

## The Olympian

This will be the most traditional workout of the series. This workout will use the Olympic bar that is used in the weightlifting portion of the Olympic Games.

**This workout will be completed for 3 times per week for 4 weeks for another session of 12 workouts. Try to get at least two days of cardio training for a minimum time of 30 minutes.**

This workout also uses the multi-station machine which most of our facilities have this type of machine. If you have trouble figuring out these two exercises (incline chest press) and the (seated tricep extension) please contact me I'm sure there are variations that can be done. **With most of these exercises they have multiple sets, if you feel you can add weight with each set please do so. However, your form should never be compromised by trying to lift too much weight.**

**If you are not familiar with any of these exercises please refer to the video. If you have any questions regarding the technique or the speed of exercise for any of these please contact me.**

1. Billy Bobs: 30 seconds on and 30 seconds rest for 5 minutes. If 5 minutes is too much start with a lower number. This exercise will increase one minute per week over the four weeks. So, if you start with 5 minutes your fourth week you'll be completing 9 minutes.
2. Thrusters: 5 sets for 20-- 16-- 12 --8--6 reps. If it's possible for you to add some weight to the bar with each set that's great. Otherwise, keep the weight the same for all 5 sets.
3. Arm Curls: 5 sets for 10--8--6--6--5 reps.
4. Deadlifts: 5 sets for 10--10--8--8--6 reps.
5. Power Cleans: 5 sets for 5 reps each set. Keep the weight moderate on this exercise. This is more about having good technique than lifting heavy weights.
6. Incline Chest Press: 5 sets for 15--12--10--10--10 reps.
7. Bent Over Rows: 5 sets for 12--12--10--10--10 reps.
8. Seated Tricep Extensions on the Multi-station machine: 5 sets of 10 reps.

9. KB Forearm Curls: 5 sets for 10—10—8—8—6 reps.

10. KB Tricep Kickbacks: 5 sets of 8 reps per arm.

Core Exercises: All exercises: 3 sets of 30 seconds with sliders.

11. Pike ups

12. Push backs

13. Slide Unders

14. Atomic Push ups

15. MTNC