

## Work out Glossary

1. **Cable Flys** – On universal machine take cables from both sides of the top of the machine. Pull cables across one another while flexing pecs.
  - a. **Purpose** – Chest
2. **Chin Ups** – palms facing toward you
3. **DB One Leg Lunges** – Hold Dumbbells by In both hands. Put one leg on bench and explode out of the bottom. Repeat other Leg.
  - a. **Purpose** - Leg exercise.
4. **DB Rows** - Use a Dumbbell. If performing with you right hand, kneel on a bench with your left knee and place your left hand on a flat bench. Pull weight up to your lat while squeezing at the shoulder blade. Resist weight on the way down.
  - a. **Purpose** – Lats and back.
5. **DB Shrugs** – with heavy dumbbell shrug shoulders and flex traps (Do not rotate shoulders, go straight up and straight down)
  - a. **Purpose** – Traps
6. **Flat Bench Flys** – Lay on a flat bench facing up. Suspend Dumbbells up over the chest. With elbows slightly bent bring weight down to either side simultaneously. Bring weight back to starting position while squeezing Pecs.
  - a. **Purpose** – Chest.
7. **Front Box Jump** – Stand in front of a box or step. Jump on top of the box and back where you started. Spend as little time on the ground as possible.
  - a. **Purpose** – Quickness and explosion.
8. **Front Raises** – Hold Dumbbells in each arm at hips. Raise one at a time in front of shoulder and resist on the way down.
  - a. **Purpose** - Deltoids
9. **Front Squat** – Squat with the bar resting on the your deltoids in front of your head. Use a Clean grip if possible.
  - a. **Purpose** – Isolates the quad muscles. Auxiliary to the Clean.
10. **Good Mornings** – Rest Straight bar on shoulders feet shoulder width apart. Bend at the waist with back straight. Return to upright position. Use comfortable weight.
  - a. **Purpose** – Lower back.
11. **Hammer Grip Front Raises** – Front raises holding the dumbbell so it faces up and down. (Alternate arms one at a time)
  - a. **Purpose** – Front Delts

12. **Hang Clean** - 2<sup>nd</sup> and 3<sup>rd</sup> stages of the clean. Hold bar at thighs with knees slightly bent and back straight. Explode bar as high as possible to the chest and front squat to finish.
  - a. **Purpose** – to work on the finish stage of the Clean.
13. **Incline Flys** – Lay on incline bench facing up. Suspend Dumbbells up over the chest. With elbows slightly bent bring weight down to either side simultaneously. Bring weight back to starting position while squeezing Pecs.
  - a. **Purpose** – Chest.
14. **Lateral Box Jump** – Stand to the side of the box. Jump sideways on top of the box and down to the other side. Spend as little time on the ground as possible.
  - a. **Purpose** – Quickness and explosion.
15. **Lateral Lunges** – With straight bar resting on shoulders, Stride laterally at a 45 Angle or more then back to starting position. Repeat with opposite leg.
  - a. **Purpose** - Quad and Hamstring Exercise
16. **Lat Pull Downs** – On Lat machine Pull bar down to back of the shoulders, or top of the chest. We do this in sets of four so two should be in front and two should be in back.
  - a. **Purpose** – Lats and back
17. **Lat Pullovers** – Lay flat on bench with Dumbbell or EZ bar on chest. Lift weight 6 inches above chest and rotate it over the top of your head and back to the chest.
  - a. **Purpose** – Lat pulling exercise.
18. **Lateral Raises** – Hold Dumbbells in each arm at hips. Raise both simultaneously to either side until parallel with shoulders. Resist the weight back down.
  - a. **Purpose** – Deltoids
19. **Leg Curls** – With whatever leg machine available. Isolate range of motion to a curling motion. Bring weight back as you curl your leg and resist the weight as you extend.
  - a. **Purpose** – Hamstring
20. **Leg Extension** – On machine, isolate quads. Bring weight up and resist your way down.
  - a. **Purpose** – Quads
21. **Lunges** – With Straight bar on shoulders stride forward with one leg and come down until the opposite knee touches the ground. Repeat with the opposite leg.
  - a. **Purpose** – Quad and Hamstring exercise.

22. **Overhead Squat** – Warm up exercise. Hold straight bar with wide grip over your head. Perform a squat with the bar extended overhead. When you get comfortable doing the lift add weight to the bar.
  - a. **Purpose** – full body warm up exercise. Increases balance and stabilizer.
23. **Plate Carries** – Alternate days using heavy clean weights and Dumbbells. Grip weights in each hand and walk for 40 yards and turn and come back. (That is one set)
  - a. **Purpose** – Forearms and grip
24. **Post Delt** – Sit on edge of bench with feet together out in front of you. Lean forward and grip Dumbbells on the outside of your legs. Keeping back flat and down, raise weight to the sides pinching your shoulder blades together. Resist weight on the way down.
  - a. **Purpose** – Posterior Deltoid.
25. **Power Press** – Hold straight bar on delts in front of head. Slightly use body to push weight explosively overhead and back down. This should be all one motion with no pause over head. Use heavy weight.
  - a. **Purpose** – Shoulders
26. **Power Pulls** – First 2 stages of the clean. Begin Clean pull. Explode at hips and bring bar to chest. Do not rack bar, just let it go at the max height you can pull it. Should be performed with heavy weight.
  - a. **Purpose** – to work technique of clean. Exercises the first two steps of the Clean
27. **Power Shrug** – Grip straight bar with both hands in front of body. Shrug shoulders while flexing traps. Should use enough weight that you slightly need to use your legs to perform the lift.
  - a. **Purpose** – Traps
28. **Pull ups** – Pull your chin up to a bar with a regular grip so your palms are facing away you.
29. **Ring of Fire** – Bicep and Tricep work out. Use a straight bar and curl for 30 seconds, switch to reverse curl for 30 seconds, then switch to tricep extension over your head for 30 seconds. Take a one minute break and repeat. There should be no pause in between transition.
  - a. **Purpose** – Tricep and bicep burnout.
30. **Seated Row** - On Lat Machine. While sitting with knees slightly bent and leaning slightly back. Pull bar back to your chest. Keep back straight and big chest.
  - a. **Purpose** – Lats and back.
31. **Straight Bar Bent Over Row** – Stand with feet shoulder width apart. Bend at waist with back flat. Bring straight bar up to chest and back down.

- a. **Purpose** – Lats and back
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- 32. **Straight Leg Dead lift** – Stand on box to suspend you from the ground. With knees slightly bent and back straight bend at the waist while holding a straight bar. Bring weight to feet slowly and return to starting position.
    - a. **Purpose** – Hamstrings and Lower back
  
  - 33. **Tricep Pullovers** – Lay flat on bench with Dumbbell or EZ bar Extended at the top of your head. Push weight out and back to start position.
    - a. **Purpose** – A Tricep Pulling exercise.
  
  - 34. **Tricep Smashers** – Lay flat on bench with EZ bar extended over chest bend arms at the elbows bring weight to your eyebrows and back up. Keep triceps isolated. (Elbows in)
    - a. **Purpose** – A Tricep Pushing exercise.
  
  - 35. **Upright Rows** – Close grip the bar (hands should be together with palms facing toward you.) Hold bar by your waste and raise bar above your chest straight up along body with elbows always high above the bar. (Not a reverse curl)
    - a. **Purpose** – Anterior Deltoids
  
  - 36. **Walking Lunges** – With Dumbbells Stride out and touch back knee to the ground. Bring back leg up to front and continue alternating legs.
    - a. **Purpose** – Hamstring and Quad excursive.