

# Applied Personal Fitness Workout Plan



Name \_\_\_\_\_ Period \_\_\_\_\_ Group \_\_\_\_\_

8 Week Goal: \_\_\_\_\_

5 Upper Body Lifts 5 Lower Body Lifts	Reps to Failure	Weight	1 RM	% of 1 RM
Choose lifts that will work toward your goal as well as balance the workout	Select a weight that can be performed for at least 2 reps but <b>no more</b> than 10 reps per exercise; <b>Record your reps</b>	Record the weight used that fell within the 2 - 10 reps criteria	Refer to the Max Conversion Chart to identify your 1 RM (week 1)	<b>Example:</b> Use your 1 RM weight and multiply by .65 to find 65% of your 1 RM
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=
				____ 1RM x    %=

**Absolutes for Resistance Training**                      Lift Performed \_\_\_\_\_

Body Position \_\_\_\_\_ Target Muscles-Major Movers \_\_\_\_\_ Range of Motion \_\_\_\_\_ Equipment Adjusted \_\_\_\_\_ Appropriate Weight \_\_\_\_\_ /5

Date: \_\_\_\_\_                      Date: \_\_\_\_\_                      Date: \_\_\_\_\_                      Date: \_\_\_\_\_

Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /

## UPPER BODY LIFTS

**Multi-Joint / Full Body:** Power Cleans, Push Press, Jerk, H.S. Jammer, H.S. Left/Right Twist, H.S. Zero (Incline/Pulldown)

**Major Pushes:** Chest Press, Incline Press, Shoulder Press, Decline Press, Dips, J Press, Incline dumbbell press, Chest Flys

**Major Pulls:** Lat Pulldown, Front Lat Pulldown, Cybex Seated Row, H.S. Row, Upright Row, H.S. Pullover, E-Z Pullover

**Minor Pushes:** Tricep Extension (Cybex, dumbbell), Tricep Pushdown, Tricep Kickback, , Lateral/Front/Bent Raise

**Minor Pulls:** Bicep Curls (Standing Dumbbell, Preacher, Cybex), Shoulder Shrugs, Wrist Curls, Forearm Roll-Ups

## LOWER BODY LIFTS

**Multi-Joint / Full Body:** Deadlifts, Front Squat, Split Squat, Medicine Ball Lunge Combinations

**Major Legs:** Leg Extensions, Leg Curls, Lunges, Single Leg Lunge Press, Walking Lunges, Step-ups, Step-Downs

**Minor Legs:** Calf Raises, Hip Abduction, Hip Adduction, Hip Flexion, Hip Extension, Glute/Ham Raises

**Core Exercises:** V-ups, Oblique twists (Russian Twists), RBT Static Rotations, TRX Knee Tucks, TRX Mountain Climbers, Decline Bench Sit-ups, Cable or Plate Chops, Barbell or Swiss Ball Rollouts, Swiss Ball Crunch, Scissor leg raises, Plank Variations

**Other:** 4-way neck

**RBT:** Mini-Band Walks, Lateral Shuffles, Backpedal-Sprints, Sprint-Backpedal, Forward Lunges, Reverse Lunges, Lateral Lunges, Skater Jumps, Broad Jumps,

Date: _____	Date: _____	Date: _____	Date: _____
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /

Date: _____	Date: _____	Date: _____	Date: _____
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /	Wt/Reps: / / /