

Beach Comber II

COACH, EZ

Date	11/01/2011				Sets				Duration Intensity						
Day	Seat Position ▶	Seat	Back	Foot	Other	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4		
Day 1						Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>		
Flat DB Press • warm-up.. 12r 10w & 10r 12.5w						4	18r 15w	4	17r 17.5w	4	16r 20w	4	15r 22.5w		
Incline Dumbbell Press						3	14r 15w	3	13r 17.5w	3	12r 20w	3	11r 22.5w		
Incline Dumbbell Fly						3	14r 10w	3	13r 12.5w	3	14r 12.5w	3	11r 15w		
Dumbbell Curl • warm-up.. 10r 5w						4	14r 10w	4	15r 10w	4	12r 12.5w	4	13r 12.5w		
Preacher Curl Machine						3	14r 50w	3	13r 55w	3	12r 60w	3	11r 65w		
Hammer Curls						3	14r 7.5w	3	15r 7.5w	3	12r 10w	3	13r 10w		
Day 2						Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>		
Overhead DB Press • warm-up.. 10r 7.5w & 8r 10w						4	14r 12.5w	4	15r 12.5w	4	12r 15w	4	11r 17.5w		
Side Dumbbell Raise						3	14r 7.5w	3	15r 7.5w	3	12r 10w	3	13r 10w		
Upright Row Barbell						3	14r 45w	3	13r 50w	3	12r 55w	3	11r 65w		
Smith Squat • warm-up.. 10r 65w & 8r 80w						4	14r 105w	4	13r 115w	4	12r 130w	4	11r 145w		
Leg Extensions						4	1	3	14r 90w	3	13r 105w	3	12r 115w	3	11r 130w
Seated Leg Curls						5	1	3	14r 80w	3	13r 90w	3	12r 100w	3	11r 115w
Day 3						Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>		
One Arm DB Row • warm-up.. 10r 7.5w & 8r 10w						4	14r 12.5w	4	15r 12.5w	4	12r 15w	4	11r 17.5w		
Seated Cable Pulldown						3	14r 70w	3	13r 80w	3	12r 90w	3	11r 95w		
Seated Cable Row						3	14r 60w	3	13r 70w	3	12r 80w	3	11r 85w		
One Arm DB Extension • warm-up.. 10r 5w						4	14r 7.5w	4	15r 7.5w	4	12r 10w	4	13r 10w		
Triceps Pushdown						3	14r 45w	3	13r 50w	3	12r 55w	3	11r 65w		
Triceps Dip Machine						5	3	14r 50w	3	13r 55w	3	12r 60w	3	11r 65w	
Standing Calf Raise						4	14r 105w	4	13r 115w	4	12r 130w	4	11r 145w		
Every Wk Out						Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Complete <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>	Post W/O Drink <input type="checkbox"/>		
Abdominal Curl Machine						5	4	14r 50w	4	13r 55w	4	12r 65w	4	11r 70w	
Back Extension Machine						4	2	4	14r 125w	4	13r 140w	4	12r 160w	4	11r 175w
Cardio of Choice						1	20m 105h	1	20m 113h	1	20m 122h	1	20m 130h		

Recommended Meal Plan 40-30-30

See www.myezcoach.com for program details and exercise instructions