

## JAR Fitness

Name	
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Dates	
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Warm-Up	
Cardio Equipment	5 mins
Arm Swings Forward/Backward	10 ea
Trunk Twists	10 es
Leg Swings Forward/Backward	10 ea
Leg Swings Side to Side	10 ea

Notes
Don't be afraid to get heavy with the Goblet Squat

## Created by: Austin Radomsky C.S.C.S

Phase	First
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Goals	Tighten up belly area
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Warm-Up	
Cardio Equipment	5 mins
Arm Swings Forward/Backward	10 ea
Trunk Twists	10 es
Leg Swings Forward/Backward	10 ea
Leg Swings Side to Side	10 ea

Notes
Go Heavy on the DB deadlift
Aim for between 60-80 lbs
Write how many pushups/pullups you got per set

### Day 1

Exercise	Week 1			Week 2			Week 3			Week 4		
	Load	Reps	%	Load	Reps	%	Load	Reps	%	Load	Reps	%
Goblet Squat		8			8			10			10	
		8			8			10			10	
		8			8			10			10	
		8			8			10			10	
								10			10	
Ankle Mobility		8			8			10			10	
		8			8			10			10	
		8			8			10			10	
								10			10	
DB Bench Press		6			6			8			8	
		6			6			8			8	
		6			6			8			8	
								8			8	
1 Arm DB Row		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
								8 ea.			8 ea.	
Over Head Triceps Extensions		8			8			10			10	
		8			8			10			10	
		8			8			10			10	
								10			10	
DB Lateral Lunge		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
								8 ea.			8 ea.	
Leg Curl Machine		10			10			12			12	
		10			10			12			12	
		10			10			12			12	
								12			12	

### Day 2

Exercise	Week 1			Week 2			Week 3			Week 4		
	Load	Reps	%	Load	Reps	%	Load	Reps	%	Load	Reps	%
DB Dead-lift		6			6			8			8	
		6			6			8			8	
		6			6			8			8	
		6			6			8			8	
								8			8	
Ankle Mobility		8			8			10			10	
		8			8			10			10	
		8			8			10			10	
								10			10	
Push-ups		MAX			MAX			MAX			MAX	
		MAX			MAX			MAX			MAX	
		MAX			MAX			MAX			MAX	
								MAX			MAX	
DB Bicep Curl		10			10			12			12	
		10			10			12			12	
		10			10			12			12	
								12			12	
Pull-ups		MAX			MAX			MAX			MAX	
		MAX			MAX			MAX			MAX	
		MAX			MAX			MAX			MAX	
								MAX			MAX	
DB Front Lunges		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
								8 ea.			8 ea.	
3-Way shoulder Front- lateral- rear raises		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
		6 ea.			6 ea.			8 ea.			8 ea.	
								8 ea.			8 ea.	

"Persistence can change failure into extraordinary achievement"

Core x3	
3 way Plank- Forward, Side,Side	30 sec
Bicycles	15 ea
Russian Twists w/plate	15 ea

Core x3	
3 way Plank- Forward, Side,Side	30 sec
Toe Touches	15
V-ups	8