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MARTELL ELITE FITNESS

This represents the current day of your program. Typically Day 1 is Monday.

Here you will record how long the workout took. This will help keep you on track to make sure you aren't wasting time in the gym.

Reps is the number of times you perform the exercise, and **Sets** is the number of cycles of reops that you complete. Example: 3x10 would mean you perform 10 reps of the desired exercise and complete that 3 times with the required amount of rest between.

DON'T FORGET EACH EXERCISE IS A VIDEO LINK DEMONSTRATING THE EXERCISE!

DAY 1 Time: _____
WARM-UP - SEE APPENDIX 1

Go to the Appendix Section of the workout program to find the appropriate warm-up.

Record how much weight you used here.

Exercises are typically grouped together: a), b), c). Perform exercise **a)** first then rest (check rest column), then **b)** rest again, then finish exercise **c)**. Repeat this rotation until desired amount of **SETS** is complete. Once finished move onto the next group of exercises and perform the same format whether 2 or 5 exercises are grouped together.

The **TEMPO** is the speed at which you perform the exercise. A tempo of 2-1-2 requires you to lower the weight by 2 seconds, pause for 1 second at the bottom and then lift the weight by 2 seconds. And repeat for the desired amount of reps.

This is how much rest you get in **seconds**. Example, 15 would mean 15 seconds of rest and 180 would mean you get 180 seconds of rest (2 minutes).

	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	REST
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X



MARTELL ELITE FITNESS

NAME: _____

DAY 1	Time:				
WARM-UP - 10min Bike					
		TEMPO	SETS X REPS	REST	NOTES
a)Front Plank		HOLD	5x20s	20	Make sure you keep a neutral spine and don't arch your back! Make sure your hips don't sway side to side or dip while you walk your hands out.
b)Side Plank		HOLD	5x10s (EA)	20	
c)Cat/Camel		2-2-2	5x5	15	
a)Knling Walkout		2-2-2	3x7	30	
b)DB Farmer Walk		2-2-2	3x1e	30	
c)Cable Anti-Rotational Press		HOLD	3x10s (EA)	15	
d)Open book 1		2-2-2	3x7e	15	
a)SB Side Raise		1-3-1	4x5e	15	
b)Lying Superman		1-3-1	4x10	30	