

TOTAL BODY WORKOUT

CHEST	REPS	NOTES
INCLINE BENCH PRESS	10	Loose grip only for all of these exercises
BENCH FLYS (FLAT)	10	Slow ECCENTRIC movement (going back movement)
PRESS UPS	10	Keep back straight
LEGS	REPS	NOTES
LUNGES	20	Extra Weight Optional
SQUATS	20	Extra Weight Optional
CALF RAISES	20	Single Leg Raises
BACK	REPS	NOTES
BENT OVER ROW	15	Keep chest forward and <u>don't</u> 'rotate' arms/hands forward
CABLE PULL DOWN	15	"
MACHINE LATS	15	"
SHOULDERS	REPS	NOTES
BENT OVER LAT RAISES	10	Seated. Keep posture bent over
UPRIGHT ROWS	12	Pull elbows high
MILITARY PRESS	10	Start with arms straight by side - alternate sides
TRICEPS	REPS	NOTES
LYING TRICEP EXTENSION	10	Lying on back on bench - weights by head - straighten arms
CLOSE GRIP PRESS	10	Lying on back on bench, push weights above stomach
BENCH DIPS	10	
BICEPS	REPS	NOTES
ALTERNATE CURLS	20	Seated - strict form (don't swing arms)
CABLE CURLS	10	Standing with elbows tight to body
CONCENTRATION CURLS	10	Seated - elbow on thigh - 1 arm at a time
STOMACH	REPS	NOTES
BALL TWISTS	30	With Medicine Ball
SIT UPS	30	Weight Optional
DOUBLE CRUNCH	30	Weight Optional

For advice on any of the above exercises ask your trainer or contact Purity on tel: 020 7208 4080

The above sets can be done in groups of 3 ie. back to back (complete 2 groups of each body part)

Stomach exercises can be done in between groups of 3

Focus on good technique and don't rush movement

Aim to get a good burn throughout the muscle group you are working

The last few reps should be nearing failure - so adjust the weight accordingly