



YOUR BUSINESS DETAILS

PRO CONDITIONING PO BOX 35, DICKSON ACT 2602

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Client Name

Chest, Shoulders & Abs

Date: 1/10/2005

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