

Last Week's Workouts and the Start of Movember

Description

Had a pretty good week of workouts and decided to stick with an upper/lower routine by following one I wrote out a few years ago. I'm still adding more conditioning work than needed, but it's getting better. Avery did great by "spotting" me in her jumper and cheering me on with her cute and loud coos.

I don't write it out, but I always warm up before lifting with a 10 minutes of dynamic moves and stationary biking before ramping up the weights to my working sets. Again, this is in addition to walking at least a total of 3 or 4 miles each day of the week and chasing a very fast crawler around the house.

Monday " 10/27

" Back Squat: 4 x 8 x 215lbs

" Straight Leg Dead Lift: 4 x 8 x 205lbs

" Dumbbell Lunges: 3 x 10/side x 45lb/side

Superset w/ Glute-Ham Raise: 3 x 12

" Double Kettlebell Swings: 3 x 31 x 25lb/arm

" 31 1-leg squats and Push-ups

Tuesday " 10/28

" Bench Press: 4 x 8 x 160lbs

Superset w/ Strict Chin-ups: 4 x 6

" Dumbbell Hang Clean & Press: 4 x 10 x 30lb/arm

" 1-arm Dumbbell Rows: 3 x 12 x 45lb

Superset w/ Bodyweight Dips: 3 x 13

" Renegade Rows w/ 30lb Dumbbells: 3 x 10

" Dumbbell Curls "21"s": 3 x 20lb

Superset w/ Standing Triceps Ext w/ 45lb plate: 3 x 12

â€“ 31 1-leg squats and Push-ups

Wednesday â€“ 10/29

â€“ Warm-up walk/jog followed by 12 x ~75 meter hill sprints pushing Avery in stroller with 35lb weights in bottom basket; cool down jog of ¾ mile

â€“ 31 1-leg squats and Push-ups + run 2 miles easy

Thursday â€“ 10/30

â€“ Front Squat: 4 x 8 x 170lbs

â€“ Dead Lift: 3 x 8 x 230lbs

â€“ Clean: 5 x 5 x 120lbs

â€“ 31 Bulgarian Split Squats w/ 20lb Dumbbells/arm and 31 Push-ups

â€“ 1 Round of Tabata bike

Friday â€“ 10/31

â€“ Overhead Press: 4 x 8 x 105lbs

â€“ Barbell Bent Row: 4 x 8 x 130lbs

Superset w/ Dumbbell Incline Press: 4 x 10 x 45lb/arm

â€“ Dumbbell Hang Clean & Press: 5 x 5 x 45lb/arm

â€“ 4 Rounds: Close-grip Bench â€“ 10 x 130lbs, Wide-grip Pull ups x 5, Kettlebell Windmill w/ 25lb/side x 10/side, Bike ~30 seconds

â€“ 31 1-leg squats and Push-ups

Saturday â€“ 11/01

â€“ Cardio Challenge (30 min of 30s on: 30s off) wearing Elevation Training Mask

â€“ 31 1-leg squats and Push-ups

Sunday â€“ 11/02

â€“ Walk 1.5 miles with Kelley and Avery in stroller to playground to push Avery in swing and then run 1.5 miles back

â€“ Reel Mow back yard while wearing Avery in the Onya

â€“ 31 1-leg squats and Push-ups

â€œ Strict Pull ups x 10, 11, 11

November 1st marked the end of October and the month Avery was born. Yep, weâ€™ll be celebrating her one year birthday on the 15th!!! Ahhhh! Iâ€™ve said it before, and Iâ€™ll say it many times again; being a parent is equivalent to having a time machine stuck on the â€œfutureâ€• setting.

Iâ€™ll be sharing more about her birthday soon, including her 1 year pictures we had done recently. But I need to go for now and just wanted to mention that Iâ€™m participating in [Movember](#) and just shaved my face clean on 11/01. Now Iâ€™m all set to let my mustache growâ€™!..or something to that effect, it never grew well before.



Starting with a clean slateâ€™!..

If you can, Iâ€™d love to have you support the cause by donating to [my page](#) or [team of Dads/Bloggers](#). Just sharing our page with your friends, family, and followers would be much appreciated too!

Any plans for November?

Have you heard of Movember?

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