






Routine for DarvisSimms2 on 07/06/2009 at 18:00:00, prepared by Darvis Simms.

Planned

Actual

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Pic	Order	Exercise	Sets	Reps	Res	Unit	Sets	Reps	Res	Effort	Instructions
	1	Dumbbell Step-ups	3	10 10 10		Pounds					Stand in front of a bench with your feet shoulder width. Hold a dumbbell at each side. Place one foot flat on the bench as illustrated. Be sure your thigh of the foot on the bench makes a right
	2	Front Barbell Squat	3	15 15 15	100 100 100	Pounds					Hold a barbell at the top of your chest as illustrated. Start with your feet shoulder width. Squat by sticking your butt back and while keeping your chest up until your thighs are parallel to the floor.
	3	Prone Heel On Ball Hip Lifts	3	15 15 15		Pounds					Lay flat on the floor and place your heels on a ball as illustrated. Raise your hips off the floor as high as possible.
	4	Seated Leg Extention	3	12 12 12	75 75 75	Pounds					Sit with your back pressed firmly against the pad and place your feet under the roller. Flex your toes toward knees and lift your legs as far as possible.
	5	Stiff-leg Deadlifts	3	10 10 10	50 50 50	Pounds					Hold a barbell in front of you with your arms fully extended. Stand with your feet shoulder width, and your chest high. Bend over keeping the bar close to your body until you feel a stretch in your hamstrings.