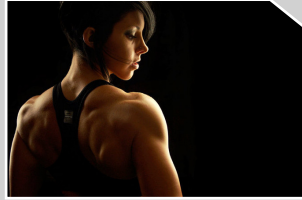


# A Dana Linn Bailey Routine

## WORKOUTS



\*6 -15  
reps on  
upperbody and  
\*15-20 reps on  
lowerbody

MONDAY

### Chest

- Incline bench
- DB flat bench
- Pec deck SUPERSET with pushups to failure
- ISOLATOR incline cable flys
- ISOLATOR decline cable flys

TUESDAY

### Back

- Wide grip pull-ups
- T-bar row
- Lat pull-downs (behind neck)
- Seated Row (close grip)
- ISOLATOR Pull-ups or Pull-downs
- ISOLATOR high row SUPERSET with ISOLATOR straight arm pull-downs

WEDNESDAY

### Legs (Focus on Quads)

- Squats
- Hack squats (feet close)
- Leg extensions
- Step-ups
- Calf raises

THURDAY

## DAY OFF

FRIDAY

### Shoulders

- DB shoulder press
- Lateral raises SUPERSET with Reverse DB Flys (laying forward on bench)
- ISOLATOR front raise/shoulder press (combo movement)
- ISOLATOR lateral raise (cable behind back)
- ISOLATOR rear delt spreader (on seated cable row)

SATURDAY

### Legs (Focus Hamstrings/Glutes)

- Sumo Squats SUPERSET with Abductors
- Lying leg curls
- DB stiff leg deads SUPERSET with Standing leg curls
- Calf raises

SUNDAY

### Arms OR Lagging Body Part

- Weighted dips
- Close grip bench press
- Straight bar curls
- ISOLATOR cuff reverse cable extensions
- ISOLATOR cuff cable curls

\*\*\* For more  
information  
about ISOLATOR  
exercises visit  
isolatorfitness.  
com