

"Full Body A La Carte Workout"

Notes: Take 1 minute rest between sets; drink plenty of water throughout workout

Warm-up should be 10 minutes of cardio on stationary bike with moving arms or an elliptical machine

Legs	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Rogue Leg Press (alternating legs)	2 or 3	12 to 15	
	Icarian Leg Press	2 or 3	12 to 15	
	Cybex Leg Press	2 or 3	12 to 15	
	Smith Machine Squat	2 or 3	12 to 15	
	Barbell Squat	2 or 3	12 to 15	
	Kettlebell Squat	2 or 3	12 to 15	
	V-Squat	2 or 3	12 to 15	
	Icarian Hack Squat	2 or 3	12 to 15	
	Rogue Hex Bar Deadlift	2 or 3	12 to 15	
	Leg Extension + Leg Curl	2 or 3	12 to 15	
	Leg Extension + Glute Machine	2 or 3	12 to 15	

Back	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Assisted Pullup Machine	2 or 3	8 to 12	
	Pulldown Machine (Cybex or Bodymaster)	2 or 3	8 to 12	
	Rowing Machine (Cybec or Bodymaster)	2 or 3	8 to 12	
	Hammer Strength Pulldown Machine	2 or 3	8 to 12	
	Nautilus Rowing Machine	2 or 3	8 to 12	
	T-Bar Row	2 or 3	8 to 12	
	Dumbbell Rows	2 or 3	8 to 12	
	Smith Machine Rows	2 or 3	8 to 12	
	Barbell Rows	2 or 3	8 to 12	
	EZ Curl Bar Rows	2 or 3	8 to 12	
	Resistance Band Pullups	2 or 3	8 to 12	
	Pullups with Straps	2 or 3	8 to 12	
	Hyperextensions	2 or 3	8 to 12	

Shoulders	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Seated Dumbbell Laterals	2 or 3	8 to 12	
	Hammer Strength Lateral Machine	2 or 3	8 to 12	
	Shoulder Press Machine (Cybex or Bodymaster)	2 or 3	8 to 12	
	Plate Load Cybex Shoulder Press	2 or 3	8 to 12	
	Seated Dumbbell Press	2 or 3	8 to 12	
	Seated Smith Machine Press (front or rear of head)	2 or 3	8 to 12	
	Seated Barbell Press (front or rear of head)	2 or 3	8 to 12	
	Cable Upright Row	2 or 3	8 to 12	
	Barbell or EZ Curl Bar Upright Row	2 or 3	8 to 12	
	Barbell Clean & Press	2 or 3	8 to 12	

Chest	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Chest Press (Cybex or Bodymaster)	2 or 3	8 to 12	
	Barbell Bench Press	2 or 3	8 to 12	
	Barbell Incline Bench Press	2 or 3	8 to 12	
	Dumbbell Bench Press	2 or 3	8 to 12	
	Incline Dumbbell Press	2 or 3	8 to 12	
	Chest Flye Machine	2 or 3	8 to 12	
	Cable Crossover (flat bench, incline bench or standing)	2 or 3	8 to 12	
	Hammer Strength Decline	2 or 3	8 to 12	
	Hammer Strength Incline	2 or 3	8 to 12	
	Smith Machine Bench Press	2 or 3	8 to 12	
	Smith Machine Incline Press	2 or 3	8 to 12	

Triceps	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Cybex Tricep Pushdown	2 or 3	8 to 12	
	Life Fitness Tricep Pushdown	2 or 3	8 to 12	
	Bodymaster Tricep Overhead Extension	2 or 3	8 to 12	
	Lying Tricep Extension Machine ("Strength" brand)	2 or 3	8 to 12	
	Close Grip Bench Press	2 or 3	8 to 12	
	Close Grip Bench with EZ curl Bar	2 or 3	8 to 12	
	Smith Machine Close Grip Bench	2 or 3	8 to 12	
	Bodyweight Dips	2 or 3	8 to 12	
	Assisted Dips	2 or 3	8 to 12	
	V-Bar Pushdowns	2 or 3	8 to 12	
	Rope Pushdowns	2 or 3	8 to 12	
	Standing Overhead Cable Extensions (rope or bar)	2 or 3	8 to 12	
	Dumbbell Kickbacks	2 or 3	8 to 12	
	Cable Kickbacks	2 or 3	8 to 12	
	Bench Dips	2 or 3	8 to 12	

Biceps	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Cybex Bicep Machine	2 or 3	8 to 12	
	Life Fitness Bicep Machine	2 or 3	8 to 12	
	Bodymaster Bicep Machine	2 or 3	8 to 12	
	Standing Alternating Dumbbell Curls	2 or 3	8 to 12	
	Standing Cable Curls	2 or 3	8 to 12	
	One Arm Cable Curls Standing	2 or 3	8 to 12	
	Dumbbell Concentration Curls	2 or 3	8 to 12	
	Incline Dumbbell Curls	2 or 3	8 to 12	
	Straight Bar Standing Curls	2 or 3	8 to 12	
	Standing Rope Cable Curls	2 or 3	8 to 12	
	Standing EZ Curl Bar	2 or 3	8 to 12	

Abdominals	Exercise	Sets	Reps	Weight
<i>"Pick One"</i>	Cybex Abdominal Machine	2 or 3	15	

Bodymaster Abdominal Machine	2 or 3	15	
Life Fitness Crunch	2 or 3	15	
Abcoaster (with rails)	2 or 3	15	
Abcoaster (free swinging)	2 or 3	15	
Abs Bench	2 or 3	15	
Supported Knee Ups	2 or 3	15	
Supported Leg Raises	2 or 3	15	
Hanging Knee Ups (with use of straps)	2 or 3	15	
Ball Crunches	2 or 3	15	
Floor Crunches	2 or 3	15	
Floor Leg Raises	2 or 3	15	
Abs on Nexersys	2 or 3	15	
Hanging Leg Raises (with support of straps)	2 or 3	15	