

## **Too Cool's Riders Exercise Routine**

### **DAY 1 – 3x15**

**Cable Cross** – set up with cable machine, arms out wide to begin, bring hands together, hug a tree

**External Rotation** – using tubing, keep elbow at body and at 90 degrees, move hand outwards

**Wide Row** – seated, pull elbows back but keep elbows at shoulder height

**Step Ups into Rev Lunges** – step up onto bench, then step down and into reverse lunge

**DB Curls** – DB in each hand, keep palms facing up, move hands upwards

**Triangle Extensions** – using metal bar that looks like a triangle, keep elbows tight and push hands down

**DB Press** – lying on bench, DB in each hand, press DB's to ceiling

**Seated Rows** – pull elbows to sides

**Lying Hamstring Curls w/ Ball** – lie on ground, heels on ball, keep hip in air, roll ball to butt

**Side Raises** – DB's at side, with arms almost straight, lift arms parallel to shoulders

**BB Curls** – same as DB curls but with a BB

**Rope Extensions** – same as triangle extensions but with a rope

### **DAY 2 – 3x12**

**Bench Push Ups** – push ups w/ hands on edge of bench

**Underhand Pull Downs** – use lat pull machine, hands in a little tighter with palms to ceiling

**Med Ball Wipers** – lift med ball from one hip, up over your head to other hip

**Med Ball Twist Lunges** – twist with med ball to side of front leg

**EZ Cable Curls** – use wavy bar, place pin down low

**Straight Bar Extensions** – same triangle extensions but with straight bar attachment

**Incline DB Flies** – on incline bench, extend arms out to side, keep straight and pull together

**Cable Rows** – same as seated rows, only standing

**Squeeze Squats** – hold a ball between your knees and squat

**Front Raises** – with DB's in front, keep arms almost straight, and lift hands to face level

**Hammer Curls** – palms facing inwards while curling

**1 Arm Cable Extensions** – same as triangle extensions only a handle for 1 hand

## CORE

Can be done on both days of program

Perform all different kinds of crunches totaling 80 to 100 repetitions. There are lots of great websites with lots of great core exercises.

After the reps have been attained, then begin working on the bridge, or plank. Go on your elbows and toes and keep your torso flat – no bums up in the air. Hold as long as you can. The initial goal should be 90 sec. If you can attain that, then you can do different types of bridges by lifting one leg at a time, one arm at a time, using a BOSU or a SWISS ball.

## CARDIO

Should be done a couple of times during the week. 45-60min. It is best to mix things up and not just stay in steady state cardio. What that means is if you are planning on going to the gym for 60min, then do 15min on treadmill, 10 min on rower, 15min on bike, 15min on elliptical and 5 min cool down on treadmill or bike. Within those time slots on the different machines, mix up your tempos. Here's an easy strategy to use. Just about all of us listen to headphones when we are in the gym, so for one song go speed X on the treadmill and next song go speed X+2, for the third song, go back to speed X, etc... This will burn more calories, exercise your heart and make the time fly by!

### **A sample week split might look like:**

Monday – Cardio & core

Tuesday – Day 1

Wednesday – Rest

Thursday – Cardio & core

Friday – Day 2

Saturday – Rest

Sunday – Rest

**COREY ALLISON, BKin**

Fitness and Lifestyle Consultant

[corey@performance-fitness.ca](mailto:corey@performance-fitness.ca)

403.921.2615

[www.performance-fitness.ca](http://www.performance-fitness.ca)

*Please consult a physician before starting any exercise routine.*