Chest:**

### **Flat Chest Press Barbell**

Lie flat on the bench with your eyes even with the bar. You should keep three contact points during this exercise. Your feet should remain flat on the floor and your butt and upper shoulders should remain in contact with the bench. With the contact points in place you should keep a comfortable arch in your back. Grip the bar evenly with your arms a little wider than shoulder width. Lift the bar off the rack and control the bar down to the bottom of your chest. With force, drive the weight back up. Repeat this motion until you have completed your desired reps.

### **Flat Chest Press Dumbbells**

Begin by bending down and grabbing the dumbbells. Be sure to use your legs when you are picking up the weight so you don't put any undue stress on your lower back. Stand up with the base of the dumbbells resting on your thighs. Make sure that the bench is directly behind you and sit down so the dumbbells are resting on your lower thighs by your knees. This is important because it will help you get the movement started. To get the weight into the correct starting position, rock back so you are lying flat on the bench and use your knees to help move the dumbbells into position. When you start, your palms should be facing each other with the dumbbells running parallel with your body. When you start the exercise, your chest should be in a stretched position with your arms bent and the dumbbells lowered so they are even with your chest. Now with an explosive motion, push the dumbbells toward the ceiling keeping them in line with your chest. As you are pressing up, rotate your thumbs toward each other so the dumbbells come together and form an "A" shape at the top of the movement. With control, lower the dumbbells back to the starting position with your palms facing each other and dumbbells parallel with your body. After you have completed your set, bring your knees toward your chest so they are in line with the base of the dumbbells. Using momentum, rock your body forward and sit up so the dumbbells are again resting on your thighs. Now you can stand up and lower the dumbbells back to the ground.

### **Incline Chest Press Dumbbells**

Begin by bending down and grabbing the dumbbells. Be sure to use your legs when you are picking up the weight so you don't put any undue stress on your lower back. Stand up with the base of the dumbbells resting on your thighs. Make sure that the incline bench is directly behind you and set down so the dumbbells are resting on your lower thighs by your knees. This is important because it will help you get the movement started. To get the dumbbells into the starting position, use your knees to help kick them up one at a time lifting your knee towards your chest. The dumbbells should be parallel with your body and your palms facing each other. Your chest should be fully stretched with your arms bent and the dumbbells even with your body. With an explosive motion, push the weight towards the ceiling keeping it in line with your upper chest. As you push the weight up, rotate your thumbs toward each other so the dumbbells form an "A" shape when they come together at the top of the movement. With control, lower the weight back to the starting position rotating your palms back so they are facing each other and the dumbbells are again parallel with your body. When you finish your desired reps, bring your knees up and in line

with the base of the dumbbells. Use momentum to rock yourself forward so the dumbbells are again resting on your thighs. Stand up and lower the dumbbells back to the ground.

### **Decline Chest Press Dumbbells**

Lie on a decline bench. You may need someone to assist you to get the dumbbells into the starting position. When you start the exercise, your chest should be in a stretched position with your arms bent and the dumbbells lowered so they are even with your chest. Your palms should be facing each other. With an explosive motion, push the dumbbells toward the ceiling. As you are pressing up, rotate your thumbs toward each other so the dumbbells come together and form an "A" shape at the top of the movement. With control, lower the dumbbells back to the starting position with your palms facing each other and dumbbells parallel with your body.

## **Legs:**

### **Leg Press**

Sit down in the leg press machine. Position your feet on the upper half of the platform a little wider than shoulder width. Press the weight up and release the stoppers. Slowly lower the weight down as low as you can. With an explosive motion, drive the weight up. Repeat until you have finished your reps. Move the stoppers back in and set the platform down.

### **Leg Extensions**

Sit on the leg extension machine. Adjust the leg pad so it is resting comfortably on your ankles. Extend your legs and fully contract your quads. With control, lower the weight back to the starting position. Repeat this motion until you have completed your desired reps

### **Leg Curls**

Lie face down on the leg curl machine. Adjust the leg pads so they are comfortably resting on your ankles. Keep your upper body flat on the pad and curl the weight up towards you. Lower the weight under control until your legs are almost straight, giving a complete stretch.

### **Walking Lunges (3 sets of 30)**

While standing tall with your shoulders back and down and abs tight, place your feet together. Step forward with your right foot. Bend both knees so that your front knee is aligned over your ankle or slightly forward and the back knee approaches the floor with your heel lifted. Push up by forcing the weight of your body through your right heel and bring your left leg in to meet back with your right foot. Without pausing, lunge forward with your left foot. Alternate sides to continue walking forward for 3 sets of 30.

### **Seated or Standing Calf Raises**

Seated: Sit on the seated calf machine and place the balls of your feet on the foot platform. Position the lap pad securely on your knees. Lift the weight until your calves are fully contracted and you are all the way up on your toes. Make sure the stopper on the machine is released and lower the weight in a controlled fashion until your heels are lower than your toes, fully stretching your calves. When you have finished your reps, return the stopper and set the weights down.

Standing: Step onto the raised platform with the balls of your feet planted securely on the platform and your heels extended out into space. Have the pads of the machine resting on your shoulders and keep your legs slightly bent. Your back should remain straight and your

head up. With an explosive motion, drive the weight towards the ceiling by standing on your toes. Under control, lower the weight until your heels are below your toes giving your calves a complete stretch. After you complete your set, bend your legs to set the weight down.

## **Shoulders:**

### **Shoulder Press**

Position the seat under the bar so you can complete the range of motion. Grip the bar a little wider than shoulder width. Lift the bar up and rotate the hooks away from the rack. Under control, lower the bar below your chin. With an explosive motion, push the bar straight up over your head. Repeat this motion until you have completed your desired reps.

### **Seated Dumbbell Press**

Position the dumbbells on the floor in front of the seat. Bend at the knees and pick up the dumbbells using your legs. Make sure the seat is behind you and set down resting the dumbbells on the front of your thighs close to your knees. Set with your back flat against the seat back and have your feet firmly planted on the ground. Use your knees to help kick the dumbbells into the starting position one at a time. In the starting position the dumbbells should be held at shoulder height with your palms facing each other and your elbows out. With an explosive motion, push the dumbbells over your head rotating your palms forward so your thumbs are facing each other. Press the weight until your arms are almost completely extended and the dumbbells are touching. With control, lower the dumbbells back to their original position rotating the weight so your palms are

### **Standing Front Dumbbell Raises**

Grab the dumbbells from the dumbbell rack or off the floor. Stand with your feet about shoulder width giving you a sturdy base. Keep your arms slightly bent and hold the dumbbells in front of you with your palms facing your legs. One arm at a time, raise the dumbbell in front of your face until it is a little above shoulder height. Control the weight back down to the starting position and repeat the same motion with the other

### **Standing Lateral Dumbbell Raises**

Stand with your feet about shoulder width apart, providing a stable base. Have your arms slightly bent and hold the dumbbells in front of your waist with your palms facing each other. Keeping a slight bend in your arms, forcefully raise the dumbbells out to your sides slightly higher than shoulder level. At the top of the movement your little fingers should be pointed up a little bit and your thumbs pointing down. Under control, lower the weight back to its original position. Repeat until you have completed your desired reps and then place the weights down.