

SILVER Program Workout

www.purebodyfitness.com

Workout for Chest, Shoulders, Legs

Warm-Up: 1 mile

Stretching:

- Adductors (emphasis on right side)
- TFL (emphasis on right side)
- Latissimus Dorsi
- Hamstrings (emphasis on left side)
- Hip Flexors
- Erector Spinae
- Left Piriformis
- Calves
- Pectorals
- Thoracic Spine (SMR)

Core Workout	Set/Reps	Notes
Core: Med Ball Overhead C & T	2 x 10	
Back: Kneeling Scorpion	2 x 12 each leg	
Obliques: Side Med Ball Oblique C & T	2 x 10 each side	
Core: Standing Russian Twist	2 x 10 each side	

Muscle Group / Exercise	Sets/Reps	Rest	Tempo/Weight/ Notes
Chest: Ball Fly	2 x 12	0 sec	Tempo: 2/0/2 Weight: 10's
Chest: Resistance Band Chest Press	2 x 12	0 sec	Tempo: 3/2/1 Weight: n/a
Total Body: Bosu step-up to box with Ball Overhead Press	2 x 8 each leg	0 sec	Tempo: 2/2/2 Weight: 10 lb. ball
Speed Ladder	2 x 6	0 sec	
Total Body: Cable Squat to Curl	2 x 10	0 sec	Tempo: 2/2/2 Weight: 2 plates
Shoulders: 90° Shoulder Rotation	2 x 10	0 sec	Tempo: 2/0/2 Weight: 2 plates
Shoulders: Resistance Band Lateral Raise	2 x 12 total	2 min	Tempo: 3/2/1 Weight: n/a

Reaction / Balance	Set/Reps	Notes
Speed Skater w/Balance	2 x 10	10 each leg



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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
1. Legs: Band Exercises	1 x 15 each way	60 sec	<i>Rest 1 minute before next exercises</i>
2. Shoulders: Cable Shoulder Adduction	2-3 x 10	0 sec	Tempo: 3/2/1 Weight: 1 plate
2. Hamstrings/Back: Single leg RDL	2-3 x 10 each leg	0 sec	Tempo: 2/0/2 Weight: 8's
2. Lats: Stability Ball Pullover	2-3 x 10	0 sec	Tempo: 2/0/2 Weight: 10 lb.
2. Shoulders: Front to Side Raise	2-3 x 10	0 sec	Tempo: 2/2/2 Weight: 8's
2. Hamstrings: Cable Hamstring Curl	2-3 x 12	0 sec	Tempo: 2/0/2 Weight: 1-2 plates
2. Shoulders: 2-Way <u>Kneeling</u> Shoulder Press	2-3 x 6 each way 12 total	90 sec	Tempo: 2/0/2 Weight:

Core Workout Circuit	Set/Reps	Notes
3. Glutes: Fire Hydrant	2-3 x 12 each leg	
3. Lower Abs: Ball Roll-Up	2-3 x 8-10	
3. Back: Skydiver	2-3 x 12	

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

