

## My Workout Routine

*Disclaimer: I am not a trainer. Use these routines at your own risk. Research proper technique before doing any exercises.*

The following pages show the workout routines that I use. The most equipment you would need for any of these exercises is a set of dumbbells and some soft floor or padding to lay on. I would recommend adjustable dumbbells so that you can increase weight as you get stronger.

These routines are tailored to account for an elbow injury I received years ago that acts up when I try to do a more typical workout of high weights & low reps, and to account for a tweaky lower back that gets really aggravated if I move it the wrong way or push it with certain exercises (e.g. why there aren't any leg lifts in the ab exercises).

My goal weekly schedule is given below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	Upper Body	Rest	Legs	Upper Body	Rest	Rest

For instructions on proper technique for these exercises, check out the following links:

Cardio Exercises:





- <https://www.shape.com/fitness/cardio/no-running-cardio-workout-you-can-do-home>

Leg Exercises:


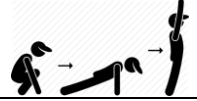
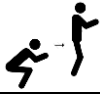

- <https://www.menshealth.com/fitness/a19530404/leg-workout-without-weights/>
- <https://www.sportskeeda.com/health-and-fitness/6-leg-workouts-for-men-sstl>
- <https://www.muscleandfitness.com/workouts/workout-routines/crazy-legs-workout>

## Cardio Workout

### Warm-Up, 1 Time Through


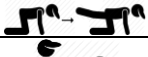
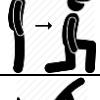


1	Reverse Lunges		10 Reps
2	Squats		10 Reps
3	Glute Bridges		10 Reps
4	Plank with Shoulder Touches		10 Reps

### Main Set, repeat as req'd, rest 1 min between sets

1	Mountain Climbers		1 min
2	Burpee (Jumping Squat Thrust)		1 min
3	Squat Jumps		1 min
4	Skier Jump		1 min
5	Steps		1 min
6	Pilates 100	[sorry, no icon]	100 arm pulses






## Leg Day

### Repeat as req'd

1	Squat Jumps		12 Reps
2	Rear Leg Raise		12 Reps Each Leg
3	Forward Lunge with Weights		12 Reps Each Leg (alternating)
4	Single Leg Glute Bridge		12 Reps Each Leg
5	Calf Raises		12 Reps Each Leg

## Upper Body Workout – When at Full Health

### Abs, repeat x4



1	Crunches		12 Reps
2	Side Crunches	[sorry, no icon]	12 Reps Each Side (alternating)
3	Plank		12 count (slow)
4	Sitting pelvic tilt	[sorry, no icon]	12 Reps
5	Bicycles		12 Reps
6	Glute Bridge		12 Reps
7	Bicycles		12 Reps

### Upper Body, repeat x4

1	Chest Flies	[sorry, no icon]	30 Reps
2	Kneeling Renegade Row	[sorry, no icon]	30 Reps Each Side (alternating)
3	Overhead Press	[sorry, no icon]	20 Reps
4	Bicep Curls	[sorry, no icon]	30 Reps
5	Combined Shrug/Forearm Curl/Calf Raise	[sorry, no icon]	40 Reps
6	Lateral Raise & Hold	[sorry, no icon]	5 Count

## Upper Body Workout – When Back Aggravated (After acute pain has passed)

### Abs, repeat x3

1	Crunches		12 Reps
2	Side Crunches	[sorry, no icon]	12 Reps Each Side (alternating)
3	Sitting Pelvic Tilt	[sorry, no icon]	12 Reps
4	Bird Dogs	[sorry, no icon]	12 Reps Each Side (alternating)
5	Bicycles		12 Reps
6	Laying Pelvic Tilt	[sorry, no icon]	12 Reps
7	Pone press up stretch (swan stretch)	[sorry, no icon]	12 count (slow)
8	Child's Pose Stretch	[sorry, no icon]	12 count (slow)
9	Cat Stretch	[sorry, no icon]	12 count (slow)

### Upper Body, repeat x4

1	Chest Flies	[sorry, no icon]	30 Reps
2	Kneeling Renegade Row	[sorry, no icon]	30 Reps Each Side (alternating)
3	Overhead Press	[sorry, no icon]	20 Reps
4	Bicep Curls	[sorry, no icon]	30 Reps
5	Combined Shrug/Forearm Curl	[sorry, no icon]	40 Reps