

HAPPY FATHER'S DAY



**FATHER'S DAY
WORKOUT**

THANK YOU FOR DOWNLOADING

The Power Play Workout

For Todd Abrams, CEO of ICON Meals, time is money, so cashing in on a full body workout a few times a week is golden! Try this upper body smash workout and bank on great results. As the name implies, we're going for power throughout your entire body here.

Enjoy this workout and Happy Father's Day from all of us!

Perform 3 sets using a rep scheme of 6-5-4.

- This is the power zone for reps.
- Remember to perform one warm-up set per exercise using a lighter weight to get the blood flowing for 8-10 reps.



Todd Abrams

A handwritten signature in black ink, appearing to read 'Todd Abrams', written in a cursive style.

**CEO/Co-Founder
ICON Meals**

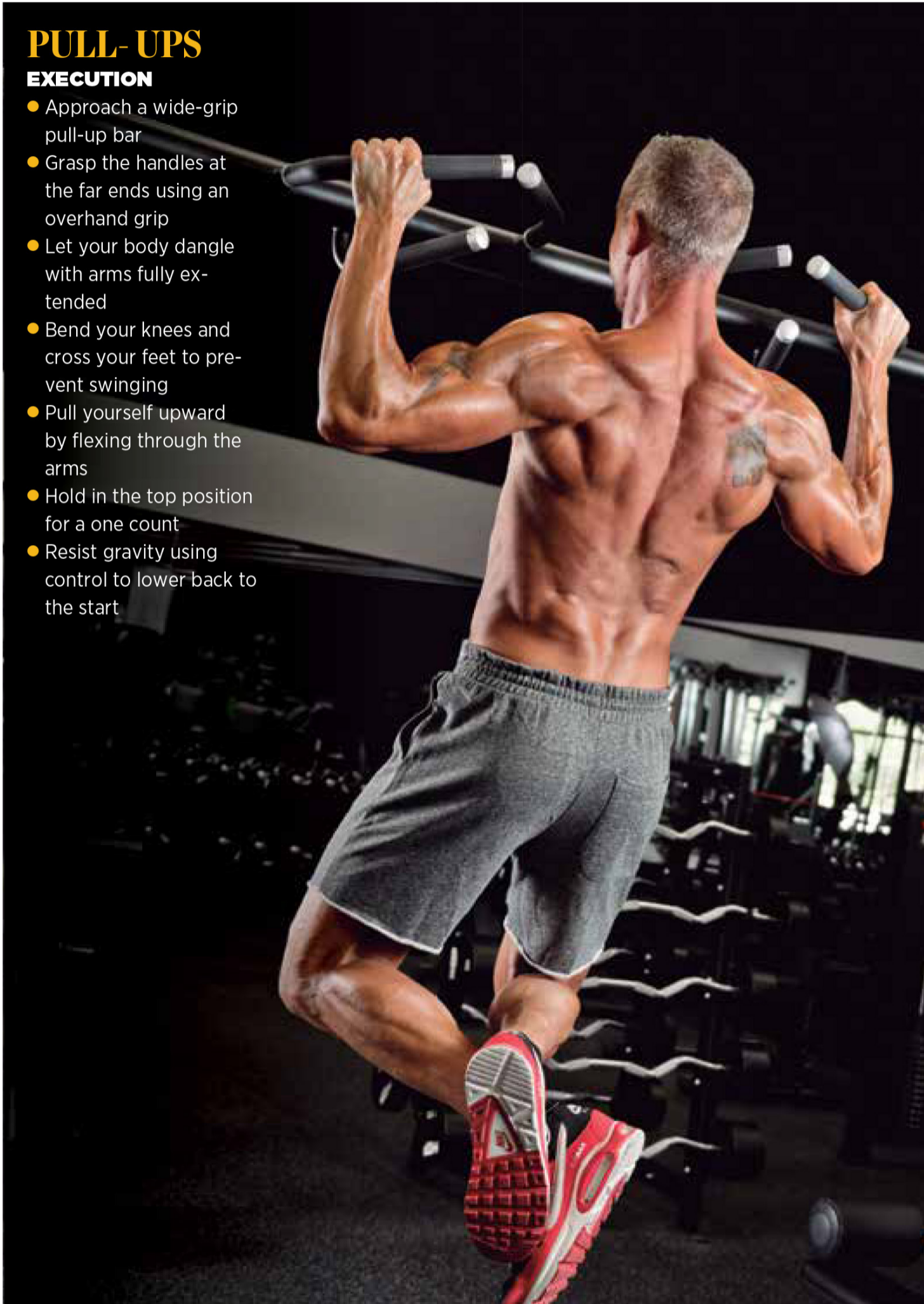
BACK COMPLEX

PULL-UPS / WIDE-GRIP PULL DOWNS (FRONT & BACK) / LOW CABLE ROWS

PULL-UPS

EXECUTION

- Approach a wide-grip pull-up bar
- Grasp the handles at the far ends using an overhand grip
- Let your body dangle with arms fully extended
- Bend your knees and cross your feet to prevent swinging
- Pull yourself upward by flexing through the arms
- Hold in the top position for a one count
- Resist gravity using control to lower back to the start



WIDE-GRIP PULL DOWNS (FRONT & BACK)



A



B



Go Behind the Neck

- As you have both arms extended in front of you holding the bar at the chosen grip width (*bring your torso and head forward). Think of an imaginary line from the centre of the bar down to the back of your neck.

EXECUTION

- Sit on a bench facing an adjustable cable machine with a lat pulldown
- With your back straight, grab the bar with an overhand grip, your arms fully extended and pull the bar down to top of the chest



A

LOW CABLE ROWS

EXECUTION

- For this exercise you will need access to a low pulley row machine with a V-bar
- Sit down on the machine and place your feet on the front platform
- Lean forward as you keep the natural alignment of your back and grab the V-bar handles
- With your arms extended pull back until your torso is at a 90-degree angle from your legs
- Squeezing your back muscles hard. Hold that contraction for a second and slowly go back to the original position



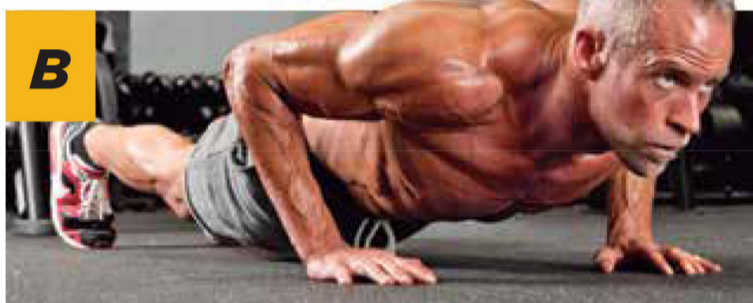
B



CABLE CROSSOVER

EXECUTION

- Set the cables to a high pulley position
- Stand in the middle of the apparatus
- Reach up and grasp each of the handles using an overhand grip
- Keep your back straight, head up, and split your legs
- Draw the handles inward and down until your hands meet
- Pause in this peak position for one second
- Using control, allow gravity to pull the handles back up to the start



PUSH-UPS

EXECUTION

- Assume a face-down prone position on the floor hands -down shoulder width apart
- Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet



BARBELL CURL

EXECUTION

- Grasp a barbell using an underhand grip at the width of your shoulders
- Unrack the bar and step one pace backwards
- Stand tall with back straight and head up
- Let the bar hang in your extended arms
- With your body anchored, curl the bar upward as far as you can
- Pause at the apex (peak position) for one second
- Slowly lower the bar using control back to the start

OVERHEAD CABLE CURLS

EXECUTION

- To begin, set a weight that is comfortable on each side of the pulley
- Stand in the middle of both sides and use an underhand grip (palms facing towards the ceiling)
- Your arms should be fully extended and parallel to the floor with your feet positioned shoulder width apart from each other
- While exhaling, slowly squeeze the biceps on each side until your forearms and biceps touch
- Your entire body is stationary during this exercise except for the forearms





TRICEPS PRESSDOWN

EXECUTION

- Set the cable to a high pulley position
- Stand tall in front of the machine about one pace from it
- Grasp the handle with both hands using an overhand grip
- Separate your feet to shoulder width and bend your knees for stability
- With isolation on your triceps, press the handle downward
- When your arms are fully extended, pause for a second
- Using control, allow the cable to rise back up to the start



A

TRICEPS OVERHEAD ROPE EXTENSIONS



B

EXECUTION

- Attach a rope to a low pulley. After selecting an appropriate weight, grasp the rope with both hands and face away from the cable
- Position your hands behind your head with your elbows pointing straight up
- Your elbows should start out flexed, and you can stagger your

stance and lean gently away from the machine to create greater stability

- To perform the movement, extend through the elbow while keeping the upper arm in position, raising your hands above your head
- Squeeze your triceps at the top of the movement, and slowly lower the weight back to the start position

CABLE LATERAL RAISE

EXECUTION

- Set the cable pulley to a low pulley position
- Stand tall about a pace away from the apparatus
- Bend your knees slightly for stability
- Grasp the handle with your hand farthest away from it
- Raise your arm in an outward, upward arc
- Pause for a second when your arm is parallel to the floor
- Using control lower the handle to the start



REAR DELT FLYES

EXECUTION

- Set an incline bench to an angle of 45 degrees
- Grasp a dumbbell in each hand using a neutral grip
- Set into position on the pad facing downward
- Let your arms hang freely and extended
- Make sure your feet are secure on the floor
- Raise the weights in an upward arc out to your sides
- Pause for a second then return using control back to the start

