



Minor, Erick

Assigned Workout Tracking Sheet

Workout: **Meltdown 09, Day 1**Name: **Minor, Erick**Duration: **26min 36s - 29min 35s** Total Sets: **22** Total Reps: **196 - 243**

A1 Shoulder Press - Seated - DB - Pronated Grip

Sets: **4** Reps: **8-10** Tempo: **2-1-1-1** Rest: **0**Notes: *Palms down; press the DB's overhead.*

Date: _____

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A2 Squat (Quad) - Heels Elevated - Back Barbell

Sets: **4** Reps: **8-10** Tempo: **2-0-1-0** Rest: **0**Notes: *Barbell on traps, keep the hips as far forward as possible at all times.*

Date: _____

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A3 Push-up- mid-supinated grip - DB

Sets: **4** Reps: **10-12** Tempo: **2-1-1-1** Rest: **0**Notes: *supinated hand position*

Date: _____

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A4 Row - Bentover - DB - Pronated Grip

Sets: **4** Reps: **8-10** Tempo: **2-0-1-0** Rest: **120**Notes: *Perform the exercise w/ the palms down. At the top, elbows are perpendicular to the body.*

Date: _____

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B1 Obliques (Woodchop) - Standing - High Pulley

Sets: **3** Reps: **12-15** Tempo: **2-0-1-0** Rest: **60**Notes: *Stand perpendicular to the pulley, arms bent 5°. Stretch obliques as much as possible at the top; rotate to the floor.*

Date: _____

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B2 Back Extension - 45° Incline - DB

Sets: **3** Reps: **8-10** Tempo: **2-0-2-0** Rest: **60**Notes: *Hold a DB across the chest.*

Date: _____

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