

## TOTAL BODY 5: 15 - 10 - 5

**Overview:** A total body workout consisting of a chest push, pulldown, overhead push, row/low row and multi-joint leg exercise for 3 rounds of 15, 10 and 5 repetitions to volitional muscular fatigue.

**Approximate time to complete:** 20:00 to 30:00

### General workout guidelines:

- > Complete the workout in the exercise order format listed below (note examples A & B). INSERT YOUR EXERCISE CHOICES ON THE WORKOUT RECORDING FORM.
- > Work to achieve muscular overload with a resistance that fits the exercise prescriptions (*Rx*) listed.
- > Record the training date ("DATE"), the resistances ("WT") used and the repetitions ("REPS") achieved for each workout performed.
- > Attempt to progress each workout in terms of using more resistance according the exercise prescription (*Rx*).
- > The "NOTES" section on workout form: space to record machine seat/back/handle/foot settings, the device used (e.g., barbell, dumbbell or machine) or other pertinent information that facilitates the proper performance of the exercise.
- > Always use proper exercise technique & be safety conscious. Use a spotter on certain exercises & stop when safe exercise technique cannot be maintained.

### Workout specifics:

- > Use the same chest push, pulldown, overhead push, row/low row and multi-joint leg exercise for all 3 rounds.
- > Do all five exercises in order for 15, 10 and 5 repetitions to volitional muscular fatigue.
- > Rest 3:00 between rounds.

### Exercise order format:

CHEST PUSH
PULLDOWN
OVERHEAD PUSH
ROW/LOW ROW
MULTI-JOINT LEG
CHEST PUSH
PULLDOWN
OVERHEAD PUSH
ROW/LOW ROW
MULTI-JOINT LEG
CHEST PUSH
PULLDOWN
OVERHEAD PUSH
ROW/LOW ROW
MULTI-JOINT LEG

### Example A:

BARBELL BENCH PRESS
CLOSE GRIP PULLDOWN
DUMBBELL SEATED PRESS
SEATED ROW
BARBELL SQUAT
BARBELL BENCH PRESS
CLOSE GRIP PULLDOWN
DUMBBELL SEATED PRESS
SEATED ROW
BARBELL SQUAT
BARBELL BENCH PRESS
CLOSE GRIP PULLDOWN
DUMBBELL SEATED PRESS
SEATED ROW
BARBELL SQUAT

### Example B:

INCLINE PRESS
WIDE GRIP PULLDOWN
MACHINE OVERHEAD PRESS
BENT-OVER ROW
LEG PRESS
INCLINE PRESS
WIDE GRIP PULLDOWN
MACHINE OVERHEAD PRESS
BENT-OVER ROW
LEG PRESS
INCLINE PRESS
WIDE GRIP PULLDOWN
MACHINE OVERHEAD PRESS
BENT-OVER ROW
LEG PRESS