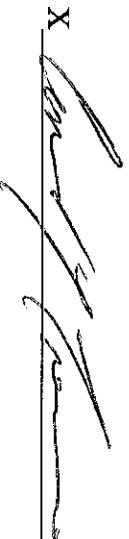


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Other tips from Mr. T and anything else I learned

- Mr. T has a workout that he has put together for beginners just getting into fitness.
 - Day 1 Upper body: machine bench, peck deck, lat pull-down, dumbbell vertical press, triceps extension, and bicep curl.
 - Day 2 Lower body: leg extension, leg curl, leg adduction, leg abduction, leg press.
 - Many of these exercises are done for three sets of 10-15 reps.
- When working with people new to fitness, do not start off with a set plan. Instead, have a general idea of what exercises to choose, but alter it to the individual taking into account previous injuries, any acute or chronic pain, and their height, weight, and age.
- Avoid excess sugar and alcohol when training.
- Always brace your abdominals when training, but I learned to specifically brace them when I am pressing overhead while standing up.
- Deadlifts are tricky. They are most often programmed into a “back day”, but I feel it mostly in my quads, so I prefer to put them on a “leg day”. However, I did not want to only end up training squats every other leg day as they end up being about 4-5 days apart. This means I would only hit squats every 10 days. It would be the same with deadlifts. So, we discussed programming them into the very end of upper body day. If my routine looks like: upper body, shoulders, legs, arms, repeat, then I can hit both squats and deadlifts without them being on consecutive days.
- I would often perform my workouts with a 3 or 4 sets of 10 reps layout. Mr. T suggested decreasing my reps as I increase the weight accordingly. He suggested doing sets where I would reach muscular failure at 12, 10, and 8 reps for my first, second, and third sets respectively.

I'd like to thank Mr. Trevino very much for his help, his guidance, and free access to his gym for the duration of my shadowing experience. He gladly explained so much to me including how to run a gym, dealing with customers, and finally giving me a hands-on experience under the bar. Thank you so much for your time and effort!

X 

Mr. Trevino

3/15, 2hrs

- Shoulder workout including barbell press, dumbbell press, machine press, and anterior, lateral, and posterior dumbbell flies in between each other exercise.

3/20

- 20-30 min of research. Mr. T had an argument for adding an "Arms only" day where the athlete focusses only on biceps and triceps. I had never scheduled a specific arm day because I focused mostly on compound lifts, but Mr. T explained that you are only as strong as your weakest link, so adding an arms day would only boost everything else.

3/22, 2hrs 15min

- Arm day: We discussed and experimented with what to put into an arm day and came up with a list including light dumbbell curls and triceps press downs as a warm up, barbell and/or preacher curls, dips and/or close grip bench press, superset of cable curls (close and wide grip) and cable triceps extensions, hammer curls, and skull crushers.

3/25, 1hr, 30min

- Upper body workout including pull-ups, bent over heavy barbell rows, and low cable rows. Superset sets of 20 Push-ups with each other exercise.
- Wrote in optional exercises to add or swap in: dumbbell rows along with or in place of low cable rows.
- We also discussed the lack of deadlifts in my program. We decided to put them in at the end of upper body day. Heavy, low reps: 6reps to warm up, then max at 6, 5, 4, 3, 2, and maybe 1 rep(s).

3/27, 1hr

- Shoulder workout including seated heavy dumbbell press, machine press, shrugs, and anterior, lateral, and posterior flies in between each other set.
- Brace abs (in all lifts, but especially when standing for vertical pressing)!!!

3/29, 1hr

- Leg day workout including barbell back squat, leg press, and slow calf raises.
- Ankles were noticeably stiff/in pain the next day. It felt as if I had twisted or rolled both (but especially my left) ankles.

Field Experience Journal

I shadowed Mr. Trevino at his gym, T's Gym, here in Seward. The first day he spent several hours explaining how he runs his business, talking about competition between gyms, and setting up the next few times I could come in and what we were going to do while I was there. Then, we just went on from there.

Field Experience:

3/6/17, 3hrs

- Tour of his gym
- Explaining how he runs his gym and local competition
- Explaining how he sets up his customers

3/7, 1hr 30min

- Upper body workout including pull-up and push-up superset, bent over barbell rows, machine chest fly, low cable row, and cable cross. Discussed other exercises I could add or use to exchange if needed.

3/9, 2hrs

- Leg day workout including barbell back squat, leg press, calf raises, and leg curls.
- We discussed different placements of feet for each lift and how that dictates which muscles are getting more or less of the workload.

3/10, 2hrs

- Shoulder workout including barbell press, dumbbell press, superset of dumbbell lateral raise and posterior deltoid raise, posterior deltoid machine, and lightweight row into rear deltoid eccentric lower (one movement).
- We discussed my current shoulder workout and decided I need more heavy presses and that I should try a few of the lifts in a seated position, since I had been doing all lifts standing previously.

3/13, 1hr 45min

- Upper body workout focusing on weighted pull-ups. Wide (2 sets), neutral (1 set), and chin-up (1 set) grips used. Sets of 20-25 push-ups in between.