





The Comeback Workout – Get Your Body Back On Track

Round 1 - Upper Body Workout – Monday / Thursday



Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Assisted Pull-ups (Smith Machine)	1	as many as you can – nearly to failure		 <p>Assisted Pull-ups</p>	The Comeback Workout – Get Your Body Back On Track Assisted Pull-ups
Bench Push-ups	1	as many as you can – nearly to failure		 <p>Bench Push-ups</p>	The Comeback Workout – Get Your Body Back On Track Bench Push-ups



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Shoulder Press	1	12		 Dumbbell Shoulder Press	The Comeback Workout – Get Your Body Back On Track Dumbbell Shoulder Press
Dumbbell Upright Rows	1	12		 Dumbbell Upright Rows	The Comeback Workout – Get Your Body Back On Track Dumbbell Upright Rows



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Lateral Raises	1	12		 Dumbbell Lateral Raises	The Comeback Workout – Get Your Body Back On Track Dumbbell Lateral Raises
In / Out Hammer Curls	1	12		 In / Out Hammer Curls	The Comeback Workout – Get Your Body Back On Track In / Out Hammer Curls



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Tricep Dips	1	as many as I can – nearly to failure		 Tricep Dips	The Comeback Workout – Get Your Body Back On Track Tricep Dips





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Round 2



Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Assisted Pull-ups (Smith Machine)	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Assisted Pull-ups	The Comeback Workout – Get Your Body Back On Track Assisted Pull-ups
Bench Push-ups	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Bench Push-ups	The Comeback Workout – Get Your Body Back On Track Bench Push-ups



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Shoulder Press	1	10		 Dumbbell Shoulder Press	The Comeback Workout – Get Your Body Back On Track Dumbbell Shoulder Press
Dumbbell Upright Rows	1	10		 Dumbbell Upright Rows	The Comeback Workout – Get Your Body Back On Track Dumbbell Upright Rows



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Lateral Raises	1	10		 Dumbbell Lateral Raises	The Comeback Workout – Get Your Body Back On Track Dumbbell Lateral Raises
In / Out Hammer Curls	1	10		 In / Out Hammer Curls	The Comeback Workout – Get Your Body Back On Track In / Out Hammer Curls



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Tricep Dips	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Tricep Dips	The Comeback Workout – Get Your Body Back On Track Tricep Dips



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Round 3



Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Assisted Pull-ups (Smith Machine)	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Assisted Pull-ups	The Comeback Workout – Get Your Body Back On Track Assisted Pull-ups
Bench Push-ups	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Bench Push-ups	The Comeback Workout – Get Your Body Back On Track Bench Push-ups



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Shoulder Press	1	8		 Dumbbell Shoulder Press	The Comeback Workout – Get Your Body Back On Track Dumbbell Shoulder Press
Dumbbell Upright Rows	1	8		 Dumbbell Upright Rows	The Comeback Workout – Get Your Body Back On Track Dumbbell Upright Rows



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Dumbbell Lateral Raises	1	8		 Dumbbell Lateral Raises	The Comeback Workout – Get Your Body Back On Track Dumbbell Lateral Raises
In / Out Hammer Curls	1	8		 In / Out Hammer Curls	The Comeback Workout – Get Your Body Back On Track In / Out Hammer Curls



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Tricep Dips	1	Perform as many as you safely can. As soon as your technique starts to suffer then stop.		 Tricep Dips	The Comeback Workout – Get Your Body Back On Track Tricep Dips



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Lower Body Workout – Tuesday / Friday – Perform the following circuit a total of 3 times.



Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Bench Side Step-Up with Knee Up	1	20 each leg		 Bench Side Step-Up with Knee Up	The Comeback Workout – Get Your Body Back On Track Bench Side Step-Up with Knee Up
Split Squat	1	15 each leg		 Split Squat	The Comeback Workout – Get Your Body Back On Track Split Squat



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Curtsy Lunge	1	alternating from one side to the other 20+ reps = at least 10 reps each leg		 Curtsy Lunge	The Comeback Workout – Get Your Body Back On Track Curtsy Lunge
Pistol Bench Squat	1	12 each leg		 Pistol Bench Squat With Medicine Ball	The Comeback Workout – Get Your Body Back On Track Pistol Bench Squat



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Stiff Leg Single Leg Deadlift	1	15 each leg		 Stiff Leg Single Leg Deadlift	The Comeback Workout – Get Your Body Back On Track Stiff Leg Single Leg Deadlift
Frog Butt Booster	1	20		 Frog Butt Booster	The Comeback Workout – Get Your Body Back On Track Frog Butt Booster



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Standing Calf Raises on Adjustable Bench	1	til nearly failure		 <p>Standing Calf Raises on Adjustable Bench</p>	The Comeback Workout – Get Your Body Back On Track Standing Calf Raises on Adjustable Bench





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Abs and Cardio – Wednesday (Saturday is Optional)



Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Straight Arm Plank	4	20		 Straight Arm Plank	The Comeback Workout – Get Your Body Back On Track Straight Arm Plank
Reverse Sit-ups	4	20		 Reverse Sit-ups	The Comeback Workout – Get Your Body Back On Track Reverse Situps



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Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Fitball Pull In	4	20		 Fitball Pull In	The Comeback Workout – Get Your Body Back On Track Fitball Pull In
Fitball Side Crunches	4	20		 Fitball Side Crunches	The Comeback Workout – Get Your Body Back On Track Fitball Side Crunches





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Cardio

Exercise	Sets	Repetitions	Your Notes	Photo Of Exercise	Link To Members Video
Walk / Moderate Fast Intervals Or Walk Incline Intervals	1		Use one of the following two cardio workouts.	 <p>Walk / Moderate Fast Intervals</p>  <p>Walk Incline Intervals</p>	The Comeback Workout – Get Your Body Back On Track Walk / Moderate Fast Intervals Or Walk Incline Intervals