

Dumbbell Pullover	40 x 12 50 x 10 40 x 12
Lat Machine Rope Crunches	4 x 15 x 50
Crunches / Leg Raises	3 x 15

Sunday:

Bent Over Barbell Row	135 x 15 185 x 10 225 x 8 245 x 6 185 x 10
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Lat Pull Down	130 x 12 150 x 10 170 x 8 190 x 6
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One Arm Dumbbell Row	90 x 12 100 x 10 105 x 8 110 x 6
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Close Grip Upright Row	65 x 12 85 x 10 95 x 8 115 x 6
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Monday:

Rest

Tuesday:

Leg Extensions	75 x 15 100 x 12 125 x 10 150 x 8
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Front Squat	135 x 15 170 x 12 225 x 10 275 x 8 315 x 4
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Leg Curl	50 x 12 70 x 10 70 x 10 70 x 10
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Standing Calf Raises 135 x 20
 225 x 12
 275 x 10
 315 x 10
 365 x 8
 405 x 8

Seated Calf Raises 3 x 10 x 45
(leverage calf machine)

Abs

Lat Machine Rope Crunches 4 x 15 x 50

Crunches / Leg Raises 3 x 15

Wednesday:

Standing Dumbbell Presses 30 x 15
 50 x 15
 60 x 12
 70 x 10
 75 x 8
 80 x 6

Incline Dumbbell Curl 35 x 12
 40 x 10
 45 x 8
 50 x 6

Barbell Curl 100 x 12
 110 x 10
 120 x 8
 135 x 6

Close Grip Triceps Press 135 x 15
 185 x 12
 205 x 10
 225 x 8
 245 x 8

Shoulder and elbow problems require a good warm-up before I start. I'll warm up more here and on days I work chest than any other.

Triceps Press Down 4 x 15 x 90

Thursday:

Rest

Friday:

Rest

I just presented the exact routine I followed last week. I purposely kept a log as I anticipated writing this article. Now for some details regarding the physiological feelings I experienced. I am not an exception in that I love the sound of iron and the feel of working out with a passion. Many feel the same way, but after my last workout I unloaded my lat machine where I performed triceps press downs and walked out of the garage feeling completely worn out. The otherwise normal great feeling from a workout was not there.

I have been working long hours seven days a week for over a month and to be honest; schedules, problems, and pressures had kept me from staying with a healthy diet – rest was sporadic – relaxation was a luxury I was not able to take advantage of. I had a heck of a time trying to fit my workouts in and was proud of the fact I was able to do so and didn't miss one in over seven or eight months.

It is now the next Saturday and a regular scheduled workout is in the making. I walk around my gym. Some stretching, some light dumbbell presses, some dips and boom... I have no desire to workout. I prepare for a set of incline dumbbell presses and forget it. My mind is drifting and my body says "NO" to even completing fifteen warm up reps. Unusual; you bet it is. I've had this feeling in the past and absolutely hate it! It's not uncommon as almost every trainee is faced with this issue at some point in time or another.

Still somewhat of a rebel toward my body's signals, I decide I'll try light weights and movements. I have not done that in a long time. Result... same feeling. It's time for me to take a layoff. I need to clear my mind, relax, rest and enjoy other activities. For me that's hard to do. I'm a classic type A personality and no matter what I try to do I can't reduce down to a type B, I've tried.

I know my workouts may not seem that extreme, working each body part one time per week but for me it's plenty. I always leave a workout feeling I gave my all and I also feel rewarded for my efforts. I realize it's not like I trained back in the 60's. Life has moved on and so have I. The poundage is no longer there nor are the six day a week double split two or three hour sessions.

Years ago a week or so layoff didn't make any difference. I could come back to the same poundage and pick right up. Now days I have to start slow and gradually work up to where I left off. Oh well, its life. I'm just thankful to God I am able to workout and have it all to look forward to next week.

Listening to your body is important. Mine has told me; "Hey dummy, I need a break. Give it to me or I'll give it to you!" I'll be humble and listen. Consistency in working out, eating properly, and taking time to recover are important. So too is developing the ability of listening to your body. Doing so can save you in more ways than one.

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