

Monday:

Ride my bicycle (20–35 miles) or pool at the YMCA.

Weight lifting: T, & TH

1. Stairmaster- 330 steps. 5 minutes.
2. Seated leg press- 300 lbs. 3×8.
3. Seated leg curl– 100 lbs. 3×8.
4. Hip thrusts- 185 lbs. 3×8.
5. Sit-ups– 3×18. +7
6. 2x bball swings– 25 lbs. 3×8.
7. Right Shoulder– 40 lbs. 3×8.
8. Other shoulder – 15 3×8.
9. 2X Step ups-1×20.
10. 2X sidestep – 1×20.
11. Torso rotations– 125 lbs. 3×8.
12. Calf extensions- 220 lbs. 3×8.
13. Hip abduction- 240 lbs. 3×8

Wednesday:

Spin class at the YMCA for 45 minutes. Then pool or ride my bike in public or I go workout at Planet Fitness (PF). I do a quick workout of:

1. Sit-ups – 3×15.
2. 2X step ups-1×20.
3. 2X sidestepping-1×20. The
4. Torso rotation- 3×8. 110 pounds.
5. Floor exercises.

Friday: spin class at YMCA. 45 minutes. Then I either swim out bikerun . (20-35 miles).or go out

Saturday- weather and body permitting I ride my bike furthest 25-40 miles.

Sunday's workout:

Stairmaster- for 5 minutes.

1. Seated leg press– 210 lbs. 2×20.
2. Seated leg curl- 90 lbs. 2×20. Bub
3. Hip thrusts– 135 lbs. 2×20.
4. Reverse sit ups- 3×17 +4
5. 2X baseball swings– 20 lbs 2×20.
6. Right shoulder-25 lbs. 2×20.
7. Other shoulder- 10 lbs 2×20.
8. 2X Torso rotation– 95 lbs 2×20.
9. 2X step ups – 1×20.
10. 2X sidestepping– 1× 20.
11. Hip abduction– 175 lbs. 2×20.

12. Calf extensions-140 lbs 2×20.
13. Floor exercises.