

## GOLD Program Workout



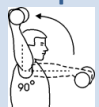

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### Workout for Triceps – Legs – Shoulders

**Warm-Up:** 10 minutes on cardio equipment

**Stretching:** (hold for 20-30 seconds each)

- standing calf stretch
- upper trapezius
- rag doll hamstring stretch
- hip flexors
- adductors (inside of upper leg)

Muscle Group / Exercise	Sets/Reps	Rest	Tempo/Weight/ Notes
<b>Triceps:</b> <b>Skull Crushers w/legs elevated</b> <b>Superset with RDL</b>	3 x 12	0 sec	<b>Tempo: 3/2/1</b> <b>Weight: MR</b>  <i>Legs in crunch position w/knees @ 90°. Keep core tight, legs more out than in. Keep elbows stable &amp; hinge at elbow.</i>
<b>Hamstrings / Low Back:</b> <b>RDL – Single Leg</b>	3 x 10 each leg	40 sec	<b>Tempo: 3/2/1</b> <b>Weight: MR</b>  <i>hinge @ waist, arms stay straight. Flat back</i>
<b>Triceps:</b> <b>Tricep Push-Up</b> (Knees easier. Feet harder.) <b>Superset with Ball Squat</b>	2-3 x 8-10 each arm	0 sec	<b>Tempo: 2/0/2</b> <b>Weight: n/a</b> <i>Up-Up-Down-Down. Right-Left-R-L Elbow-Elbow-Hand-Hand L-R-L-R Face down in push-up position</i>
<b>Glutes &amp; Biceps:</b> <b>Ball Squat to Curl</b>	2-3 x 12	45 sec	<b>Tempo: 2/0/2</b> <b>Weight: 8's</b> <i>Against wall, ball starts in small of back, curl on the way up</i>
<b>Shoulders:</b> <b>90° Shoulder Rotation</b> <b>Superset with Calves</b>	2-3 x 12	0 sec	<b>Tempo: 2/0/2</b> <b>Weight: 5's</b>  <i>hinge at shoulder RTC #11 – binder page</i>
<b>Calves:</b> <b>Ball Calf Raise</b>	2-3 x 15	2 min	<b>Tempo: 2/0/2</b> <b>Weight:</b>  <i>keeps hips lifted and level <b>Advancement: single leg</b></i>

Core Workout	Set/Reps	Notes
<b>Core Stabilization:</b> <b>Hand Plank w/Knee Drive</b>	2-3 x 6 each way	24 total – 4 counts. Push-up position. Right knee forward then diagonal. Repeat same w/left knee.
<b>Back/Glute/Hamstring:</b> <b>Prone Flex Knee Hip Extension</b>	2-3 x 10 each leg	Face down. Lift <b>one</b> bent heel toward ceiling.
<b>Obliques:</b> <b>Standing Russian Twist</b>	2-3 x 10	Stand holding one Big Red <b>at waist</b> and twist upper body from side-to-side. 10 to each side.
<b>Lower Abs:</b> <b>Crossover Scissors</b>	2-3 x 15	Over & back = 1 On back, lift legs 12" <b>45 seconds rest.</b>




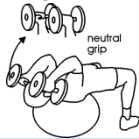


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### Workout for Hamstrings – Lats – Shoulders

**Warm-Up:** 10 min. Increase intensity at each minute mark up to 8 minutes, then lower down.

**Stretching:** Hamstrings      Calves      TFL

Muscle Group / Exercise	Sets/Reps	Rest	Tempo/Weight/ Notes
<b>1. Legs:</b> <b>Band Exercises</b>	1 x 15 each way	60 sec	Stand on single leg with band around both ankles. Push straight leg out to back 15x. Then out to side 15x. Then forward 15x. <b>Rest 1 minute before next exercises</b>
<b>2. Shoulders:</b> <b>Cable Shoulder Adduction</b> (use Velcro strap)	2-3 x 10	0 sec	<b>Tempo: 3/2/1      Weight: 1 plate</b> Start with one arm at 90° out to side. Pull handle toward body.
<b>2. Hamstrings/Back:</b> <b>Single leg RDL</b>	 2-3 x 10 each leg	0 sec	<b>Tempo: 2/0/2      Weight: 8's</b> Butt and chest out. Straight back. Arms hang. Slight bend in knee, don't bend & straighten.
<b>2. Lats:</b> <b>Stability Ball Pullover</b>	2-3 x 10	0 sec	<b>Tempo: 2/0/2      Weight: 10 lb.</b>  Working lats. Hold one dumbbell in both hands. Arms stay slightly bent. End directly over chest.
<b>2. Shoulders:</b> <b>Front to Side Raise</b>	2-3 x 10	0 sec	<b>Tempo: 2/2/2      Weight: 8's</b>  Lift up to 90° like picture. Then rotate weight out to sides to make a "T." <b>Hold for 2 seconds.</b>
<b>2. Hamstrings:</b> <b>Cable Hamstring Curl</b>	2-3 x 12	0 sec	<b>Tempo: 2/0/2      Weight: 1-2 plates</b>  Keep knees together. Foot goes behind as high as possible.
<b>2. Shoulders:</b> <b>2-Way <u>Kneeling</u> Shoulder Press</b>	2-3 x 6 each way 12 total	90 sec	<b>Tempo: 2/0/2      Weight:</b> Start with weight at chest. Push it overhead and then lower behind neck. From there push overhead & lower to chest

Core Workout Circuit	Set/Reps	Notes
<b>3. Glutes:</b> <b>Fire Hydrant</b>	2-3 x 12 each leg	 keep glutes tight.
<b>3. Lower Abs:</b> <b>Ball Roll-Up</b>	2-3 x 8-10	 bring knees to chest from plank.
<b>3. Back:</b> <b>Skydiver</b>	2-3 x 12	Face down. Arms at 10 and 2. Legs at 4 and 8. Lift everything but mid section up, hold 2, lower back down.

**Cool Down:** 5 minutes on bike on medium intensity. Stretch hamstrings, lats, shoulders, hip flexors

