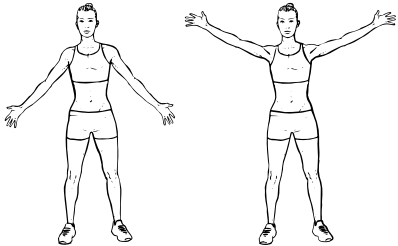


Intro to Weightlifting 2

52 min · Arms, Back, Cardio, Legs, Shoulders

Workout two is here and so are you! Back and biceps are today and you better be ready for them. Tickets to the gun show are on sale now, and you're the vendor. Get to it!

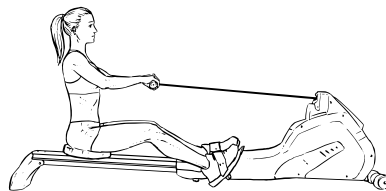
Standing Arm Circles



2 sets 30 secs 10 sec rest

Just like before! One set forward and one set backward.

Cardio - Rowing Machine

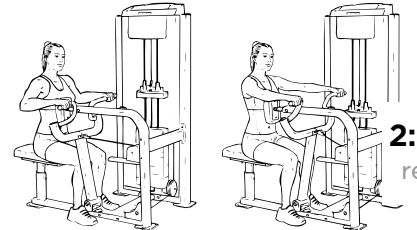


0:30 rest

5 min

Spend 5 minutes working up a nice little sweat. No need to go too crazy, just a little bit of heavy breathing.

Seated Machine Back Row



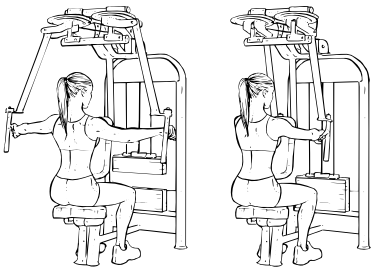
2:00 rest

2:00 rest

3 sets 12 reps 60 sec rest

The key here is to pull using your back, not your arms. Try to bring those rear shoulder blades together!

Rear Delt Machine Flies

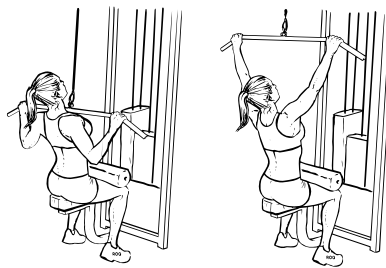


2:00 rest

2 sets 12 reps 60 sec rest

This is great prep for big bear hugs. It also trains the rear delts, but the hugs are more important.

Wide-Grip Lat Pulldowns

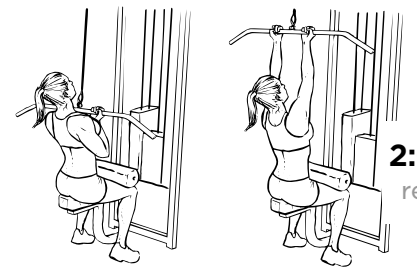


2:00 rest

3 sets 16 reps 60 sec rest

We are set to develop pull-up power with this movement. Get that bar down to your chest!

Close Grip Lat Pulldowns

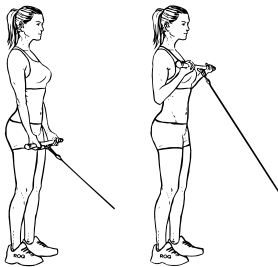


2:00 rest

2 sets 12 reps 60 sec rest

Switch the hand position around and work the biceps!

Standing Bicep Cable Curls



1:30 rest

3 sets 10 reps 60 sec rest

Switch the hand position around and work the biceps!

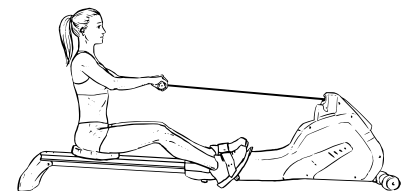
Cardio - Running



5 min

A 5-minute jog, build up to a fast-paced finish. Your own mini-marathon.

Cardio - Rowing Machine



1:30 rest

5 min

Your cool-down row is here. Use your back to pull the bar all the way in. Though, it may feel more tired now...

Standing Arm Circles

Primary muscle group(s):

Shoulders

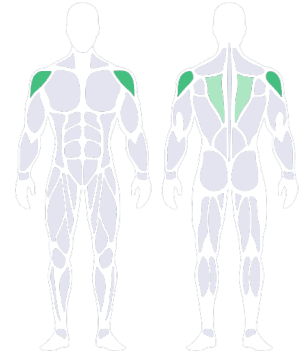
Secondary:

Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.

While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.

After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.



Cardio - Rowing Machine

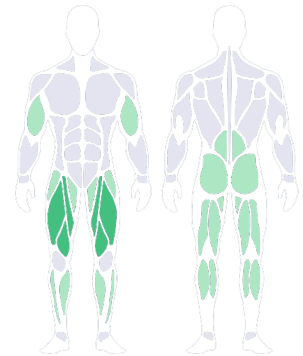
Primary muscle group(s):

Quadriceps

Secondary:

Biceps, Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

No specific instructions for this exercise.



Seated Machine Back Row

Primary muscle group(s):

Middle Back / Lats

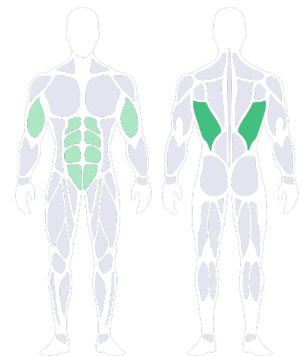
Secondary:

Abs, Biceps

Seat yourself at a Row Machine and select the appropriate weight. Sit up straight with a tight core. Reach forward and take an overhand grip on the bar in front of you. Activate your lats before the movement.

Pull the bar towards you, emphasizing the lat movement. Pause when the bar is at your sides and squeeze your back.

Slowly, return the bar to the starting position but do not set it down. Repeat the movement, ensuring your back is activated throughout.



Rear Delt Machine Flyes

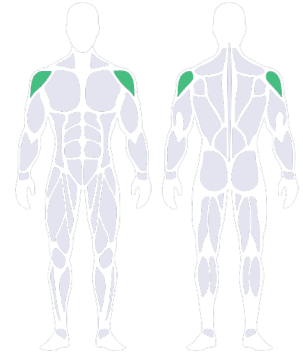
Primary muscle group(s):

Shoulders

Adjust the seat on the Rear Delt Machine so that your chest is against the padding and the handles are at shoulder level. Tighten your core throughout the movement.

Holding on to the handles in front of you, engage your rear delt muscles (back of the shoulder). Pull the weight, focusing all of the tension in your shoulder muscles.

Pause when the handles are at your sides then slowly return to the starting position. Do not allow the plate to touch the weight stack.



Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

Lower Back, Middle Back / Lats

Secondary:

Abs, Biceps

Set up a cable station with a straight bar attached to the top pulley.

Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.

Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)

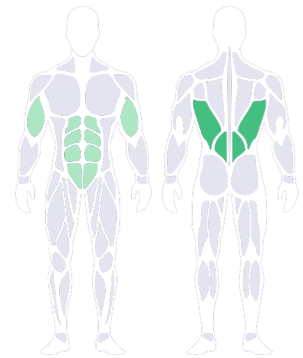
Lean back slightly without arching your back.

Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.

At the end of the movement squeeze your shoulders together slightly and hold for a count of one.

Return to the start position by arcing your elbows forward while relaxing your shoulders.

Repeat.



Close Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

Middle Back / Lats

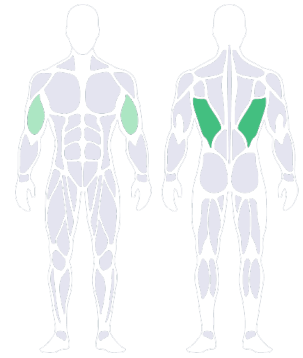
Secondary:

Biceps

Sit at a Lat Pulldown machine and secure your legs underneath the padded surface. Select an appropriate weight on the stack. Reach up to grab the barbell, taking a close-grip. Your hands should be at or closer than shoulder-width.

Tighten your core and keep your chest up as you pull the barbell down and towards your chest. Be sure to pull with your lat muscles.

Once the bar is at your chest, slowly allow it to return to the starting position but don't let the weight stack touch. Repeat.



Standing Bicep Cable Curls

Primary muscle group(s):

Biceps

Secondary:

Abs, Forearms

Set up a cable station with a straight bar attachment connected to the low pulley.

Stand close to the station, feet shoulder width apart either side of the pulley.

Grip the bar with a shoulder width underhand grip.

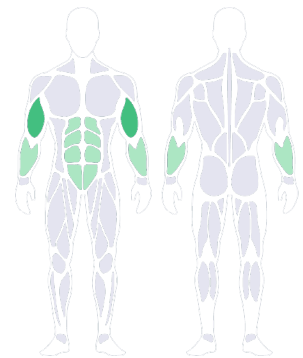
Keep your elbows close to your sides.

Curly your arms upward from the elbows in a smooth arc.

Continue until your forearms are vertical with your palms facing your shoulders. Hold for a count of one while flexing your biceps.

Lower the bar back to the starting position in a smooth motion.

Repeat.



Cardio - Running / Jogging / Treadmill

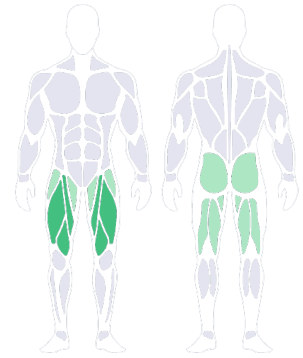
Primary muscle group(s):

Quadriceps

Secondary:

Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.



Cardio - Rowing Machine

Primary muscle group(s):

Quadriceps

Secondary:

Biceps, Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

No specific instructions for this exercise.

