



# BOB'S BIG THREE WORKOUT

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## PURPOSE

This workout is designed to maximize efficiency when time prohibits following through with a formal workout plan and to provide a general structure and sense of direction for novices in the gym.

## PHILOSOPHY

This workout leverages the metabolic output and after-burn achieved by engaging the Chest, Back, and Legs. In addition to their high metabolic output, effectively working these three muscle groups involves the help of ancillary muscles such as the: abdominals, biceps, triceps, and shoulders. This means that focusing on these three muscles allows you to workout the major muscle groups in a condensed period of time.

## WORKOUT

Select one of the exercises listed in a category and complete four sets of that exercise using the appropriate work zone strategy. After completing four sets in one category move-on to the next category and repeat; these are called "single sets." You may also choose to do "giant sets" wherein four sets are completed using the appropriate work zone strategy but each set contains one exercise from each category. Example: Set = Bench Press, Wide Grip Lat. Pull-Down, and Lunges.

### WORK ZONE

The number of reps to do in each set.

- > Muscle Growth (Hypertrophy): 8-10 Reps
- > Muscle Endurance : 12-15 Reps

### CHEST

Exercises: Bench Press or Incline Press  
(see figures one and two)  
Apparatus: Free Weights or Machine.

### BACK

Exercises: Wide Grip or Reverse Grip Lat.  
Pull-Down (see figure three)  
Apparatus: Lat. Pull-Down Machine.

### LEGS

Exercises: Leg Press or Lunges  
(see figures four and five)  
Apparatus: Leg Press Machine or Dumbbells

### CARDIO

Choose two pieces of cardio equipment (Treadmill, Bike, Octane, Elliptical, etc.) and do ten minutes on each setting the resistance level to be equivalent to walking up a steep hill. Speed is not as important here as engaging the muscles as long as possible so set the incline as high as possible.

IMPORTANT NOTE: Cardio should always follow the strength portion of the workout.

## BENCH PRESS (Upper Body Push Exercises)



### FORM

- Three contact points: Feet, Hips, Shoulder blades
- Feet pulled back underneath your body
- Back arched with shoulder girdle rolled towards hips
- Hands placed just outside of shoulder width on bar

### TECHNIQUE

- Pressing feet on the floor, drive through your hips to your shoulders while keeping hips on the bench
- Keep your chest up and maintain arch through the entire range of motion

## INCLINE PRESS (Upper Body Push Exercises)



### FORM

- Three contact points: Feet, Hips, Shoulder blades
- Feet pulled back underneath your body
- Back arched with shoulder girdle rolled towards hips
- Hands placed on dumbbells shoulder width apart at start

### TECHNIQUE

- Bring dumbbells down with wrists stacked over elbows
- Pressing feet on the floor, drive through your hips to your shoulders while keeping hips on the bench
- Keep your chest up and maintain arch through the entire range of motion



## WIDE GRIP LAT. PULL-DOWN (Upper Body Pull Exercises)



Reversed Closed Grip



### FORM

- Extend arms, hands slightly wider than shoulders
- Lock lower body underneath equipment pads

### TECHNIQUE

- Arch back, chest up and lean slightly back
- Drive elbows down keeping wrist and elbows stacked
- Think of putting chest to the bar, not bar to chest to help maintain form

## LEG PRESS (Leg Exercises)



### FORM

- Feet hip or shoulder width apart
- Hips seated on bench
- Back flat on bench with head and shoulders elevated or resting on bench
- Ankles, knees, and shoulders in line

### TECHNIQUE

- Lower weight keeping heels in contact with plate, hips in contact with bench
- Keep knees stack over ankles
- Firm pressure on handles pulling hips toward bench
- Extend legs back to start position by pushing through heels



## DUMBBELL LUNGE (Leg Exercises)



### FORM

- Stand feet hip width apart with dumbbells hanging at side
- Straight spine, head up

### TECHNIQUE

- Step forward keeping leg in line with hip and strike foot from heel to toe
- Keeping spine straight, chest and head up, lower body to ground on front leg
- Knee and ankle stacked
- Push back up and return to starting position
- Repeat same leg or alternate legs