**Routine For: Hampden-Sydney Community**

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**ABS - 39 Trunk Twist**

Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do 3 sets. Complete 12-15 repetitions.

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**BACK: LOW - 9 Extension**

Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.

Do 3 sets. Complete 12-15 repetitions.

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**LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)**

Press forward until legs are just short of locked knee position.

Do 3 sets. Complete 12-15 repetitions.

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**BACK: LATS - 12 Pull-Down: 45° Angle (Cable)**

Leaning back slightly, pull bar to upper chest.

Do 2 sets. Complete 12-15 repetitions.

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**CHEST - 40 Bench Press (Machine)**

Press to straight arms.

Do 2 sets. Complete 12-15 repetitions.

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**BACK: TRAPS - 5 Row: Upright – Narrow Grip (Cable)**

Knees slightly bent, pull bar to chin, leading with elbows.

Do 2 sets. Complete 12-15 repetitions.

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**ARMS: BICEPS - 19 Curl: Standing (Cable)**

Knees slightly bent, curl arms toward shoulders, keeping upper arms close to sides.

Do 2 sets. Complete 12-15 repetitions.

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**ARMS: TRICEPS - 18 Extension: Standing (Cable)**

Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do 2 sets. Complete 12-15 repetitions.

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**ARMS: FOREARMS - 6 Wrist Curl: Sitting (Cable)**

Flex wrists up toward body, keeping forearms on thighs.

Do 2 sets. Complete 12-15 repetitions.

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**ARMS: FOREARMS - 18 Rotation: Single Arm (Thor's Hammer)**

Holding forearm with other hand, slowly rotate hand to one side then the other, as far as possible.

Do 2 sets. Complete 8-12 repetitions.

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**ABS - 38 Side Bend (Cable)**

Tighten abdominals and bend to side as far as possible.

Do 2 sets. Complete 15-20 repetitions.

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**ABS - 16 Sit-Up: Twist – Bent Leg**

One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 2 sets. Complete 12-15 repetitions.