



# YOUR BUSINESS DETAILS

PRO CONDITIONING PO BOX 35, DICKSON ACT 2602

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**Client Name**

**Chest, Shoulders & Abs**

**Date: 1/10/2005**

Exercises	Weight	Sets	Reps	Rest												
Bench Press - Incline Dumbbell	35kg	5	5-8	60												
Floor Press	90kg	5	5-8	60												
Shoulder Press - Barbell	20kg	4	5-8	60												
Front Raise - Weight Plate	20kg	3	8-12	60												
Push Up - Hands On Stability Ball	BWt	3	8-12	60												
Reverse Fly - Lying	5kg	3	8-12	60												
Abdominal Brace - Elbows & Toes	0	2	90s	0												
Abdominal Brace - Seated Throws - Medicine Ball	2	3	8	60												
Abdominal Brace - Side - Forearm & Foot	0	2	45s	0												
Back Extension - Stability Ball	10kg	2	8	60												
Torso Rotations - Cable - High to Low	??	2	8es	60												