

Varsity Gym Workout #1
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Here varsity workout that you can do at the gym. This is a full body routine. You should complete resistance training at least three times per week to improve your strength and create some definition.

#	Exercise	Sets	Reps	Tempo*	Rest
A	DB Press on Ball or Bench	2-4	8-12	2020	0
A1	DB Triceps French Press	2-4	12-15	2021	30S
B	DB Split Squat	2-4	8-12	2020	0
B1	Glute Bridge (feet on MB)	2-4	12-15	2021	30S
C	SB Roll Out	2-4	10-15	2020	0
C1	Core Plank on SB	2-4	10s hold x 5-10 reps	Hold 10s	30S
D	Standing Cable Row	2-4	8-12	2021	0
D1	Low Pulley Biceps Curl	2-4	12-15	2021	30S

***Tempo** consists of four numbers which correspond to the four different phases of the lift – lowering – pause at the bottom – lift – pause at the top. So if you see a tempo of 2021 this means you will lower the weight to a count of two seconds, no pause at the bottom, lift the weight to a count of two seconds and pause for one second at the top of the lift.