















# Joe McDowell's Exercise Workout Card (Day 1)

Day 1

Email Link

Print

Exercise	Start	Record Results	wt		rp		wt		rp		wt		rp		wt		rp			
<b>Legs</b> # BB / DB Overhead Lunge Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Legs</b> # Single Leg Wall Squat Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Legs</b> # Single Leg Wall Squat Hold Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Back</b> # One Arm Pullups Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Back</b> # Machine Wide Pulldown Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Chest</b> # Ball DB Single Arm Press Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Chest</b> # DB Flat Press Sets: 1-2 Reps: 3-9 Rest: 120 seconds																				
<b>Core</b> # Ball Cable One Arm Twist Sets: 1-2 Reps: 20-25 Rest: 60 seconds	