

**EXERCISE RX: JULY 28 - AUGUST 03, 2024****MON 07/29 MC: ACC - Upper Body 1**

COACHES NOTES: This workout emphasizes overhead pressing. This is one of the weaker movement patterns with most clients. This is based on posture restrictions, computer work and

**A1. Press - Seated - BB - Medium Grip**

4010 - 4 sec down, 1 sec up  
sets x reps

Rest, next exercise

ACC = 90 sec  
INT = 120 sec

**A2. Pulldown - Medium Grip - Semi-Supinated**

4010 - 4 sec up, 1 sec down  
sets x reps

Rest, repeat superset

ACC = 90 sec  
INT = 120 sec

**B1. Press - Flat - DB**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

**B2. Row - Seated - Close Grip - Neutral**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, repeat superset

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

**C1. Triceps Extension - Flat - EZ Bar - Close Grip - Semi-Pronated**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec

## **C2. Curl - Standing - EZ Bar - Medium Grip - Semi-Pronated**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec

## WED 07/31 MC: ACC/INT - Upper Body 1

COACHES NOTES: This workout emphasizes Squat and the assistant work to benefit the squat pattern. This is one of the weaker movement patterns with most clients. This is based on posture restrictions, computer work and

### **A. Squat - Goblet - Heels Elevated - DB**

4010 - 4 sec down, 1 sec up  
sets x reps

Rest, repeat exercise

ACC = 180 sec  
INT = 240 sec

### **B1. Split Squat - Front Foot Elevated - DB - Supported**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

### **B2. Leg Curl - Lying - Feet In - Plantarflexed**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, repeat superset

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

### **C1. Step-Up - Front - DB**

2010 - 2 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec

## **C2. Back Extension - Incline**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec

## FRI 08/02 MC: ACC/INT - Upper Body 1

COACHES NOTES: This workout emphasizes overhead pressing. This is one of the weaker movement patterns with most clients. This is based on posture restrictions, computer work and

### **A1. Press - Seated - BB - Medium Grip**

4010 - 4 sec down, 1 sec up  
sets x reps

Rest, next exercise

ACC = 90 sec  
INT = 120 sec

### **A2. Pulldown - Medium Grip - Semi-Supinated**

4010 - 4 sec up, 1 sec down  
sets x reps

Rest, repeat superset

ACC = 90 sec  
INT = 120 sec

### **B1. Press - Flat - DB**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

### **B2. Row - Seated - Close Grip - Neutral**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, repeat superset

Bilateral/ Bilateral = 90 sec  
Bilateral/ Unilateral = 75 sec  
Unilateral/ Unilateral = 60 sec

## **C1. Triceps Extension - Flat - EZ Bar - Close Grip - Semi-Pronated**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec

## **C2. Curl - Standing - EZ Bar - Medium Grip - Semi-Pronated**

3010 - 3 sec down, 1 sec up  
sets x reps

Rest, next exercise

Bilateral/ Bilateral = 60 sec  
Bilateral/ Unilateral = 45 sec  
Unilateral/ Unilateral = 30 sec