

# Present Workout Update

by

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*This article was written December 2, 2005. It has been reproduced in various media sources. This presentation and each of the others have some minor wording changes. This article is not intended to be used or followed as a prescribed physical therapy program. It is an accurate account of my personal training at the time it was written.*

Once again the question has been raised during a recent interview: “What is your present workout routine like?” Can you please outline the exercises, sets, reps, and weight you use?” “Most people don’t do that and I just feel it makes for a more interesting interview when those things are provided”, or so I was told. I agree I would prefer to see or hear more details than just the same old – “I perform 4 sets of 8 reps of curls, I responded.”

The question came about due to a couple of articles I had written concerning training after my heart attack and 5 by-passes. The articles “[Still Here](#)” and “[Recovery Workout](#)” can be found in the Article Section of my website, [www.PalmieriBodybuilding.com](http://www.PalmieriBodybuilding.com) , It’s been a little over two years since then and I have picked up the pace somewhat. Still not as strong as I once was... don’t ever expect to be nor do I try to be. You can still be strong as you grow older but you can’t be as strong... some will know what I am talking about.

To my surprise, people who have not even had heart attacks indicate interest in what I am doing. Naturally those who have suffered either heart attacks, heart surgery, or both seem highly interested in what I have done and

how I have done it but that's all I can offer... no advice or medical instruction, just my personal opinion and what I actually do.

I didn't answer the questions shot at me concerning diet. Instead I referred the interviewer to some of the articles I've written. Why? Because I have not been very good at sticking to my diet recently and I am a firm believer that diet is 85% - 90% of all bodybuilding success. Exercise along with a poor or inefficient diet just won't hack it.

Just as I've mentioned before, I'm still unable to work abs vigorously as for some reason it contracts the nerves around the solar plexus region resulting in an irregular heart beat. The same goes for full back squats which I have not been able to perform for the same reason. I say nerves because after a multitude of test and doctors it is the only explanation they can come up with and it sounds reasonable to me. When performing movements such as crunches or squats the problem appears. It will last for about three days. If I don't perform these two movements I don't have the problem. I have tried to include them after a couple of weeks or a month or so after not doing them and the very day I put them back in I develop the irregular heart beat. My chosen course of action... leaves 'em out. Squats place a natural pressure on the Solar Plexus and abdominal region even if wearing a belt and this also has caused some problems. So, full back squats are out, for now anyway.

The following indicates the weight used and number of reps for each movement. Cardio work is performed really only twice per week. I believe the heart will adjust just as any muscle so the more you do the more you will have to do to work it harder. For this reason I do not do a lot of cardio work but what I try to do is increase the intensity each session by walking or running faster. Besides I rest only briefly between sets in my workouts and my heart really pumps during a session.

I highly recommend supersets and incorporate them regularly in my workouts. Again, training instinctively this routine does not have any supersets listed. Prior to the routine listed the entire routine I was performing contained a combination of superset and giant sets for all body parts. Change... love it!

## **Monday:**

Walk fast pace ½ mile, jog ½ mile.

### **Chest**

Dumbbell Incline

40 x 25 – 50

60 x 15

95 x 8

95 x 7

95 x 6

60 x 12

Decline Dumbbell Flyes

40 x 12

60 x 8

60 x 8

50 x 8

Dumbbell Pullover

40 x 15

45 x 15 Since having my chest split open I don't push the pullovers as I use to.

50 x 15

## **Tuesday:**

### **Back & Rear Delt**

Chins bodyweight (250lbs) – Never have been and don't ever expect to be a great at chins

Bodyweight x 6

Bodyweight x 6

Bodyweight x 6

Bent Over Barbell Row

135 x 20

185 x 15

235 x 10

275 x 8

295 x 6

315 x 3

235 x 8 – 10

One Arm Dumbbell Row

95 x 8

95 x 8

95 x 8

Dumbbell Shrug

50 x 12

95 x 8

95 x 8

Bent Over Lateral Raises

30 x 12

40 x 10

50 x 6

55 x 6

**Wednesday:**

**Legs**

Dumbbell Lunge

40 x 20

50 x 12

95 x 6

95 x 6

95 x 6

50 x 8

Sissy Squats

35 x 10

55 x 8

55 x 8

35 x 8

Leg Curl

75 x 12

85 x 10

100 x 8

75 x 10

**Thursday:**

**Arms**

Incline Dumbbell Curl

35 x 10  
40 x 8  
50 x 6  
50 x 6  
40 x 8

Bodydrag Barbell Curl  
95 x 8  
95 x 8  
95 x 8

Close Grip Bench Press  
135 x 15  
185 x 8  
205 x 8  
205 x 8  
185 x 8  
135 – 21's

Triceps Kickback  
25 x 10  
30 x 8  
35 x 6  
40 x 6

Reverse Curl  
5 sets 115 x 8 – 10

Wrist Curl  
5 sets 155 x 8 – 10

### **Friday:**

Walk fast pace ½ mile, jog ½ mile.

### **Shoulders – Calves – Forearms**

Dumbbell Press  
40 x 15  
50 x 12  
65 x 8  
75 x 6  
50 x 10

Side Laterals  
30 x 10  
35 x 8  
40 x 6

## Standing Calf Raises

135 x 20

225 x 15

275 x 10

325 x 8

375 x 6

275 x 8

225 x 8

135 x max

Saturday and Sunday are rest days and no planned exercises are performed. Even though I have listed each movement and they are accurate, I still like to train instinctively and alter exercises frequently. I also change sets and reps from time to time.

Sometime I will pyramid as outlined above and other times I may use the same weight for a total of five to six sets. I may also throw the entire routine out the window and select one movement for each body part and perform a 10 x 10 working the muscle group three times per week, sometimes twice. Supersets, as mentioned earlier, are my favorites.

I know this workout looks confusing and contradictory but it isn't really, at least not if you realize what training instinctively is all about. I'm not a purest instinctive trainee but use it as my mind and body tells me. It's impossible for me to outline a routine I follow and say "this is the routine I use all the time." I mix things up, experiment, go by feel and mood all the time. At the time of this writing this is the exact routine I am following.

Perhaps to make my point more clearly, as I'm writing this, I am in the middle of a week's layoff. I didn't plan it, Monday I got up and for whatever reason my body told me I needed some extra rest. I hated missing Monday's workout but today, Wednesday, I have more energy and can't wait to get started again. The pause that refreshes is what it can be called I guess. About four months ago I took a week off from the iron but walked every day. That also

refreshed my training. I wouldn't suggest that for anyone training for a contest but at my age and my purpose for training – it's great. Enjoy the day and what it brings.

The only thing I really don't like is at my age when I take a week off is; I have to reduce the weight I use considerably. I also have to reduce the number of sets and reps as well until I get back up to steam. That can take a little while. When I was younger I could take a month's layoff and pick up right where I left off. Youth, wonderful thing! Not much wisdom when you're young but there's enough energy to overcome the problems a lack of wisdom can bring.

Tossing around the iron is a passion and habit I developed many years ago. It does bring me pleasure and it is beneficial.

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