



Kirby Workout 4

Goal: Muscular Definition

*NEW PROGRAM	April 18, 2011
Monday:	Back, hamstrings, medial deltoids,abs/Cardio of choice for 40 minutes
Tuesday:	Adductors, quadriceps, calves, obliques/cardio of choice for 35-40min
Wednesday:	Cardio of choice but don't go over an hour
Thursday:	Chest, front deltoid, rear deltoid, lower ab area/cardio of choice 35-40 min
Friday:	Biceps, triceps, abs/cardio of choice no longer than an hour

STRENGTH TRAINING

- Work with challenging weight so the last rep of every exercise is difficult to get or not possible to get. Sets and reps are designated after each exercise below. For example: 3x10 means 3 sets of 10 reps.

If you surpass the recommended reps, raise the weight to the next highest increment. For example, if 10 pounds is too light on an exercise, increase to 15 pounds. Be cautious with your shoulder – listen to your body. One minute between sets but if you need more time, take it.

Monday	
A1. Dumbbell One Arm Row (4x10 each arm). Get an even more extreme stretch at the bottom than Cathy is doing and when you pull up hold for 2 seconds before lowering.	http://services.cachefly.net/static/videos/171/171.mov
A2. Machine Prone Leg Curl (4x15, 12.10, 8) Increase weight each set	http://services.cachefly.net/static/videos/210/210.mov
B1. Dumbbell Bent Arm Pullover on flat bench (4x12). Use moderate weight to protect the shoulder. This is for the lat muscles so try to feel a stretch in the lats and stay completely focused on the lats doing the raising and lowering	http://services.cachefly.net/static/videos/254/254.mov
B2. Dumbbell Stiff-Legged Dead Lift (4x8-10). Only rise about 3 inches above the knee. I want to keep tension on your hamstrings the entire time	http://services.cachefly.net/static/videos/178/178.mov
C. Supported Dumbbell Leaning Lateral Raise (5x10-12). Video is a bit dark but the instruction is precise	http://www.youtube.com/watch?v=eRMe--loWeY&NR=1
D. Do the Ab exercises in my recent blog. 4 super sets! Follow the instructions I provided. Frog crunch with elevated hips, Fitball crunch with resistance and V Sit. Work them hard!	http://fitbyraphael.com/super-set-abs-blast-workout.html

**Exercises A1/A2 performed as super set. Perform set of A1, then immediately perform the set for A2. Rest one minute and repeat. Same applies to B1/B2. Same applies to all workouts during the week when having this designation.

Tuesday	No Supersets
Plie Dumbbell Squat (3x15). Adjust your width to a point where you really feel the inner thighs. Don't lock the knees at the top. Use slow, controlled movements (2 seconds down and 2 seconds up with a count of one-one thousand, two one-thousand)	http://www.bodybuilding.com/exercises/detail/view/name/plie-dumbbell-squat
Machine Leg Extension (4x10). Hold for a count at the top for one- one thousand and then lower. As you raise the weight pull your toes toward you. So instead of your toes pointing towards the ceiling, they'll point more towards your body.	http://services.cachefly.net/static/videos/208/208.mov
Dumbbell squat (4x10-12, 1x20). Go to failure each set and wait longer between sets of you need it. After 4 sets, rest and then choose a weight where you can get one last set for 20 reps.	http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-squat
One Leg Calf Raise (3x15). Make sure to get a very good stretch at the bottom and raise as high as possible towards the big toe.	http://www.youtube.com/watch?v=aF8R0jBwdes
Oblique Crunch (3x15 each side)	http://www.youtube.com/watch?v=wR6xf-epdSs

Thursday	No Supersets
1. Hammer Grip Incline Dumbbell Press (3x12-15) (at top part of movement bring dumbbells a bit closer together to feel full contraction in chest. Keep your back slightly arched and chest elevated during the entire motion)	http://www.bodybuilding.com/exercises/detail/view/name/hammer-grip-incline-db-bench-press
2. Dumbbell Chest Press (3x15)	http://services.cachefly.net/static/videos/165/165.mov
3. Dumbbell Chest Fly (3x20)	http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-flyes
4. Standing Palms-in Dumbbell Press (use a bit slower tempo than video) (3x15)	http://www.bodybuilding.com/exercises/detail/view/name/standing-palms-in-dumbbell-press
5. Seated Dumbbell Bent Over Lateral Raise (3x15) keep slight bend in elbows	http://www.bodybuilding.com/exercises/detail/view/name/seated-bent-over-rear-delt-raise
6. Seated dumbbell lateral raise (2x 20) use light weight.	http://www.youtube.com/watch?v=YC8tmexqqWY
7. Leg Raise with Hip Raise (4x15-20)	http://www.physicalfitnet.com/exercise_video/straight_leg_raise_with_hip_raise.aspx

Friday	No Supersets
1. Dumbbell Alternating Biceps Curl (3x15)	http://services.cachefly.net/static/videos/160/160.mov
2. Dumbbell Double Hammer Curl (3x12)	http://services.cachefly.net/static/videos/258/258.mov
3. Dumbbell Concentration Curl (3x12-15)	http://services.cachefly.net/static/videos/256/256.mov
4. Lying Dumbbell Triceps Extension (3x15-17)	http://www.youtube.com/watch?v=SQ6_8exMujc
5. Two Arm Dumbbell Standing Extensions (3x12). The standing will have a different impact versus the lying one you did. Hits a little different area of triceps. This is one of my favorites but I use a straight bar or ez curl bar.	http://www.youtube.com/watch?v=fhX-ph3l9K8
6. Dumbbell One Arm Triceps Kickback (3x12-15)	http://services.cachefly.net/static/videos/172/172.mov
7. Fitball crunch with resistance (feet as close together as possible) (3x15-20)	http://fitbyraphael.com/super-set-abs-blast-workout.html