

Candace's Full Body Workout

Exercise	Muscle Group	Mass (kg)	Distance (m)	Force (N)	Work per rep (Joules)	Sets	Reps per Set	Total Reps	Total Work	Notes
				= mass x 9.8	= force x distance			= sets x reps	= total reps x work	
squat (ground based squat machine)	glutes, hamstrings	31.8	0.8	311.64	249.312	2	10	20	4986.24	keep back straight to avoid injury; work correct muscle group
rest: 30 seconds										
hanging ab crunch	abs	24.9	0.96	244.02	234.2592	3	7	21	4919.4432	hold legs up for 2 sec each
rest: 30 seconds										
leg press	quads	61.8	0.74	605.64	448.1736	3	7	21	9411.6456	
rest: 50 seconds										
iso-lateral decline press	chest, triceps	24.7	0.94	242.06	227.5364	5	5	25	5688.41	
rest: 30 seconds										
sit ups w/medicine ball	abs	4.5	0.86	44.1	37.926	4	8	32	1213.632	come all the way up, touch ball to knees; use 10lb medicine ball
rest: 20 seconds										
backward push-ups (on bleachers)	biceps, triceps, chest	49.9	0.62	489.02	303.1924	3	10	30	9095.772	arms must be elevated (on bleachers, a stool, etc.) not straight on ground
rest: 50 seconds										
lunges w/medicine ball	quads, hamstrings	29.4	0.37	288.12	106.6044	3	8	24	2558.5056	alternate legs (4 lunges per leg per set); use 10 lb medicine ball
Total						23		173	37873.6484	