

WHITWORTH UNIVERSITY  
2012  
TOBISTENICS ROUTINE

Start with "Routine A" for your first lifting session. Then progress to "Routine B" for your second lifting session. Then "C" and then "D" and back to "A"..

Follow the "Routines" for the day indicated by following the numbers in the boxes to the right of the "Sets/Reps"

Follow the exercises within the routine in order. Do not skip around.

When indicated, perform the two exercises grouped by doing the first set of "a", then first set of "b" immediately following, then the 2nd set of "a" then "b"

Get a drink of water for a brief recovery between the paired exercises before starting the remaining sets of that pair.

Record weight used by writing in the box provided. If there is room, also include number of reps for each set. This aids in accountability and improvement.

**ASK IF YOU DON'T KNOW HOW TO DO THE EXERCISE**

**Use PERFECT FORM and APPROPRIATE WEIGHT**

		Session			
Routine A		Sets/Reps	1	5	9
1a	Spiderman Forward and Reverse	3 x 6F/6R			
1b	Side Lunges	2 x 10 each			
1c	Foot Slide Lunges - foot on towel	2 x 10 each			
2a	RFESS w/foot on bench	3 x 15 each			
2b	Storks to High Knee	2 x 12 each			
3	Decline Clap Pushups	5 x 6-8			
4	Lunges	3 x 10 each			
5	Pushups (go to knees to finish)	1 x 50			
6	Step Up w/Knee Drive	2 x 15 each			
7	Planks - Front, Rt, Fr, Lft, Front	30 sec each			
8	Various Abs - your choice	8 min			
9	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine B		Sets/Reps	2	6	10
1a	Pushup/Pushback/Stings	3 x 5 each			
1b	Cross Over Lunge Squat	2 x 10 each			
1c	Storks	2 x 10 each			
2	Kick Squats	3 x 10 each			
3	Decline Pushups	3 x 10			
4	1 leg squat - touch butt to bench	3 x 12 each			
5	Chinups - least sets possible	20W/ 40Men			
6	Centipedes	1 x 25			
7	Planks with Reach Through	2 x 15 each			
8	Various Abs - your choice	6 min			
9	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine C		Sets/Reps	3	7	11
1a	Spiderman	2 x 15 each			
1b	Reverse Spiderman	2 x 10 each			
2	RFESS - Ft on bench	4 x 12 each			
3	Offset Pushups - switch	30 total			
4	Storks to High Knee	2 x 12 each			
5	Stings	3 x 6-8			
6	Lunges	3 x 10 each			
7	Tricep Dips	2 x 30			
8	Planks - Front, Rt, Fr, Lft, Front	45 sec each			
9	Various Abs - your choice	8 min			
10	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine D		Sets/Reps	4	8	12
1a	Decline Pushups	3 x 20-30			
1b	Cross Over Lunge Squat	2 x 15 each			
1c	Side Lunges	2 x 10 each			
2	Off Set Feet - Squats	4 x 6 each			
3	Incline Push Pops	2 x 30-40			
4	1 leg squat - touch butt to bench	3 x 12 each			
5	Pullups - least sets possible	20W/ 40Men			
6	Centipedes	1 x 20			
7	Planks with Reach Through	2 x 15 each			
8	Various Abs - your choice	6 min			
9	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

PERFECT

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Now that you have completed 12 sessions of lifting (4 weeks), you may now progress to a different set of "Routines". Continue to record weight & reps  
Do not begin this set of Routines until you have finished all 12 sessions (4 weeks) of the following set of routines.

**Use Heavier Weight! Push yourself to use more weight during these routines**

		Session			
Routine A		Sets/Reps	13	17	21
1a	Alternate Lunges	2 x 15 each			
1b	Side Lunges	2 x 10 each			
1c	Decline Pushups	2 x 25			
2	RFESS - Ft on bench	3 x 20 each			
3	Alternate Push Pops	3 x 15 each			
4	Storks to High Knee	2 x 15 each			
5	Side to Side Pullups - least sets	20W/ 40 Men			
5	Side Lunges	3 x 10			
6	Stings	1 x 12			
7	Planks - Front, Rt, Fr, Lft, Front	1 min each			
8	Various Abs - your choice	8 min			
9	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine B		Sets/Reps	14	18	22
1a	Spiderman Forward and Reverse	3 x 6F/6R			
1b	Lunge Trifecta - Front, side, back	2 x 8 each			
2	Kick Squats	3 x 10 each			
3	Decline clap pushups	5 x 5			
4	leg squat - touch butt	3 x 12 each			
5	Push up and ups	2 x 20 each			
6	Lunge Foot slide to press overhd	3 x 6 each			
7	Centipedes	1 x 20			
8	Planks with Reach Through	2 x 15 each			
9	Various Abs - your choice 6 min				
10	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine C		Sets/Reps	15	19	23
1a	Foot Slide from Table Top	2 x 10 each			
1b	Rt to Left Table Top Pushups	2 x 8 each			
2	RFESS - Ft on bench	3 x 15 each			
3	Explosion Pushups	12, 10, 8, 6			
4	Storks to High Knee	2 x 14 each			
5	Lunge to Press	3 x 6 each			
6	Side Lunges	3 x 10			
7	Stings	1 x 12			
8	Plank Rollovers	2 x 10 each			
9	Various Abs - your choice 8 min				
10	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

		Session			
Routine D		Sets/Reps	16	20	24
1a	Decline Pushups	3 x 15			
1b	Side Lunges	2 x 10 each			
2	Knee Up Squats	3 x 15 each			
3	Chinups - least reps possible	20W/ 40Men			
4	1 leg squat - touch butt	3 x 12 each			
5	Push up and ups	2 x 20 each			
6	Unstable Storks	2 x 15 each			
7	Tricep Dips	40-50 total			
8	Planks with Reach Through	2 x 15 each			
9	Various Abs - your choice 6 min				
10	2 x 10 each leg 1/4 Squats - knee over toe + 10min stretch				

\*Shoulder Trifecta - Lateral raises, front raises, upright rows