

Dr. Phil Good's Personal Workout Program

Resistance Exercises

*Note – Information regarding the resistance, repetitions, etc. I use in my workouts is simply to give an idea of the intensity of exercise involved in maintaining my current level of conditioning. What I do is certainly not ideal for all people and all situations.

Pull-ups / Chin-Ups

Wide Grip



Narrow Grip



Pull-ups / Chin-Ups (continued)

Reverse Grip (Chin-ups)



I usually do 15 reps of wide grip pull-ups at the beginning, and 15 reverse grip at the end of my main workouts, although I will change the grip on occasion.

Negatives (Option If You Can't Do Full Pull-Ups Yet)



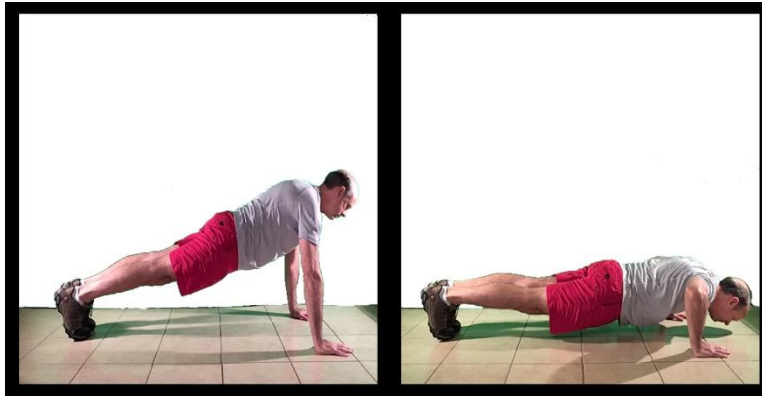
With negatives, use a step of some kind to get you to the raised position, then pull your legs up off of the step and slowly lower your body until your arms are straight. Carefully place your feet on the step and use your legs as much as you need to help your arms raise yourself to the starting position again.

Bench Press



It's a good idea to have a spotter (someone to help you if you are unable to lift the weight back into the rack by yourself), or use a bench press machine of some sort rather than free weights. At a minimum for safety, I suggest using a bench with a secondary rack that's a few inches above your chest (it's hard to see in the pictures, but that's the type of bench I'm using) – just high enough that you only have to raise the weight a little bit to where you can use the secondary rack and be able to get out from under the bar if you need to. I usually do 2 sets at a weight I can lift 3 to 4 times, 2 sets at a weight I can lift twice, and 2 sets at a weight I can lift once for my main workouts.

Push-ups



Push-ups are a good alternative to bench press, although they tend to provide more of a toning effect than mass-building as compared to bench press with heavy resistance. I do them mainly when I'm traveling and don't have easy access to a gym. Push-ups can be further modified as shown in the optional exercises that follow to allow for strengthening when you are not yet able to do a significant number of full push-ups

"Cheater" Push-ups



Wall Push-ups



“Draw the Gun”



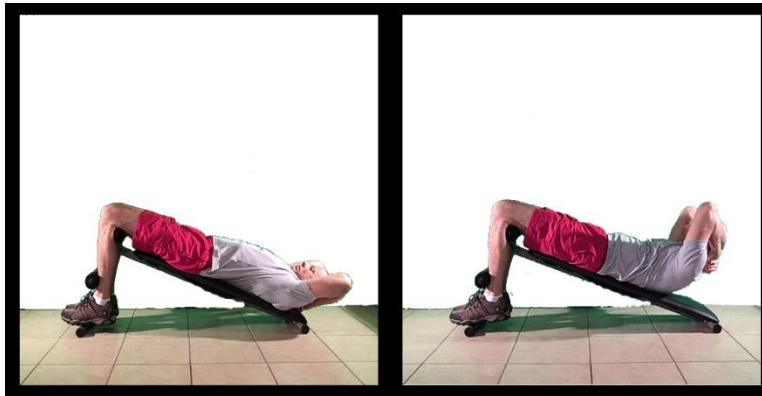
*Maximum weight for this exercise is 5 (yes, I mean five!) pounds regardless of how strong you are!

This is an exercise for the rotator cuff muscles and because the main rotator cuff tendon has limited space to move, it's important to focus on toning with high repetitions and low weight to avoid causing excessive increases in tendon mass (thickness) which can result in tendon impingement and damage.

Start by holding the weight at the top of your waist on the side opposite the shoulder you are exercising. Slowly raise the weight up and out as shown, pause for a moment and slowly return to the starting position. In my normal 3 time per week workouts, I usually do 30 reps with 5 pounds on each arm, with a set after each of my first 4 sets of bench press to balance the work on the pecs and the rotator cuff.

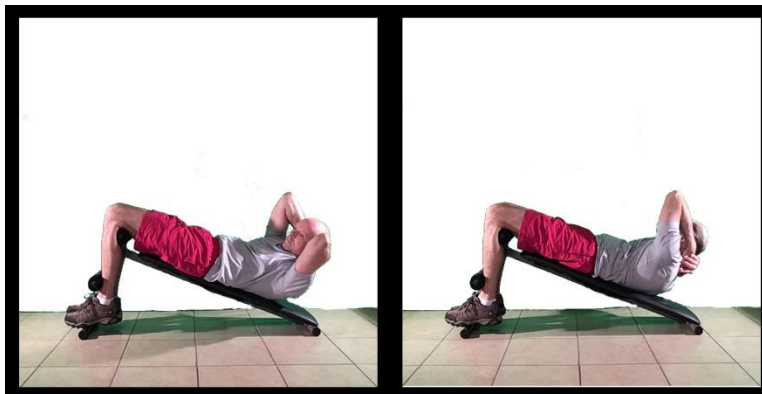
Crunches

Slant Board Straight Crunch



Bear in mind that you are only raising your shoulder blades off the slant board. Full sit-ups actually exercise the hip flexors more than the abs and are counter-productive in most cases, as they can lead to low back problems. I usually do 200 of these (as a single set) in my main workouts.

Slant Board Oblique Crunch



As you come up, rotate your torso so that you move your elbow towards the opposite side knee. I usually do 50 of these to each side (100 total) in my supplemental abdominal and balance exercise sessions.

Ten Position Flat Crunch



I suggest starting with 5 to 10 repetitions for each of the 10 positions, working up to 25 or more of each (I do 30 of each in my supplemental abdominal and balance workouts). The first 8 positions are done from a back-lying position, with the final two done side-lying. As with any crunches, only go up until your shoulder blades are off the floor or mat. The ten positions are:

1. Feet flat on floor/mat with toes pointing towards each other.
2. Feet flat on floor/mat with soles of feet together.
3. Same as #1, but with feet off of floor/mat, with lower legs parallel to the surface.
4. Same as #2, with feet off of floor/mat, with lower legs parallel to the surface.
5. One leg straight out with toes pointed, about a foot or so off the surface, other leg bent 90 degrees at the hip and knee.
6. Same as #5 with the right and left leg positions reversed.
7. Legs together pointing straight up (or as straight as you can per your flexibility).
8. Legs spread apart, pointing upwards with knees straight (or straight-ish depending on your flexibility).
9. Start lying on your side with knees bent and raise your torso sideways, lifting
10. Same as #9 lying on opposite side.

Planks



Planks are a good exercise for the abdominal core muscles. They can be done in a variety of positions, but the basic straight plank as shown does a good job and is easy to do. I will sometimes sway my hips or flex and extend my ankles to further challenge the core muscles. Beginners may find it difficult to hold a steady plank position for more than 20 or 30 seconds, but with consistent use, it's possible to work up to a few minutes relatively quickly. I do three to four repetitions of 1 to 2 minutes each as part of my short supplemental abdominal and balance training workouts.

Dips



This exercise should be avoided or possibly modified by not going down as far if you have shoulder or elbow problems. I do 15 repetitions in my normal workouts.

As with pull-ups, dips can be done as a negative-only exercise. Use a step of some kind to use your legs to help get yourself into the raised (arms fully straight) position, then carefully step off and lower yourself. As you go down, carefully place your feet on the step to avoid going down too far.

Knee Raises



These can be done with a dip station, pull-up station, or with a harness. You can do them by bringing your knees straight up in front of you for a general ab and hip flexor workout, or as shown, bringing the knees across the body to more specifically work the abdominal oblique muscles. I usually do 15 to each side in my normal exercise sessions.

Bent Rows



Rows can be done in a variety of ways using free weights, elastic bands, or various machines, but the single arm bent row using a bench or chair is one of the simplest. To get the maximum benefit and to work the upper back and back of the shoulder, it's important to bring your arm (or arms if doing a two-armed row of some sort) all the way back and squeeze your shoulder blade(s) towards the spine. I typically do 30 repetitions of these with each arm with a 40 pound weight in my exercise sessions.

Squats

Knee-Friendly Squats



Weightlifting purists will insist that squats have to be done lowering yourself as far as possible – to where your butt nearly touches the ground. Regardless of how strong you are, full squats like that are hell on the knee joints, especially if you're 50 or older. Modified squats in which you only go down to a 90 degree bend in the knees (or less if you find that's still too much pressure on the joints) still provide a good workout for the muscles of the legs and buttocks. I usually do modified squats over my weight bench because the contact of my lower butt with the bench is a well-placed marker for the maximum amount of squat I want to do. Obviously, not everyone is the same height, so you may need to find a chair or other sturdy object to serve the same purpose, or simply do the exercise in front of a mirror to monitor the depth of your squat so that you protect your knees.

I typically do squats with hand weights as shown, but the resistance can of course be a barbell, tubing, or from a machine of some form. Because I don't usually have a spotter available, nor a formal squat rack or machine, I usually do high repetitions to compensate for using relatively low weights (my usual workout is 25 repetitions with two 40 pound hand weights), but if you have the facilities to safely use heavier resistance, you will typically build more muscle mass with heavier resistance and lower reps as opposed to more toning with higher reps and lower resistance.

If you don't have any equipment, you can still get a good workout for the legs and buttocks doing body-weight-only squats with high repetitions and/or doing single leg squat-like exercises as shown in the balance exercise section.

Shoulder Press



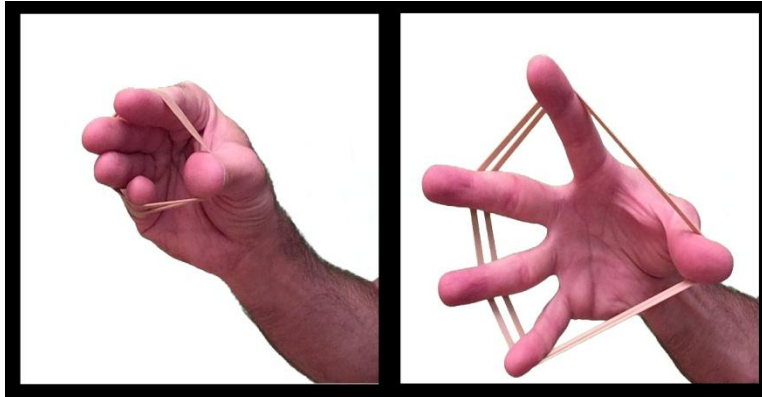
Shoulder press is a great workout for the triceps and shoulder muscles, but this exercise should be avoided if you have shoulder problems such as degenerative arthritis, shoulder impingement, or instability of the shoulder joint. I do 15 repetitions with 40 pound hand weights in my usual workouts.

Calf Raises



Because the calf muscles get more exercise just in the normal course of the day than most other muscles in the body, they tend to need higher repetitions than most muscles when you exercise them. For example, I usually do 50 repetitions with two 40 pound hand weights during my main workout and additional calf work on a wobble board (as shown in the section on balance exercises).

Finger Extensions



This exercise is particularly useful to balance the muscles of the hands and forearms for people whose hands get a lot of gripping work (carpenters, massage therapists, etc.) or do repetitive tasks with their fingers (such as people who do a lot of data entry on computers). As such, it is often helpful for alleviating symptoms of carpal tunnel, arthritis, and other mechanically-induced hand and wrist complaints. If you find that your finger extensor muscles are really weak, start with a relatively thin rubber band and gradually work up to thicker and/or more bands to increase resistance. I suggest doing a fairly high number of repetitions with this exercise – 20 to 30 or more – using whatever resistance gives you a slight burning in the back of the forearms towards the end of the set. I have relatively heavy work using my hands as part of my occupation, so I do two sets of 50 repetitions on each hand using two medium sized bands, or one really thick band (like what they use to bundle broccoli at the grocery store). People with less intense hand use don't need as much to balance the muscles, but the exercise will help you build more defined forearms in any case.