

**Dexter Long**

Age	45
Height	5'9"
Weight	170
BF%	25%
WEIGHT GOAL	142.8
BF GOAL	9%
POUNDS TO LOSE	27.2

1 MILE TIME:	
100 FLOORS	
PUSHUPS TILL FAIL	
1000 M Row:	
1RM	500
6 reps = 85% 1RM	425
8 reps = 80% 1RM	400
10 reps = 75% 1RM	375
12 reps = 67% 1RM (2/3 1RM)	335
15 reps = 65% 1RM	325

TRAINING ZONE		
140	157.5	175
80%	90%	MAXHR

MON			TUE			WED		
VIDEO	SETS	REPS	VIDEO	SETS	REPS	VIDEO	SETS	REPS
<b>LEGS</b>			<b>CHEST</b>			<b>BACK</b>		
Leg Ext	2	20	Incline	4	5/12/10/DRO	Olympic Deadlift	4	10/8/6/6
BoxJumps	3	10	Flat	3	15/12/10	Pullups	2	TIH Failure
Front Squat	3	10	Flyes	4	12	Pulldowns	3	15/12/10
Leg Press	4	15/12/10/DROP	Dips	3	10	Bent Row	3	10/8/6
Step Ups	3	10/8/6	Low Cable Flyes	2	TIH Failure	Pullovers	3	12
Step Backs (Smith)	3	10/8/6	Pushups	2	TIH Failure	Rear Delt	4	15/12/10/DROP
						Shrugs	3	15
			<b>ABS</b>			<b>TRICEP</b>		
			Decline Crunches	3	20	Cable Ext	3	20/15/12
			Twist Machine	3	20	Dips	3	10/8/6
			Hanging Raises	3	15	Overhead Cable Ext	3	10/8/6
			PLANK	3	15	Close Grip Pushups	2	TIH Failure
Stairmaster		100 Floors	Treadmill		1 mile	Elliptical		1 mile
<b>NOTES</b>			<b>NOTES</b>			<b>NOTES</b>		
*Box Jumps - Jump Up, Step Down.			Superset Cable Flyes w Pushups					
			Do all 3 ab exercises before rest					
THUR			FRI			SAT		
VIDEO	SETS	REPS	VIDEO	SETS	REPS	VIDEO	SETS	REPS
<b>SHOULDERS</b>			<b>Bicep</b>			Treadmill		1 mile
Hang Clean/Press	3	10	Bar Curl	4	10/8/6/6	<b>SPORTS</b>		
Shd Press	3	15/12/10	Preacher Curl	3	15/12/10			
Seated D Side Raises	3	15	Hammer Curl	3	10/8/6			
Upright Rows	3	12	Seated D Curfs	3	10/8/6			
			<b>CHEST</b>			<b>ABS</b>		
			Incline Cable Fly	3	20/15/12	Ball Rollins	3	20
			Incline Machine	3	15/12/10	Floor Crunch	3	20
			Seated Incline Cable Fly	3	15/12/10	PLANK	3	1 min
<b>ABS</b>								
Cable Crunches	3	20						
Russian Twists	3	20						
PLANK	3	1 min						
Stairmaster		100 Floors	Treadmill		1 mile			
<b>NOTES</b>			<b>NOTES</b>			<b>NOTES</b>		
Try the upright rows w cables			Superset Cable Flyes w Pushups					
Do all 3 ab exercises before rest								