

## Kayla's Full Body Workout

Targeted Area	Exercise	Name of Exercise	Mass Moved (kg)	Distance per rep (m)	Force (N)	Work per rep (Joules)	Sets	Reps Per Set	Total Reps	Total Work (Joules)	Notes	Targeted Muscles
Upper Body	1	Seated Dip	6.8	0.83	66.64	55.3112	2	25	75	4,148	Remember to place your chest all the way against the pad when doing this exercise.	pectoralis major, biceps, triceps
	Rest: 45 sec.											
	2	Lateral Decline Press	6.8	0.96	66.64	63.9744	3	20	60	3,838.46	Go slowly to keep from getting injured	pectoralis major, biceps, triceps
	Rest 45 sec.											
	3	Lateral Shoulder Press	7.26	0.64	71.148	45.53472	2	30	60	2,732.08		biceps, triceps
Rest 1 min.												
Lower Body	4	Lateral Leg Extention	11.34	0.84	111.132	93.35088	3	20	60	5,601.05		quadriceps
	Rest 45 sec.											
	5	Ground Based Squat Lunge	6.8	0.86	66.64	57.3104	4	18	72	4,126.35	Be sure to maintain good form and lift with your legs.	calves, quadriceps
	Rest 45 sec.											
	6	Leg Press	11.34	0.66	111.132	73.34712	4	15	60	4,400.83		gluteus maximus, quadriceps
Rest 1 min.												
Abs	7	Back Extentions	5.44	1.62	53.312	86.36544	3	20	60	5,181.93	Use a medicine ball for weight; keep medicine ball near chest.	obliques, lower back, abdominal
	Rest 45 sec.											
	8	Sit-ups	8	0.86	78.4	67.424	3	20	60	4,045	Keep arms extended while doing exercise	abdominal
<b>Totals</b>	<b>8</b>						<b>24</b>		<b>507</b>	<b>34,074</b>		