

# Long and Lean



This program is designed to strengthen your entire body while creating a longer and leaner look. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

## Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	40	Toe Bar Squat			
	41	Feet in "V"			
	42	Hip Roll			
	58	Roll-Up			
	59	Kneeling Plank Press			
	56	Pullover with Crunch			
	3	Seated Chest Fly			
	13	Reverse Fly			
	45	Lying Triceps Extension			
	76	Half Roll Back w/ Biceps Curl			

## Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	41	Feet in "V" - Heels on Bar			
	29	Single Leg Squat			
	31	Single Leg Calf Raise			
	38	Standing Lunge			
	77	Side Plank			
	75	Core Extension			
	37	Inner Thigh Pull			
	32	Hamstring Pull			

\*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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