



Nicholas Kyle Becker

Here Is Your Workout

This workout is a leg and abdominals focussed with minimal rest we are going for fatigue throughout this workout your rest is the next exercise you do so we are moving from one to the next to the next

Equipment: Machine,

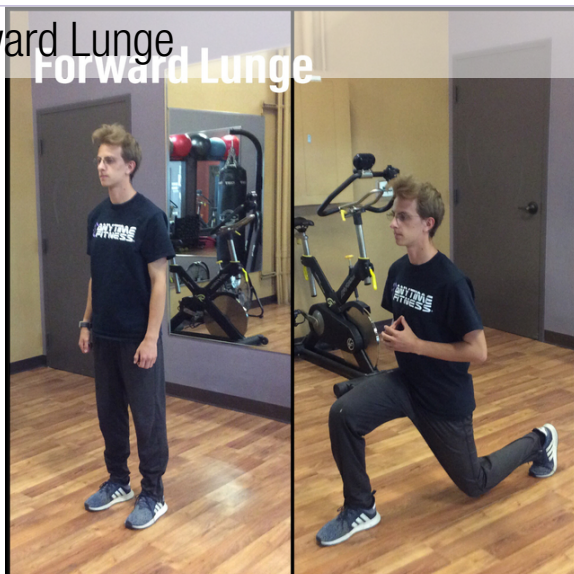
Treadmill Jog Cardio



- Jog in an upright position in the middle of the treadmill track, swinging your arms by your sides.
- Concentrate on your stride length as well as your stride frequency.
- Your hands should swing up to about chest height in front to down by your hip.

#	REPS	WEIGHT	TIME	NOTES
1			600.0	

Forward Lunge



Lunge Starting we want to stand feet close to each other but not touching and as we start the motion we want to step out and plant with our heel then squatting down bending our back leg and front leg at 90 degrees from there stepping forward with our back leg into the same motion both knees at 90 degrees.

#	REPS	WEIGHT	TIME	NOTES
1	4		0.0	4. Laps of lunges if you have a track if you don't have one go for 100 lunges if you don't think you can do that do 50



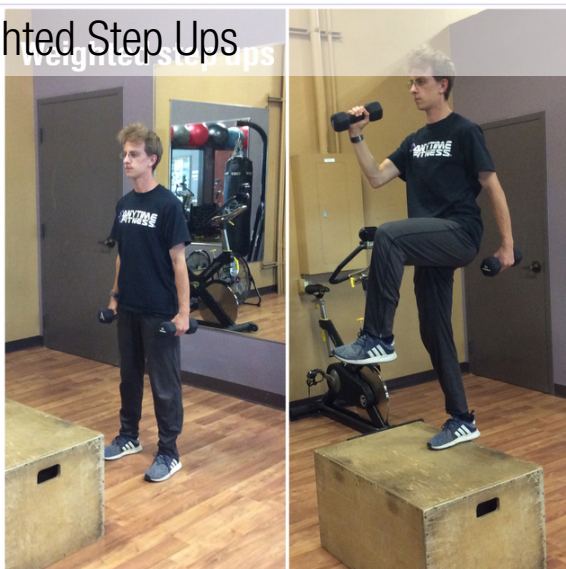
Circuit

Circuit

Doing 10 step ups on each leg for a total of 20 then going to 25 squats that is one set we are doing 4

#	REPS	WEIGHT	TIME	NOTES
1	0			
2	0			
3	0			
4	0			

Weighted Step Ups



Weighted step ups starting we want feet shoulders width apart going into the motion stepping up with one leg planting into the box and driving the opposite knee and opposite arm up then coming back down with the leg that you drove up with and stepping down with the planted foot and switching sides.

#	REPS	WEIGHT	TIME	NOTES
1	20	10.0	0.0	<i>These are not fast make sure to plant your foot well and drive with good form on each one.</i>
2	20	10.0	0.0	
3	20	10.0	0.0	
4	20	10.0	0.0	

Basic Squat



Basic Squat starting we want feet shoulders width apart and hands out in front of us going into. The motion we want to keep pressure in our heels as we squat down staying tall in our chest and back looking straight ahead and coming down to just about past 90 degrees in our knees.

#	REPS	WEIGHT	TIME	NOTES
1	25		0.0	<i>Making sure that if your toes are facing out that that your knees track with them when you squat down.</i>
2	25		0.0	
3	25		0.0	
4	25		0.0	



End of Circuit

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Circuit

Circuit

For this we are going to go 30 seconds for normal box jumps then going for 30 seconds on side box jumps that's 1 set we are doing 4

#	REPS	WEIGHT	TIME	NOTES
1	4		0.0	

Box Jumps



Box jump Staring we want to be about a foot and half away from the box with our feet shoulder width apart going into the motion we want to squat down and ring are arms back and while jumping up we want to bring are arms forward and up and pushing off with our toes landing on the box as softly as possible into a squat and standing straight up and stepping off

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Making sure that was we jump we land as softly and controlled as possible even when fatiguing making sure we can keep good form to the best of our ability.
2			30.0	
3			30.0	
4			30.0	



Side Box Jump



Side box jumps starting we want to be standing about a foot and a half away from the box on the right or the left side with our feet shoulder width apart going into the motion we want to squat down and bring our arms back and when we jump bring our arms forward and up jumping up and to the side tapping the box then pushing off with our toes staying in that squat form and landing on the other side in a squat and pushing off from that squat back up and to the side that you just came from tapping the box again and returning to our starting position.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Making sure that as we jump we land as softly and controlled as possible even when fatiguing making sure we can keep good form to the best of our ability. Making sure that the box that you chose isn't too big so that you when you jump you don't hit the side of it and fall
2			30.0	
3			30.0	
4			30.0	

End of Circuit

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Circuit

Circuit

We are starting with 25 hamstring then going to 25 leg extensions then going 30 seconds of basic crunch's that's 1 set we are doing 4

#	REPS	WEIGHT	TIME	NOTES
1	0			
2	0			
3	0			
4	0			



Seated Leg Curls



Seated Leg Curls

Hamstring curls Starting we want to adjust the seat to our height and leg length making sure that the pad is in between our Achilles' tendon and our calf starting off the motion we want to push down on the pad and bring it as far down as possible without picking up our butt then controlling it as we let it come up to the starting position.

#	REPS	WEIGHT	TIME	NOTES
1	25	55.0	0.0	Making sure that when you curl down that you relax your feet and don't flex your toe up because that takes away from the total affective as of the exercise.
2	25	55.0	0.0	
3	25	55.0	0.0	
4	25	55.0	0.0	



Seated Leg Extensions



Seated Leg Extensions

Leg extensions starting this we want to adjust the seat to our height and leg length making sure that we place the pad onto the lower part of our shin but not the top of our foot and as we start the motion we want to make sure we keep our knees bent slightly in as we come up and squeeze and controlling it as we come down to the starting position.

#	REPS	WEIGHT	TIME	NOTES
1	25	55.0	0.0	Keeping knee's in when pushing up.
2	25	55.0	0.0	
3	25	55.0	0.0	
4	25	55.0	0.0	



Basic Crunch



Basic Crunch

Basic crunch starting this we want to lay flat onto our back bring our knees up to 90 degrees and our hips to 90 degrees putting our hands to our head holding just the sides as we start the motion we want to lift our head and shoulders off the ground squeezing with our abs at the top then laying back.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Making sure that we don't pull are head with our hands when we crunch they are there to just stabilize.
2			30.0	
3			30.0	
4			30.0	





End of Circuit

#	REPS	WEIGHT	TIME	NOTES
1			60.0	

Hamstring Toe Taps



Hamstring toe taps using a bossy ball and putting the top part onto our thighs and laying in a plank form on the ground starting this motion we want to keep one leg laying flat as the other is kicking from the ground to the butt and back to the ground as fast as possible once finishing time or reps switch legs and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Make sure that you keep your core as tight as possible to help stability. And going 30 seconds on 1 minute off 4 times
2			30.0	
3			30.0	
4			30.0	

Circuit

Circuit

Starting we are doing 30 seconds of mountain climbers resting for 30 and going into 30 seconds of hip to ear arm pups resting 30 seconds that 1 set we are doing 4

#	REPS	WEIGHT	TIME	NOTES
1	0			
2	0			
3	0			
4	0			



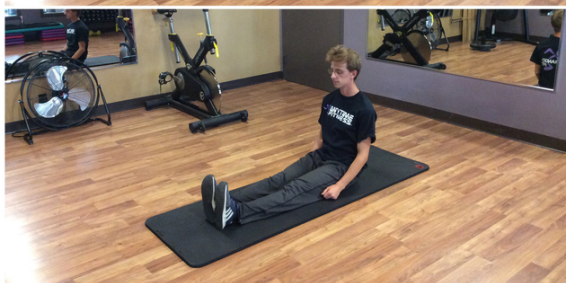
Mountain Climbers



Mountain climbers starting we want to get two feet's putting our toe's in the middle of the disc and going into a pushup plank position as we start the motion we want to keep a rigid upper body keeping our core tight and are arms tight as we bring each knee up to our chest alternating legs when one comes in the other is straight.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Making sure that our butt doesn't raise high in the air keeping our core tight and your back straight will help with that.
2			30.0	
3			30.0	
4			30.0	

Seated Hip To Ear



Seated hip to ear running arms starting we want to sit down on the ground with our legs out straight in front of us keeping our back straight up and down as we go into the motion we want to drive are arms as fast as we can from hip to ear alternating from either side each time making sure we don't cross the body when driving our arms.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	Staying at tall as possible and as we are pumping our arms trying to keep each are at a 90 degree angle.
2			30.0	
3			30.0	
4			30.0	

End of Circuit

#	REPS	WEIGHT	TIME	NOTES
1			60.0	



Circuit

Circuit

Starting with jump rope for 1 minute the resting for 30 seconds then going into disc crunches for 30 seconds and resting for 30 seconds that is 1 set we are doing 4

#	REPS	WEIGHT	TIME	NOTES
1	0			
2	0			
3	0			
4	0			

Jump Rope



Jump rope starting we want to stand with our feet together with our arms down by our sides as we start the motion exploding off our toes keeping our arms at a nice level position and only twisting our wrist to bring the rope around.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	If you can't go for 1 minute straight try for 45 seconds to 30 seconds then decrease the rest from 1:30 seconds to 1 minute
2			60.0	
3			60.0	
4			60.0	

Disc Crunches



Disc Crunches starting there is two positions legs straight and legs bent. We first start with legs straight so you will sit on the ground legs straight out with a disc placed at the bottom of your back and we will lean back until the disc fills up with natural curve in your back once there extend your arms with our hands pointed straight up into the sky and begin to crunch up about 2 inches off from your starting once done with reps stop pull your knees in and do another set in the same way.

#	REPS	WEIGHT	TIME	NOTES
1	100		0.0	We want to make sure that we don't lean to far back only staying where the disc fills the natural curve in our back.
2	100		0.0	
3	100		0.0	
4	100		0.0	



End of Circuit

#	REPS	WEIGHT	TIME	NOTES
1	0			
2	0			
3	0			
4	0			

Rope Pull



Rope Pulls

Rope pulls this you will need a partner for starting you want to make sure that the waist strap is secure and on properly placed right above the hips in your gut. As we start to go make sure right before you start there is a little bit of tension in the rope before you start to run and that your partner is ready. Once going make sure to drive your knees and pump your arms keeping each arm at about 90 degrees and you get each hand hip to ear.

#	REPS	WEIGHT	TIME	NOTES
1				You will go for 10 yards hard and fast after that 10 yards come up slowly don't dead stop or you will fly back. Rest for 1 minute then go again do this 4 times
2				Starting this make sure your partner is ready before you begin pulling. The partner should also always add resistance to the band but only enough to where they move forward but very slowly

