

Cardio Pump Workout #2
Kelly Coffey Meyer
Workout Sheet

Date: _____

Exercise 0,1,2 = number of dbs used	Notes
Warm up	
Shoulders: 2-alt shoulder presses 2-upright rows 2-alt lateral raises	
Biceps: 2-alt supination curls 2-hammer curls 2-alt front curls	
Legs/Glutes: 2-deadlifts 2-squats out 2-rev lunges	
Back: 1-lawnmower rows 2-rev fly 2-run rows	
Triceps: 1-overhead extension 1-single kickbacks 0-close grip push ups	
Legs/Glutes: 2-squats 2-lunges 2-plie pulses	
Chest (FLOOR): 2-wide bench press 2-flies 2-alt bench press	