

**Don Lemmon's KNOW HOW:
97 Minutes And Five Session Documentary Exercise Guide**

Workout One

Write down what time you start and your beginning body weight. Have your water bottle ready. You may perform two sets per exercise, although I honestly believe one is enough, do one as a warm up. All movements may be partial movements even, if you currently do not have the mobility for full repetitions, as you will build into them. It is alright to build into them. But do not increase your weights until you do. Rest only as long as you have to between sets. Two minutes should suffice. This workout needs to be completed within a 40 minute time frame. Adhere to the laws of exercise intensity. Use slow, controlled, NOT wham bam dont give a damn repetitions. You may not need a belt for your low back if you exercise using slow and controlled movement, but you do need gloves to avoid callusing. Make sure all equipment prior to use is not dirty (dust in the eyes), broken or malfunctioning. Most importantly, assure a regulated body temperature before exercising, especially during cooler seasons. Do not waste energy warming up. Assure joint mobility and blood circulation. More on that here...

Warmup: Jumping Jacks and Stationary Cycling. After enough Jumping Jacks (also known as Side Straddle hops, performed by spreading your feet about shoulders width apart as you hop up and down progressively reaching higher and higher overhead for at least a dozen), you will have increased your heart rate and caused you to break a small sweat, place yourself on a stationary cycle to warm up your knees and hips. When seated be sure your knee comes as high as your hip while the other leg doesn't need to reach too low for the pedal below you. You may further want to warm up with light sets of squats, lunges, behind the neck pull downs and or overhead presses. Count the Minutes and mark the Intensity.

1:1 Side Lateral Machine: Be sure that you are seated upright with the seat adjusted so your shoulder joints are in alignment with the machines axis. Push upward using only your elbows under the arms pads, and always lower the weight slowly no matter how

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fatigued you become. Try for six good repetitions before immediately moving on to the next exercise. Write down your Weight used / Rep's completed for every exercise.

1:2 Behind The Neck Press: Start easy and end easy from the beginning of this movement to the completion of your set. Hold the bar at your chest thumbs as wide as your shoulders. Keep your elbows and shoulders backward, press/push it overhead, lower it then slowly behind your neck. Use a weight that barely allows 12 strenuous repetitions before you reach failure, then move immediately to the next exercise. Weight / Rep's.

1:3 Behind The Neck Pulldowns: In the video, Michelle's hands are a little wider than I'd recommend. We show you this so you see what I mean by too wide. She is conditioned well enough that this doesn't strain her but your hands should not be wider than your shoulders during any upper back or chest movements. With an overhand grip on the pulldown machine straight bar, pull downward all the while attempting to spread your chest forward each time the bar touches you behind the shoulders. Pull your elbows back, squeeze your shoulder blades BACK together and downward for approximately eight good reps. When finished; Go stretch. Dont forget to record --Weight / Rep's

Shoulder And Bicep Stretch: Always stretch your muscles after working them. Have your partner stand behind you holding your wrists and palms downward with arms extended or place your hands palms down on a rack behind you. Rotate your shoulder blades and elbows backward and squat downward. Stay low, leaning a little forward for 20 seconds then write it down.

Lat And Tricep Stretch: This one is a little confusing. Stand placing your weight on one foot. Cross the other foot behind you. Raise your arm overhead, bend that elbow and, touch your thumb to your spine. With the other hand, grasp your elbow, pull it to the opposite side and lean bending yourself kinda in half. Feel this along the back of your upper arm, armpit, ribs and down to your stomach. Hold for twenty seconds each side.

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1:4 Peck Deck: Take a seat. Reach up for the forearm pads on each side of you, but try not to reach too far backward without getting your partner to assist you. Always use the foot pedals below or ask for assistance if you do not have one to bring the pads forward. Just have a friend help you pull one side to the center at a time. One and then the other. Start from there. Pause as you squeeze your elbows together in the middle before spreading back out to where you feel the stretch throughout your chest not your shoulders. Repeat until you reach failure. Immediately go do Dips next. Write down your weight and reps first.

Dip Belt. If necessary, Danny shows you on the video how to use a belt for added weight. You may need to find yourself such a leather belt which has a chain hanging from it. Some people need more weight to make this exercise most effective. Ask around the gym for this belt, pick up a weight plate, squat down with both the chain and the weight between your feet. Loop the chain through the weight, hook the chain up to the belt, center the weight, stand up and go dip.

1:5 Dip: Prop yourself up, arms straight between two parallel bars. Bend your elbows to lower yourself. Progressively go deeper each repetition monitoring how low you are going in order to protect your shoulders. It will become obvious you have gone too low when you begin to experience elbow or deltoid pain. The depth you can tolerate is different from person to person. Rule of thumb, do not Dip further than allowing a 90 degree angle to form with the wrist, elbow and shoulder joints before pushing yourself back upward. Repeat until reaching failure then let's stretch! Write down those Weight's / Rep's

Chest Stretch: Stand by an upright rack or wall with your palm, forearm, and elbow firmly against the fixture. Have your elbow only as high as your shoulder and turn your body away from your arm which remains firm against the wall. The aim is to lean a little forward while the arm props you back. Keep your forearm flat against that surface at shoulder height consistently. Elbow is to be only as high as your shoulder joint. Hold for 20 seconds. Repeat for other side. Mark down your seconds.

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1:6 Alternating Dumbbell Curls: My advice is to always work biceps before working triceps (front of arm before back of arm) to ensure warmed up elbows. Pickup two dumbbells, one in each hand. Alternate, left arm, right arm, bending the elbow to raise the weight then gently lowering it. Each arm must complete a full repetition before the other begins. The rest of your body stays virtually motionless. Allow only the elbow to work. Always lower the weight palms facing upward as well. You can curl them facing almost any way you like but bring them down palms up. Work each to failure. Weight / Rep's?

Bicep And Shoulder Stretch: Place your hands close together palms down on a bar or rack behind you. Squat down and lean forward. Hang a bit but keep your knees off the floor. You'll feel this in the front of your upper arms, shoulders, and chest. Hold for 20 seconds before slowly rising back up. Seconds? Write them down.

1:7 Lying Tricep Extensions: Also known as nose crushers. Ly down, hold a barbell close gripped, that is, thumbs width distance apart, above your chest. Rotate your elbows inward and lower the bar towards your chin by bending the elbows. Some of you, because of, sore elbows, may not want to lower the bar all the way down. Thats ok as long as you continue to gradually increase the weight you use session by session. Work to failure, then go stretch. Weight / Rep's

Tricep Stretch: Reach overhead, point your elbow to the sky, and place your thumb on your spine behind your neck. One of your partner's hands should be on that shoulder as their other hand pulls your elbow back towards them a little bit and then across and behind you towards the other side of your body. Repeat with other arm as well. Or, stand on one foot, cross the other behind you, reach overhead, place your thumb on your spine, pull with the other arm in the opposite direction. When pulling to one side, lean with it enough to make yourself feel like a pretzel. Hold for 20 seconds on both sides.

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1:8 Seated Calf Raises: Raise as high as you can, then a little higher for just a moment with the calf raises. By pushing on your pinky toe, you will balance the size difference between inner and outer calves. This is a warmup actually for the upper leg. Strong calves mean strong ankles, knees, and hips. The weak link is usually the peroneus longus, the lateral gastrocs, or outer calf for short. These muscles are predominantly composed of slow twitch muscle fibers and require lower resistance which means, less weight, and less ballistic, slow movement. Therefore, use higher repetitions in a controlled manner to stimulate. Take a seat, place the pads above your knees, balls of your feet on the foot racks, lift up with your ankles. Try to only push up with on the outer half of your foot and raise as high as you can and then a little higher pausing just a moment before lowering the heel for a good stretch in the calves at the bottom. Notice the outer half of most everyones calf muscle is smaller than their inner portions. Now you KNOW HOW you can fix this and your entire leg. Move directly to leg curls after writing down the weight used and reps completed.

1:9 Lying Leg Curl: By warming up and fatiguing your calves first and then forcing them to perform their secondary function, assisting the hamstring, you will not only work the calves even more but force the hamstring to work even harder to pick up the slack. Make sure once you ly face down on the machine, your knees are in alignment with the axis, and the leg pads are adjusted behind your ankles before pulling them up to your buttocks. Pause with the weight pulled back far enough you feel the entire back side of your legs contract before lowering the weight again. Ouch these hurt! Stretch next. Write down the Weight / Rep's.

Standing Calf Stretch: Stand off a ledge or step on one foot with your heel hanging low over the edge supporting the weight of your entire body by our toes. Hold there. Feel the burn down the back of your legs. The key is letting the heel hang low and shifting your weight to only that foot Both legs for 20 seconds each. Write Down The Seconds

Hamstring Stretch: Use the same step or platform. If not, I do not recommend using anything higher than knee level. Stand on one leg, stay upright, heel on platform, toes

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towards you, leg straight, hips pivoted equally forward, and squat down on your standing leg. Hold for 20 seconds each leg and WA-LAH!....Hamstrings are stretched!

1:10 Hanging hip tilt: Hang from an overhead pullup bar with your hands close together. Slowly, bring your knees up to hip height and hold them there. Begin to tilt your hips to one side, then the other keeping the knees up and your abdominals sucked in and contracted. Weight / Rep's

1:11 Squat: Stand up straight. Hold a barbell centered across your shoulders just below your neck, not on your neck bones. Allow your butt to stick back and down as it would to get into a chair as you lower. Keep your eyes up and fixed upon something higher than your face in front of you. Shoulders are always held back, head high, and squat low enough that you could probably balance a coffee cup on either of your thighs while in the bottom position. Do not go lower. That will hyper flex your knee joint and over stretch their supporting structures. Using blocks under your heels is a no go for this and often leads to poor ankle strength and flexibility. Look to see if you have pointed your toes comfortably in the same direction as you would walk. You are not a penguin or a pigeon, do not squat like one. Let your knees follow the direction your toes point. Try to squat down remaining flat footed and push upward remaining erect. If you experience numbness in your hands and arms you lack shoulder flexibility. Go for 20 full repetitions. 10 reps in a row, pause to take a deep breath, do 4 more reps in a row, pause, take another deep breath, do 3 more reps, take a breath, and finish your last 3 reps. Incorporate chest stretches with the following stretches. (Psst...Weight / Rep's)

Thigh Stretch: Find a rack or platform a little lower than your butt and place the top of your foot and toes on it behind you. Stand close enough to put your heel on your butt. Squat down on the other leg while leaning your shoulders back. You want the other knee joint farther back than the hip joint as you squat downward. Feel it on the entire front of the leg. Hold for 20 seconds. Repeat on other leg. Seconds? Write them down.

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Glute Stretch: Take a seat on the floor. Pull one knee up to your chest and hold your foot up high. Where you place your hands is of utter importance. Sitting up straight, one hand pulls the inside of your knee to the center of your chest from under the back of your upper leg while the other hand is under your ankle not pulling but holding that foot up high. 20 seconds each leg.

Cool down: We can't stop yet. Walk backwards slowly on a treadmill until you get the hang of it then speed it up some each session. After 10 minutes, turn around and walk for few minutes forward. Get it through your head more is NOT better. Spend no more time than long enough to regain any heavy breathing and regulate your heart beat. That is $220 \text{ minus your age, divided by three then multiplied by two}$. When done, **WEIGH YOURSELF, WRITE DOWN THE TIME YOU FINISHED AND HAVE SOME MORE WATER.** Just do it! You get to go home after this !!!! Go home and stay away from the gym for 48 hours to 96 hours. Do not forget to snack on your **BALANCE BARS** and have another tall cool glass of water. Welp, Thats it for now! Have a great day!
Backward for what Minutes / Intensity? Forward = Minutes / Intensity?

Workout Finish Time?

Ending Body Weight? Drink 16 ounces of water for each lost pound! **DO IT!**

Did you do two sets and prove to yourself that you cannot do an exercise justice when you are fatigued by the first set? Exercise is a stress. Stress causes damage. Which heals faster: a paper cut or a knife wound? Of course the lesser injury. Why would anyone want to take longer than necessary to recover? I've suggested using this particular workout only 5 times. Monday, Wednesday, and Friday one week and only Monday and Friday the next. Try it and you will become a convert.

WORKOUT NUMBER TWO

Perform just one set of each exercise. If necessary do two but the first is just a warmup.

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Use 80% of the weight for 80% of the desired repetitions. On the second, or only REAL set, make sure your last repetition really is your last on by attempting another rep, but do not force progress by blowing your technique or form. Impress yourself, not your peers. Also it is important to note, strength comes before physique changes. It's neurological. Don't panic, visible changes are on their way! Something to remember during each and every exercise: Spine erect, chin up (not back), shoulders back, stomach sucked in, back never rounded, wear shoes without a noticeable heel, keep your feet flat and straight, avoid dipping, squirming, yanking or dropping the weights in the process of making progress. Do not make an epileptic fit out of performing exercise. No offense to those with epilepsy. I needed to provide a visual for those who do this.

WARMUP

Remember, if you always write down your efforts you will always know what it takes to be stronger or faster than the previous workout. ANOTHER NOTE: If you are getting stronger the first half of your session, as long as you maintain your strength the second half that means you are still making progress! In fact losing a rep or two on occasion simply denotes deviations in metabolic systems, glycogen, diet, etc and is easily made up for later. Getting stronger the first half will fatigue you though either way more than it fatigued you last time. So by actually by maintaining your strength in the second half of the workout you HAVE gotten stronger! So, before anything else right now, **WEIGH YOURSELF, HAVE SOME WATER and MARK DOWN THE TIME YOU START.** Lets begin the workout by warming up with:

Jumping Jacks, also known as Side Straddle hops. Spread your feet about shoulders width apart as you hop up and down progressively reaching higher and higher overhead for at least one dozen or so. Many people build up to doing hundreds of these. Stop in five minutes. It's all you need. After enough Jumping Jacks have increased your heart rate and caused you to break a small sweat, place yourself on a:

Stationary Cycle to warm up your knees and hips. When seated be sure your knee comes as high as your hip while the other leg doesn't need to reach too low for the

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pedal. After this, you may further want to warm up with light sets of squats, lunges, behind the neck pull downs and or overhead presses.

Jumping Jacks Reps:

Stationary Cycle Minutes ____ Intensity/Distance ____

2:1 Spider Curls: First thing, a bent bar like in the video may be easier on your wrists. Find the bench with a pad that goes under your armpits. Your arms will hang straight down vertically and perpendicular to the floor while holding the barbell palms up and arms straight but not hung back. Bend the elbows and curl the weight up to a forearms parallel to the floor position. Hold each repetition in the top contracted position for a full second or more before lowering the weight. Avoid using momentum. This is fantastic for your biceps. Immediately upon reaching failure move directly to your next exercise. Weight ____ Reps ____

2:2 Bent Over Underhand Rowing: Never perform an exercise in a bent over position to failure. Pickup another barbell, using an underhand grip and more weight than the last exercise. Bend over, keep your lower back flat, mid back arched, not rounded and row the bar towards your stomach, not your chest. Your biceps should really ache during this superset. Keep your butt back and shoulders up. Be rigid enough that a coffee cup could sit on your lower back and remain stable even while rowing. Sometimes this exercise will really fatigue your forearms. Let's remember to stretch them out when the set is complete. They will strengthen up over time, so keep working! Weight ____ Reps ____

Forearm Stretch

Most people do not have a problem with a forearm flexibility, but it's a good idea not to risk it! Stand upright. Place your palms together, fingers pointing straight up, elbows held higher than your wrists. Hold for 20 seconds then do this...Stick one arm straight out in front of you, pull your hand down towards you with the other hand and rotate your

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elbow downward. Do both arms 20 seconds each. Stretch your biceps and upper back next before going on to your chest work.

Shoulder And Bicep Stretch:

Rack Lat Stretch:

2:3 Seated Upright Chest Presses

Flat on your back bench pressing can be hard on those with high blood pressure. Using a type of seated upright machine dramatically reduces the stress you may experience. Ever feel like your eyeballs were about to pop out while performing a flat bench? You wont have to worry about that anymore! Sit up right, be sure the seat is adjusted so that the handles are right at chest heighth and your hand spacing is not wider than your shoulders if possible. Too wide a grip places your wrists into a vulnerable position. Keep your shoulders back into the bench as you straighten your arms and remain rigid. Once reaching failure, move directly to the next exercise. Weight ____ Reps ____

2:4 Negative Only Dips

Use no additional weight until you get the hang of things. By negative only, I mean performing only the negative or lowering portion of the repetition and totally avoiding the positive contracting or raising portion. This will be rather fatiguing. Climb up between two parrallel bars using a step or a stool. Do not push yourself up. Instead you use your legs to climb into a straight arm position and then take 8 seconds to lower yourself each rep and immediately climb back into place trying to do a total of 10 repetitions. Sometimes even just one is enough to start with. Once you can do 10 before losing control, begin using a weight belt. Weight ____ Reps ____

Chest Stretch Assisted

Have your arm up in the air as though you are an Injun greeting your friend, "Hello." Your partner should get behind you having one hand push forward upon your shoulder while the other one wraps under your arm and pulls your forearm and elbow back towards them. Hold for 20 seconds each side.

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2:5 Side Lateral Dumbbell Raises

Hold the two dumbbells face down at your lap with your wrists locked straight. Raise them up slowly out to your sides at shoulder level or so to a palms up, arms semi straight position with your elbows as high as your shoulders, keeping arms/elbows/wrists in a semi straight position and chest spread out as much as possible. Pause for a moment then return to the beginning by lowering gently. Return to the beginning by lowering gently. Repeat. The next exercise needs to be performed immediately upon reaching failure. Have dumbbells weighing twice the weight you are already using down at your feet. Keep breathing deep into your lungs each rep.

Weight ____ Reps ____

2:6 Dumbbell Shrugs

Stand up straight and use the weight already down at your feet. Hold the dumbbells palms facing your sides, at your sides arms straight. The object is not to let the weight hang downward at the starting position, but to raise the weight as high as possible with your shoulders while keeping your arms straight. Use only the strength of your shoulder joints and neck and hold at the top for a second before lowering the weight. Reach failure. Afterwards ... You Stretch Weight ____ Reps ____

Neck Stretch

With your hands acting as a hook, push into the floor with your feet off a rack that's about groin height. This is not that difficult a stretch, find a rack that is above knee level and you can clasp your hands onto firm because once you grasp this rack you must not so much pull on it but push downward with your feet onto the floor. The stretch is felt across the back of your shoulders and neck. Hold for 20 seconds.

2:7 Overhead Tricep Extensions

Pickup a dumbbell in one hand and reach with it to a completely overhead arms straight position. Lower the weight behind your head by bending the elbow. Keep your elbow pointing upward as you lower that wrist only as far as your elbow forming a 90 degree

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angle with the shoulder, elbow and wrist. The upper arm is always vertical. Then you straighten your arm to raise the dumbbell back up. Try to lock the elbow joint out a little and really feel this exercise squeezing the back of your upper arm. Switch arms.

Perform the Lat Tricep stretch when finished with both arms. Weight ____ Reps ____

Lat / Tricep Stretch

2:8 Leg Press

Do a dozen deep knee bends w/o weight first nice and slow to assure your knee and hips are warmed up. Find the leg press. It'll look like a sled. Do not be afraid to use a little more weight on this exercise than usual, but first be sure the leg press you choose does not have a peculiar angle that places undue stress on your ankles, shins, knees, or hips. You do not want your toes pointing away from you or your lower back hurting because you use a seat that is adjusted too far forward either. Once everything is straight, push the weight up with your heels, not your toes, and only bring the weight far enough down to form less than a 90 degree angle at your knees, hips and ankles. Never any further. It is not a sign of being tough, strong, cool or whatever, doing things deep and or fast. Being in a bent over position places a lot of stress on the nerves of your glutes and hamstrings. Maybe not all at once, but overtime, this WILL hurt you. When you are capable of reaching 20 reps, add more weight the next session. Move directly to the next exercise. Weight ____ Reps ____

2:9 Stiff Leg Dead Lift

This isn't really stiff leg as in straight leg, it's stiff leg as in rigid. Start by holding a barbell at your lap and then bend forward sticking your rear backwards. This bending over will will cause the bar to hang. You do not need to reach with it, just let it hang to about knee height. Neither the bar nor your knuckles need to go lower than your knees, you are not an ape. Using the strength of your buttocks and hips, stand upright again. Keep your shoulders back and only allow your knees bend a little. Never perform any exercise that has you pulling from a bent over position to failure. Once you do 20

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repetitions, add some more weight to this exercise and move on to the next exercise without resting. Weight ____ Repetitions ____

2:10 Hyperextensions

Do these not on a machine or a rack. Lie flat on the floor on a pad or bench and place your hands with fingers interlocked behind your head. Elbows should be pointing up squeezing your shoulder blades back and together. Gently raise your chest off the floor a couple inches, hold, then slowly return to the starting position. Raise and lower yourself slowly. Keep your head and elbows up. This strengthens all the muscles that stabilize your spine. Next, go stretch glutes, hamstrings, and your lower back. Reps ____

Lower Back Stretch

Sit down on your knees on the floor. Lean forward. Optimally your knees should be spread apart so that you can more easily get your ribs toward the floor. Really stick your rump back and try to press your chest onto the floor. Reach as far forward as possible ahead of you without allowing your butt to leave your feet. Stick your butt as far back as possible. Hold for 20 seconds.

Glute Stretch

Take a seat on the floor. Pull one knee up to your chest and hold that foot up high. Where you place your hands is of utter importance. Sitting up straight, one hand pulls the inside of your knee to the center of your chest from under the backside of your upper leg while the other hand is under your ankle not pulling in but holding your foot up high. Try holding for 20 seconds each leg.

Hamstring Stretch for 20 Seconds

2:11 Crunches Without Added Weight

Ly on your back. Place your hands behind your head. Put your knees and feet in the air and keep them there at all times. Feet must be higher than your knees. Use only your

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abdominal strength to raise your upper back off the floor a few inches. Suck your stomach in and hold it in as you lower back to the floor again. Your head, elbows and fingers do not touch the floor. Only your midback does. Before your shoulders actually touch the floor, raise back up for another rep. Repeat until you just can't do anymore. Once you can do 30 straight repetitions, add weight. Stretch now. Reps ____

Ab, Lat, And Tricep Stretch

Stand placing most of your weight on one foot. Cross the other behind you. Reach overhead with the same side arm bending it at the elbow. Place your thumb on your spine. Grasp that elbow with the opposing hand and pull with the other arm in the opposite direction. When pulling to the side, lean into it enough to make yourself feel like a pretzel. Push and really stretch the AB's hard. I like to cross one leg behind the other to push and really stretch the AB's hard. 20 seconds both sides.

2:12 Standing Calf Raises

Stand upon a step or platform like the one for calf stretching. Support your entire body weight upon one set of toes. Lower your heel as far as you can then raise up on your tippy toe as high as possible with emphasis to push mainly with your little toe. When that becomes easy, hold a dumbbell in that hand next time. Do 20 reps for both legs.

Weight ____ Reps ____

Standing Calf Stretch 20 Seconds

COOLDOWN

We can't stop yet. Walk backwards slowly on a treadmill until you get the hang of it then speed it up some each session. After 10 minutes, turn around and walk for few minutes forward. Get it through your head more is NOT better. Spend no more time than long enough to regain any heavy breathing and regulate your heart beat. That is 220 minus your age, divided by three then multiplied by two. When done, WEIGH YOURSELF, WRITE DOWN THE TIME YOU FINISHED AND HAVE SOME MORE WATER. Just do it! You get to go home after this !!!! Go home and stay away from the gym for 48 hours

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to 96 hours. Do not forget to snack on your BALANCE BARS and have another tall cool glass of water. Welp, That's it for now! Have a great day!

Cool down: Treadmill

Backward: Minutes ____ Intensity ____

Forward: Minutes ____ Intensity ____

WEIGHT:

TIME:

WATER:

Now that you are done for the day once again. Doing only one set per exercise is actually pretty rough huh? Go easier, 20% less weight, every other workout if you feel like it's too hard on you or if you want to workout more often but realize, you cannot go all out day after day. You need to rest between these type of workouts. Give your nervous system, which cannot recover as quickly as your muscle does, a break. Lowered intensity holds on to new muscle tissue as it is healing. High intensity tears it down again. You have got to time nerve and muscle recovery simultaneously. That's difficult to do. You can try though by learning to determine what amount of exercise you can perform without becoming sore. Soreness means TOO MUCH exercise. By doing just enough, falling short of soreness you can always make progress. During the workout you should feel like Hell, sure. The next day however, you should not feel as though you did much of anything. Understand, you are normally recovered THE DAY AFTER the soreness subsides. Monitor this closely, the day after that you do not feel sore, you can go workout again. It's variety over time, not day to day that garnishes the greatest results. Stick with a diet and workout program for at least a couple of weeks before changing it. Over time several couple of weeks combined and you have a long road of success behind you.

WORKOUT NUMBER THREE

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Just one set per exercise this time. This particular schedule is for those of you who desire a strong hourglass physique by Christmas--- Here ya go!

"If what you are doing now is not working....It doesn't work....." Don Lemmon

WARMUP

Remember, if you always write down your efforts you will know what it takes to be stronger or faster than the previous session. ANOTHER NOTE: If you are getting stronger the first half of your workout as long as you maintain your strength the second half that means you are still making progress! Actually by maintaining your strength in the second half while more fatigued, you HAVE gotten stronger! So, before anything else, WEIGH YOURSELF, HAVE SOME WATER and MARK DOWN THE TIME. Lets begin the workout by warming up with:

Jumping Jacks, also known as Side Straddle hops. Spread your feet about shoulders width apart as you hop up and down progressively reaching higher and higher overhead each time. After enough Jumping Jacks have increased your heart rate and caused you to break a small sweat, place yourself on a stationary cycle to warm up your knees and hips.

Stationary Cycle: When seated be sure your knee comes as high as your hip while the other leg doesn't need to reach too low for the pedal. You may further want to warm up with light sets of squats, lunges, behind the neck pull downs and or overhead presses.

Workout start time:

Beginning body weight:

Jumping Jacks Reps:

Stationary Cycle Minutes ____ Intensity/Distance ____

3:1 Straight Arm Pull Downs

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This is for your upper back. You won't realize how many muscles you had back there until you perform this exercise. Hold a bar hanging from a pulldown machine with shoulder width or closer grip. Your arms remain straight as you hold the bar out at chin height with the weight selected lifted just a little to add the tension. Pull the bar from this level straight arm down to your lap where you will hold it, spread your shoulders back and pause before raising it again. Work as close to failure as you can. Perform the next exercise as soon as you finish. Weight ____ Reps ____

3:2 Underhand Pulldowns

Before sitting down, adjust the knee pads, which are actually hip pads, so you can scoot as close to them with your hips as possible. Do not have them adjusted to fit above your knees. Grasp the bar palms up, facing you, nearly shoulders width apart. Take your seat. Keeping your shoulders and head back, sit up straight and pull the bar to your collar bone. Always hold at the bottom position for a second to be sure your shoulder blades are squeezed back. Do not pull the bar lower than your collar bone nor do you ever lean backwards. Leaning impinges your vertebrae, and another thing, if you wear a baseball hat like Michelle does in the video while you exercise, flip the bill around so that the bar does not catch on it as you return from your chest on upward. Reach failure and move directly to the next exercise. Weight ____ Reps ____

3:3 Hunched Barbell Shrugs

This one's wierd. Grab a barbell. Hold it at your lap. Spread your shoulders forward, stick your butt back a bit, hunch yourself. Keep your back arched and use only the shoulder joint to raise the shoulders up as high as your ears, as though you are trying to touch them together behind you. Hold for a moment in that top position before lowering to try again. Weight ____ Reps ____

Rack Lat Stretch 20 Seconds

Put your hands close together on a rack about waist height. Be sure it is as sturdy rack as possible to use. One that wont tip. Put your feet close to or on the bottom of this rack. Hang your butt down low, keep your legs straight, pull with your arms and push a

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little with your feet. Let your body form a V shape with your butt down real low for 20 seconds. Push with your feet. Pull with your arms. Let your butt hang real low. Do not bounce!!!

3:4 Incline Bench Press:

An incline bench is a bench that is 1/2 way between parallel and perpendicular to the floor. Get in place on the bench. Grasp the bar up above your head with both hands comfortably around shoulders width apart. Once again, always keep your shoulders back while pressing. Extend the elbow then bend them to lower the weight. That's it. There's no need to contract the shoulders by raising them when your arms straighten out. From the top position, lower the bar to touch your collar bone keeping your elbows faced away from you, not inward towards your ribs each and every repetition. Simply straighten your elbows, stop and do so without slamming or bouncing it off your chest. Keep elbows faced up and away from you, not toward your ribs, but up towards shoulders. Weight ____ Reps ____

3:5 Straight Arm Dips

Also known as pectoral crunches. Prop yourself up, arms locked straight, supporting you between two parallel bars. Use only the shoulder joint as much as possible to raise your body up high as you can and lower it back down as low as you can go. Your arms must remain completely straight in the top and bottom positions. Keep your head up high and hold your knees up if you so desire. But do not rush through this movement. That may make you dizzy. This has happened to me on more than one occasion. Do not be overzealous. Slow conscious, deliberate movement is essential. Be sure to stretch your chest out after this movement. Weight ____ Reps ____

Chest Stretch 20 Seconds

3:6 Incline Chair Curl

Grab two dumbbells and take a seat on an inclined bench. Choose either to curl one arm at a time or both at once. It's a personal preference. Let your arms hang downward at

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your sides as you are reclined and keep your palms facing upward as much as possible throughout this movement each repetition. You should curl only 2/3 of the way up to about chest height to avoid using your shoulder joints instead of your biceps in the illusion of a better curl. Any time the elbow moves forward it requires the shoulder muscles to do so. Keep them still. Upon failure, move directly to the next exercise.

Weight ____ Reps ____

3:7 Side Lateral Dumbbell

Hold the two dumbbells face down at your lap with your wrists locked straight. Raise them up out to your sides at shoulder level slowly to a palms up, arms/elbows/wrists in a semi straight position. Bring your elbows as high as your shoulders and have your chest spread out as much as possible. Pause for a moment then return to the beginning by lowering gently. Try again. The next exercise needs to be performed immediately upon reaching failure. Have dumbbells weighing twice the weight you are already using down at your feet. Keep breathing deep into your lungs each rep. Follow the same instructions as the previous workout, which you should have gotten the hang of by now. If you can't get the hang of this, hold two dumbbells at your lap palms down. Keep your arms, elbows and wrists locked out straight. Raise the weights out from your sides up to shoulder level. Pause for a moment then slowly lower them to your lap and without pausing, raise them again. Once you reach failure head on to the next exercise.

Weight ____ Reps ____

3:8 Overhead Press

In the video, Steve's closer than shoulder with grip takes some of the stress off of his previously injured shoulder joint while still strengthening the muscles that surround it. For the rest of you, squat down, pick up your barbell with an overhand, shoulder width grip. Hold your head up, feet comfortably apart, bring it to your chest, and hold it at your collarbone. Begin pushing it up overhead. Once your arms are just about locked out straight, slowly lower the bar back to your chest. Pause, push it up again. On your last rep, lower the bar to your chest slowly, then just as easily back to your lap, squat down

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and place it on the floor. Do everything in the gym slow and deliberately. Weight ____
Reps ____

Shoulder And Bicep Stretch 20 Seconds

Tricep Stretch 20 Seconds

3:9 Overhead Pushdowns

From a lat pull down machine hold the bar at chest height with your hands palms down, thumbs width apart and your elbows firmly at your sides. Push the weight down to an arms extended position keeping those elbows rotated inwards. Slowly allow the elbows to bend and raise the weight only as high as the chest again. No higher. Do not let your elbows leave your sides. I like to stand upright with one foot forward and alternating which foot I place forward every few repetitions. Other times I will start with the bar literally touching below my pecs and push down sliding the bar down to my lap, touching my all the way down and back up. It's an interesting feel on the back of those old arms of mine. Stretch both your triceps when you are through. Weight ____ Reps ____

Lat And Tricep Stretch Seconds

3:10 Donkey Calf Raises

The same rules apply to this version of calf raises as the others except, you are either bent over with a partner on your back, performing them with your toes at the bottom of the foot platform of a leg press or an actual Donkey Calf Raise Machine. If your partner isn't heavy enough, they could try holding a weight with them since you need more resistance. Keep your shoulders back, lower back flat, and push hard and high for as many reps as you can. Raise your heels high, pause at the top to try raising a little higher before returning them back down low. Push from the outside of your foot if you can. Move directly to lunges when you are through. Weight ____ Reps ____

3:11 Walking Lunges

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Lunge walk forward taking one wide step at a time. Hold a dumbbell in each hand at your sides. Stand upright. Keep your hands tight and shoulders up. Take a wide step forward with one leg and bend the rear leg down. Squat to touch your knee to the floor. Stand back up and bring the rear foot up beside the front foot. Lunge out again but alternate and use the other leg to lead you this time. Be careful not to slam or rest your knees into the floor while using a weight that barely allows 20 alternated semi wide steps. You do not need to work to failure, merely strive to use more weight every workout instead. Clear the room! Take 10 steps, turn around and come back! Do not let your forearms giveout. Be strong, hold on tight, want it, do it! Left, right, left, right for twenty steps. Immediately perform leg raises after your set. Weight ____ Reps ____

3:12 Rear Leg Raises

Find a level bench. Lie face down on a it and hug it. Raise both legs behind you, keeping them straight, around 2 inches off the bench. Just enough enough to feel the entire lower backside of your body and back muscles contract. Pause at the top, slowly lower and without pausing, raise again. Do not KICK upward. Raise slowly and steadily. When done, stretch your lower back, glutes, and hamstrings and thighs.

Lower Back Stretch 20 Seconds

Glute Stretch 20 Seconds

Hamstring Stretch 20 Seconds

Thigh Stretch 20 Seconds

Cool Down:

Walk backwards slowly on a treadmill. After 10 minutes, turn around and walk for few minutes forward. Get it through your head more is NOT better. Spend no more time than long enough to regain any heavy breathing and regulate your heart beat. That is $220 \text{ minus your age, divided by three then multiplied by two}$. When done, **WEIGH YOURSELF, WRITE DOWN THE TIME YOU FINISHED AND HAVE SOME MORE WATER.** Just do it! You get to go home after this !!!! Go home and stay away from the

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gym for 48 hours to 96 hours. Do not forget to snack on your BALANCE BARS and have another tall cool glass of water. You worked hard!

Treadmill

Backward: Minutes ____ Intensity/Distance ____

Forward: Minutes ____ Intensity/Distance ____

Workout Finish Time:

Ending Body Weight:

WORKOUT NUMBER FOUR

Workout start time:

Beginning body weight:

WEIGH YOURSELF, HAVE SOME WATER and MARK DOWN THE TIME YOU START.

WARMUP: Lets begin the workout by warming up with Jumping Jacks, also known as Side Straddle hops. After enough Jumping Jacks have increased your heart rate and caused you to break a small sweat, place yourself on a stationary cycle to warm up your knees and hips. You may further want to warm up with light sets of squats, lunges, behind the neck pull downs and or overhead presses. Jumping Jacks Reps:

Stationary Cycle Minutes ____ Intensity/ Distance ____

4:1 Bent Knee Hip Rotations

This is more of a stretching movement for your low back. Ly beneath of and in between the legs of a strong support structure. Hold on tight to the supports on both sides of you. Keep your elbows and shoulders placed firmly on to the floor and raise your legs bent knee 90 degrees into the air uncrossed. The object is to lower both knees to one side together at the same time touching the floor at a point in line with your hips. Using the

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strength of your midsection, lift them up again and back to the other side. Your first attempt, around 10 reps may be tough and you'll probably notice your spine crack a few times. Work up to 30 full repetitions before trying this with a small weight plate between your knees. Reps ____

4:2 Inverted Grip Pulldowns

Again, do not reach high on pulldowns. This makes your shoulders very weak over time. The same rule applies as to all variations of pulldowns. Grab the little bent in half looking bar that has handles facing towards one another and not the straight bar. Sit upright. Hold your head up. Pull to the top of your chest at the collar bone and spread your shoulders back at the bottom. Pause for a second, then raise the weight and lower it again as soon as your elbows straighten but without yanking. Do you feel this under the armpits? Repeat till you reach failure or begin to squirm uncontrollably. Move directly to the next exercise. Weight ____ Reps ____

4:3 Seated Rowing

Use the same inverted bar as you just did for pulldowns. Sit upright, let the weight stretch you to reach only as far as your arms go without needing to lean forward. Pull into your stomach, hold there a moment and release slowly. Remember, if it takes 5 seconds to row it in, take 5 seconds to release it. Stretch with the Rack Lat and then Lat Triceps stretch when finished.

Rack Lat Stretch 20 Seconds

Lat / Tricep Stretch 20 Seconds

4:4 Dumbbell Flyes

Grab two dumbbells. Lie on your back on a flat bench, keep your shoulders blades squeezed and spread back, hold the dumbbells over your chest with a slight bend in your elbows. Spread your arms apart fairly wide and let your elbows down deep enough for your hands to reach about chest level. Do not pause. Immediately, without bouncing

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into or out of that position, raise the upward by reaching 'around' more so than 'up'.

Keep the elbows from straightening and your shoulders from reaching. You'll get a nice burning sensation in your entire chest from this one. Start off using light weights if this is too difficult to figure out at first. Form is everything!! Chest Stretch when finished!

Weight ____ Reps ____

Chest Stretch 20 Seconds

4:5 Upright Barbell and/or Dumbbell Rowing

There are two variations to this exercise in the video. The first uses a barbell which may be hard upon your wrists as you become stronger and that's why I'd probably suggest performing this particular movement with dumbbells. The exercise works on an amazing amount of different muscles and it's very important you use it to your advantage by performing it correctly and painlessly. If you use a straight bar, use a shoulder width grip. If you use a crooked EZ curl bar, use a thumb's extended width. If you use dumbbells, space the bells according to what's comfortable. Raise the weights by lifting them as high as your chin bending your elbows. Keep your elbows up higher than the weights, pause and lower slowly. Repeat to failure. Weight ____ Reps ____

4:6 Machine Curls

My advice is to always work biceps before working triceps (front of arm before back of arm) to ensure warmed up elbows. Position yourself on a machine for curling or a preacher bench with a padded shelf to hang your arms at an angle over. Grab the bar palms up, hold your elbows inward and hands shoulder width apart. Use 50% of the weight you can use for standing barbell curls and curl until you reach failure. Upon failure add 50% of the weight back and go again. Using a crooked EZ curl bar could be easier on your wrists (which you should keep in a vertical line with your knuckles, elbows and floor at the top position) and if this is the case then shun the machine. Shoot for 30 then 6 rep's without rest and remember, keep your knuckles, wrists, and elbows in a vertical line at all times. Stretch them when done. Weight ____ Reps ____

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4:7 Underhand Pushdowns

Use a crooked bar again. This one hanging from an upper cable and pulley mechanism. Grab the bar palms facing upward, elbows locked at your sides. Grip primarily with your thumbs, and first two or three fingers to 'pull' the weight down to an elbows nearly extended straight arm position. From here, let it raise back up only as high as your chest. Remember, you pull, not really push, the weight to an arms straight at your lap position. Release slowly and never let the bar raise any higher than your chest. Move directly to the next exercise upon reaching failure. Weight ____ Reps ____

4:8 Close Grip Bench Presses

With your triceps already aching a little, Lie down on your back on a flat bench and hold a barbell thumbs width apart above your chest. Lower the bar to touch your chest and let your elbows ride your rib cage. As you press it upward, push it not so much above your chest but towards up above your upper stomach. So, its actually not a straight line but an arch you'll be lifting and lowering this weight in. Perform the lat triceps stretch one you reach failure. Weight ____ Reps ____

Lat Tricep Stretch 20 Seconds

4:9 Seated Calf Raises

Take a seat sliding the knee pads above your knees and your toes up on the foot platform. You must center the pad above your knees other wise you'll put too much pressure upon your upper leg bones. Raise high on the ball of your foot on the platforms by coming up on your tippy toes at the top. Pause there trying to go a little higher before going down as low as possible at the bottom. Reach your limit, then move directly to the next exercise. This is actually a warmup for the upper leg. Strong calves mean strong ankles, knees, and hips. The weak link is usually the peroneus longus, the lateral gastrocs, or outer calf for short. These muscles are predominantly composed of slow twitch muscle fibers and require lower resistance which means, less weight, and less ballistic, slow movement. Therefore, use higher repetitions in a controlled manner to stimulate. The key here...Lift up with your ankles. Try to only push

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up with on the outer half of your foot and raise as high as you can, then a little higher pausing just a moment before lowering the heel for a good stretch in the calves. Notice the outer half of most everyone's calf muscle is smaller than their inner portions. Now you KNOW HOW to fix this and therefore, your entire leg. Weight ____ Reps ____

4:10 Leg Extensions

Sit upright, adjust the shin pads to fit slightly above ankle height and keep your body rigid. There's no wiggling or leaning forward and backwards. Hold on to the hand grips at your sides. Straighten out your legs and hold the weight there a second to take advantage of the last few degrees at the top of the movement. This is the part of the exercise that strengthens the knee joint. Feel those muscles contract before lowering it. Do not let the weight stack rest between repetitions. And continue to work through the burning feeling in your legs. Reach failure. Do not let the weight stack rest or the plates touch between repetitions. Reach failure then move on. Without resting after the leg extensions, do squats!Weight ____ Reps ____

4:11 Squats

Stand up straight. Hold a barbell centered across your shoulders just below your neck, not on your neck bones. Allow your butt to stick back and down as it would to get into a chair as you squat down. Keep your eyes up and fixed upon something higher than your face in front of you. Shoulders are always held back, head high, and try to squat low enough that you could probably balance a coffee cup on either of your thighs while in the bottom position. Do not go lower. That will hyper flex your knee joint and over stretch its supporting structure. Using blocks under your heels is a no go for this reason and often leads to poor ankle strength and flexibility. Look to see if you have pointed your toes comfortably in the same direction as you would walk as well. You are not a penguin or a pigeon, do not squat like one. Let your knees follow the direction your toes point. Try to squat down remaining flat footed and push upward remaining erect. If you experience numbness in your hands and arms you lack shoulder flexibility. Here's the deal. Go for 20 full repetitions. 10 reps in a row, pause to take a deep breath, do 4 more reps in a row, pause, take another deep breath, do 3 more reps, take

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a breath, and finish your last 3 reps. Go directly to the next movement. REMEMBER: Using blocks under your knees is a NO GO. It leads to poor ankle flexibility and overstretched knee tendons. If you experience numbness in your hands and arms, you lack shoulder flexibility. Incorporate shoulder and chest stretches. Weight ____ Reps

4:12 Seated Leg Curl

This machine looks like a leg extension but the pad goes behind your ankles and you'll pull instead of push. You'll start seated upright with your legs out straight, your toes pointed towards you, slightly outward. Before pulling your heels back towards your butt you should feel stretched. Pull all the way back and pause there before allowing, under constant control, your legs to extend forward again. Repeat without pausing at the legs straight position. Stretch your hamstrings, glutes, thighs, and calves before cooling down with a little aerobics, weighing yourself, and drinking some water. By the time you've made it through all four of these exercises you ought to be pretty tuckered out. Just don't skip the cooldown. It serves a purpose.

Hamstring Stretch 20 Seconds

Glute Stretch 20 Seconds

Thigh Stretch 20 Seconds

Calf Stretch 20 Seconds

Cool Down

Don't stop yet. Walk backwards slowly on a treadmill. After 10 minutes, turn around and walk for few minutes forward. Get it through your head more is NOT better. Spend no more time than long enough to regain any heavy breathing and regulate your heart beat. When done, WEIGH YOURSELF, WRITE DOWN THE TIME YOU FINISHED AND HAVE SOME MORE WATER. Go home and stay away from the gym for 48 hours to 96 hours. Do not forget to snack on your BALANCE BARS and have another tall cool glass of water.

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Cool down: Treadmill

Backward Minutes ____ Intensity/Distance ____

Forward Minutes ____ Intensity/Distance ____

Workout Finish Time:

Ending Body Weight:

Workout 5

Workout Start Time:

Beginning Bodyweight:

WARMUP

Remember, if you always write down your efforts you will always know what it takes to be stronger or faster than the previous workout. **ANOTHER NOTE:** If you are getting stronger the first half of your workout.... as long as you maintain your strength the second half... that means you are still making progress! Getting stronger the first half will systematically fatigue you more than last time. Actually, by maintaining your strength in the second half of the workout you 'have' gotten stronger! So, right now, before anything else, **WEIGH YOURSELF, HAVE SOME WATER and MARK DOWN THE TIME YOU START.**

Lets begin the workout by warming up with Jumping Jacks, also known as Side Straddle Hops. Spread your feet about shoulders width apart as you hop up and down, progressively reaching higher and higher overhead, for at least one dozen or so. Some people require 100 to really feel the groove.

After enough Jumping Jacks have increased your heart rate and caused you to break a small sweat, place yourself on a stationary cycle to warm up your knees and hips.

When seated, be sure your knee comes as high as your hip while the other leg doesn't reach too low for the pedal. You may further want to warm up with light sets of squats, lunges, behind the neck pull downs and-or overhead presses.

Write it down....

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Jumping Jacks Reps:

Stationary Cycle: Minutes ____ Intensity (distance and speed) _____

5:1 Crunches With Weight Post the Weight and the Reps

The difference between these and crunches without weight is muscle fiber recruitment. You'll use more stomach muscle by simply holding even a light weight on your chest. Start easy of course and progress to a heavier weight once you can do 30 repetitions with whatever you currently control. Keeping your elbows and head up off the floor. Keep your feet in the air uncrossed, stomach sucked in and hold it there as you raise your shoulder blades up off the floor, pause at the top and lower again slowly without touching your head back. Before your shoulders actually touch the floor, raise back up for another rep. Repeat until you just can't do anymore. Move directly to the next exercise.

5:2 Straight Leg Hip Rotations: Weight ____ Reps ____

This is actually the advanced version of the Bent Knee Rotation. Lying on your back, between two sturdy poles or support structures, hold your legs straight up over you. Lower both feet to one side together as you keep your shoulders and arms flat on the floor. Touch your feet to the floor together then raise them back up and over to the other side. Keep a 90 degree angle. Do this 10 times to each side. Once you can do 30, begin holding a light weight between your knees.

5:3 Hanging Knee Raises Weight ____ Reps ____

Hold onto a bar used for chinups with your hands close together over your head. Do not swing from it as though you are a gorilla. Control the sway. Slowly raise your knees a little higher than your hips. Pause, then lower your legs carefully and you will not swing. This isn't a replacement to doing lunges, squats or leg press. It is to be performed in addition to those exercises. There is a correlation though between lower abdominal strength and hip and leg strength, so lets build them up.

5:4 Vertical Jumps Max Height ____ Last Height ____ Reps ____

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Squat slowly downward then thrust yourself upward as high and fast as you can with your arms and hands in the air. Land on your feet and jump more 10 times, as high as you can each jump. Your butt and hamstrings are the most important muscles for running and jumping but the calf supplies up to 1/6 the power to propel you, so you may feel this in your calves. Move directly to the next exercise when finished. If you cannot jump, perform squats on your tippy toes instead holding weights in your hands. Again, leap as high as absolutely possible 10 times, squat low, leap high, hand and heads up! With no rest, go to the next exercise! Have your partner write down your highest leap and last height.

5:5 Dumbbell Pullovers Weight ____ Reps ____

You know the deal! Do not be foolish and use too heavy of a weight on this exercise. Don't set yourself up for a hernia. You'll notice tomorrow your abdomen will ache a little. It's from this exercise and if you use a weight you can't handle, you'll end up with a hernia my friend. This is why you always work your way up to a heavier weight and never jump into using something you can't handle simply for ego's sake. Lie across a bench on your shoulders holding a dumbbell in both hands overhead. It's a balancing act. Keep your arms locked straight and lower the weight backwards nice and slow towards the floor. Keep your lower body out straight and do not raise your hips. Move directly to the next exercise once you complete 20 repetitions. I am suggesting cross bench pullovers holding one dumbbell in both hands with your arms straight throughout the movement for a reason.

5:6 Bench Press Weight ____ Reps ____

Lie flat on a flat bench. Hold a barbell over your chest hands spaced shoulder width or slightly further apart. Once again, always exercise with someone to watch over and guide you. The key to pectoral development is to always keep from raising your shoulders off the bench while extending your elbows. Your shoulders remain where they are, back and down into the bench when your arms are extended just as they are when the bar is lowered to your chest. Continue raising and lowering the bar to and

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above your chest until you just can't do no more. Reach failure. Still, with no rest, move directly to the next exercise.

5:7 Vertical Jumps Max Height ____ Last Height ____ Reps ____

Squat slowly downward then thrust yourself upward as high and fast as you can with your arms and hands in the air. Land on your feet and jump more 10 times, as high as you can each jump. Your butt and hamstrings are the most important muscles for running and jumping but the calf supplies up to 1/6 the power to propel you, so you may feel this in your calves. Move directly to the next exercise when finished. If you cannot jump, perform squats on your tippy toes instead holding weights in your hands. Again, leap as high as absolutely possible 10 times, squat low, leap high, hand and heads up! With no rest, go to the next exercise! Have your partner write down your highest leap and last height.

5:8 Dumbbell Pullovers Weight ____ Reps ____

Listen again...Lie across, not on, placing only your shoulders on the bench, head hanging over, knees on the floor or legs extended straight out. Hold the dumbbell directly over your eyes then try to lower it straight arm far enough that your elbows are as low as your ears or at least far enough you feel a good stretch in your armpits. Move nice and slow. Keep your lower body out straight and do NOT raise your hips. Reach a little further each repetition until you find your groove. Do 20 repetitions. Do not be foolish and use too heavy of a weight on this exercise. Always work your way up to a heavier weight and never jump into using something you can't handle simply for ego's sake. So, without rest, you move directly to the next exercise after doing 20 repetitions.

5:9 Clapping Pushups

You've seen the Marines do them. Do not under estimate these or even regular Pushups. They are incredible exercises. The secret . . . start and finish with your body straight and have your hands directly below your chest, not your shoulders! Keep your head up, shoulders back just like on a bench press. Also folks, sorry to disturb you, BUT keep your butt flat, not up in the air. You must still complete this workout on less than

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40 minutes so move quickly. Do not anticipate pain. Avoid taking pain killers before a workout, it wont allow you to determine when enough is enough. Rest 5 minutes after your set.

5:10 Bent Over Dumbbell Rows Weight ____ Reps ____

Are you ready to go again? One knee and same side hand on a bench, other foot firmly into the floor, knee bent just enough to flatten your lower back. Simply row the weight up to your ribcage, pause and return it to arms length. Be careful. You shouldn't reach too low and extend your shoulder joint. Reach failure, switch arms, then immediately move on to the next exercise.

5:11 Bent Over Dumbbell Flys Weight ____ Reps ____

Bend your knees a little more than Angela has chosen to in the video. Bend over and rest your forehead on something waist height and keep the lower back flat, upper back arched NOT rounded. Hold two dumbbells hanging straight arm towards the floor below your chest. Raise them fairly straight arm up in alignment with your ears, pause then lower slowly. When you reach failure, take a seat and grab two dumbbells 25% lighter than what you just used.

5:12 Hunched Flys Weight ____ Reps ____

After taking a seat and picking up those two lighter dumbbells, lean forward enough so your stomach is resting upon your thighs. This isn't a completely bent over position. Its actually a hunched position. If you are more comfortable, sit somewhere halfway between upright and bent over. Raise the bells in the same manner as the last exercise. Straight arm, not to the side, not forward, but somewhere in the middle. Reach failure and move directly to the next exercise.

5:13 Dumbbell Overhead Press Weight ____ Reps ____

Pick up two dumbbells. Hold them palms facing you at shoulder heighth. Push them from there, completely overhead and touch them together. First thing is first. The dumbbells do not slam together at the top. They merely touch and return slowly to the starting

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position. Elbows and shoulders stay back, head up, palms facing inward and held slightly wider than your shoulders in that starting position before pushing them up to touch together overhead again. You may want to take a few moments afterwards to stretch your entire body before continuing the remainder of the workout.

5:14 Back Against Wall Curls Weight ___ Reps ___

Stand with your back flat against a wall or sturdy surface with your feet only far enough forward that your back is truly flat against the wall or sturdy object. Probably about 12 to 18 inches out and apart is all you need. Hold the barbell palms up, shoulder width grip. Wrists remain straight throughout the movement, not bent. This may occur if you have weak forearms. Elbows do not ever touch your body. Keep them away from your ribs. Also, never let your back leave the wall and only curl the weight from your lap up to your chest height, not neck. Pause with it there before lowering it again to your lap. Without pausing at the bottom, curl it up again. Upon failure, get ready to do some more pushups!

5:15: Closehand Pushups Weight ___ Reps ___

If hands thumbs width apart is hard, do hands shoulder width. If that is hard, do them on your knees. Whatever you choose to do, keep your entire body straight from the knees through the hips to the shoulders rigid. But try hands thumbs width apart directly below your chest anyhow. Even if you can barely do one or none, it's better than not trying. Lower yourself slowly touching your chest to your thumbs and immediately push straight back upward again. Repeat til you are capable of 20 straight reps. When you can, its time to try close grip bench presses instead. Stretch your triceps, then there is only one more exercise left after this one!

5:16 Walking Lunges Weight ___ Reps ___

Lunge walk forward taking one wide step at a time. Hold a dumbbell in each hand at your sides. Stand upright. Keep your hands tight and shoulders up. Take a wide step forward with one leg and bend the rear leg down. Squat to touch your knee to the floor. Stand back up heading forward and bring the rear foot up beside the front foot. Lunge out

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again but alternate and use the other leg to lead you this time. Be careful not to slam or rest your knees into the floor. Use a weight that barely allows 20 alternated semi wide steps. You do not need to work to failure, merely strive to use more weight every workout instead. Clear the room! Take 10 steps, turn around and come back! Do not let your forearms give out. Hold tight! Be strong, want it, do it! Left, right, left, right for twenty steps. You are probably familiar with these, and you probably either hate them or think they are useless. Neither is correct. Stretch the entire body after your set. Then cool down. In fact, let's review all the stretches, and remind you how to do them.

Standing Calf Stretch Seconds ____

Hamstring Stretch Seconds ____

One heel on a platform one foot or so off the ground. Keep that leg straight and toes pointed towards you as you squat down a little bit on your other leg. Keep both hips equally pivoted forward and your shoulders back. I do not recommend using anything higher than knee level. Hold for 20 seconds each leg and WA-LAH!.... Hamstrings are stretched!

Lower Back Stretch Seconds ____

Sit down on your knees on the floor. Lean forward. Optimally your knees should be spread apart so that you can more easily get your ribs toward the floor. Really stick your rump back and try to press your chest onto the floor as you reach as far forward as possible with your hands. Do not allow your butt to leave your feet. Hold for 20 seconds.

Glute Stretch Seconds ____

Take a seat on the floor. Pull one knee up to your chest and hold that same leg's foot up higher. Where you place your hands is of utter importance. Sitting up straight, one hand pulls the inside of your knee to the center of your chest from under the backside of your upper leg while the other hand is under your ankle not pulling in but holding that foot up.

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Your knee is pulled into the center of your chest as your other foot is held 6 inches higher than your knee is. Try holding for 20 seconds each leg.

Thigh Stretch Seconds ____

Find a rack or platform a little lower than your butt and place the top of your foot and toes on it behind you. Stand close enough to put your heel on your butt. Squat down on the other leg while leaning your shoulders back. You want the other knee joint farther back than the hip joint as you squat downward. Feel it on the entire front of the leg. Hold for 20 seconds. Repeat on other leg.

Ab, Lat, And Tricep Stretch Seconds ____

This one is a little confusing. Stand placing your weight on one foot. Cross the other foot behind you. Raise your arm overhead, bend that elbow, point it to the sky and place your thumb to your spine behind your neck. With the other hand, grasp your elbow, pull it to the opposite side and lean with it bending yourself kinda in half. Feel this in the back of your upper arm, armpit, ribs and stomach. Hold for twenty seconds each side. This is easier than it sounds. Stand placing most of your weight on one foot. Cross the other behind you. Reach overhead bending it at the elbow. Place your thumb on your spine. Grasp that elbow with the opposing hand and pull with the other arm in the opposite direction. When pulling to the side, lean into it enough to make yourself feel like a pretzel. Push the hip out and pull the lbow over to really stretch the AB's hard. Do 20 seconds both sides. If you use a partner to assist, one of your partner's hands should be on your shoulder as their other hand pulls your elbow back towards them a little bit and then across and behind you towards the other side of your body. Repeat with other arm as well.

Rack Lat Stretch Seconds ____

Put your hands close together on a rack about waist heighth. Do not bounce!!! Find as sturdy rack as possible to use. Put your feet close to or on the bottom of this rack. Hang your butt down low, keep your legs straight, pull with your arms and push a little with your feet. Let your body

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form a V shape with your butt down real low for 20 seconds.

Bicep And Shoulder Stretch Seconds ____

Hands close together, palms down, on a rack behind you. Squat down, lean forward and hang a bit but keep your knees off the floor. You'll feel this in the front of your upper arms, shoulders, and maybe even your chest. Hold for 20 seconds before slowly rising back up. You know, you should always stretch your muscles after working them. Do you have an assistant? Have your partner stand behind you holding your wrists and palms downward and arms extended behind you. Rotate your shoulder blades and elbows backward and squat downward. Stay low, leaning a little forward for 20 seconds as they actually raise a little higher for you. Hands close together, palms down, thats the key.

Chest Stretch Seconds ____

Stand by an upright rack or wall with your palm, forearm, and elbow firmly against that fixture. Position your elbow at shoulder heighth. Have your elbow only as high as your shoulder the entire time and turn your body away from your arm which remains firm against the wall. The aim is to lean a little forward while the arm props you back. Hold for 20 seconds. Repeat for other side.

Neck Stretch Seconds ____

With your hands acting as a hook, push into the floor with your feet. This is not that difficult, find a rack that is about knee level and you can clasp your hands onto because once you grasp this rack you must not so much pull on it but push downward with your feet into the floor. While holding your chin into your chest and your hands acting as that hook, it is then that you push into the floor with your feet as the stretch is felt across the back of your shoulders and neck. 20 seconds.

Cool Down

We can't stop yet. Walk backwards slowly on a treadmill until you get the hang of it and then speed it up some each session. After 10 minutes, turn around and walk forward for

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few minutes. Get it through your head more is NOT better. Spend no more time than JUST long enough to recompose from heavy breathing and regulate your heart beat. That is 220 minus your age, divided by three then multiplied by two. When done, WEIGH YOURSELF, WRITE DOWN THE TIME YOU FINISHED AND HAVE SOME MORE WATER. Just do it! You get to go home after this !!!! Go home and stay home and away from the gym for 48 hours to 96 hours. Do not forget to snack on your BALANCE BARS and have another tall cool glass of water as soon as you relax. Welp, Thats it for now! Have a great day!

Treadmill

Backward Minutes ____ Intensity/Distance ____

Forward Minutes ____ Intensity/Distance ____

Workout Finish Time

Ending Body Weight