

To be done for 30 minutes per day for 5 days/week

CARDIO

Walk on treadmill or outside for 30 minutes, 5 days/week.

PERFECT FOR:

- Those who are currently not exercising at all or have not exercised in a long time and are looking to simply “get moving” again.
- Those who want the flexibility to exercise inside or outside.
- Busy, working individuals who do not have a lot of time to spend on physical activity.
- Individuals who do not want to participate in high-impact exercise.

Not to be done on 2 consecutive days but could be done up to 3 times weekly.

LOWER BODY

Warm up

Walk on treadmill at a slight incline for 10 min (Treadmill can be replaced with your choice of other zero impact cardio).

Walking Lunges (can be standing lunges)	3 sets, 10 each leg
Step Ups (Step up onto a flat surface that is about knee height - to increase difficulty hold onto dumbbells)	3 sets, 10 each leg
Goblet Squats (Squats holding dumbbell at your chest)	3 sets, 10-12 reps each
Dumbbell Bench Press	3 sets, 10 reps
Dumbbell One Arm Row	3 sets, 10-12 reps each
Dumbbell Front Raise	3 sets, 10-12 reps each
Crunches and Bicycles	3 sets of 30 seconds each exercise

CARDIO

2 times a week.

30 minutes of cardio 3-4 times a week:	Heart rate max = 220 - your age
10 minutes at 55% of heart rate max	Example: If you are 35, your heart rate max is 220 - 35 = 185
10 minutes at 65% heart rate max	
5 minutes at 75% heart rate max	
5 minutes at 55% of heart rate max	

If your goal is start your workout journey, look no further, we have you covered.

THESE WORKOUTS ARE PERFECT FOR:

- Beginners looking to start off with an effective exercise plan that incorporates both cardiovascular and strength training.
- Those who may have hit a weight loss plateau with dieting alone.
- Those looking to improve overall health and wellness through exercise.
- Those looking for entry-level workouts that can be woven into more advanced workout regimens as "rest days."
- Those looking for workouts that are quick and effective and easily built upon once cardiovascular performance and/or strength increases.

Divided between Upper and Lower Body

Each can be performed twice a week however not back to back (Ex. Lower body on Monday, Upper body on Tuesday, rest on Wednesday)

LOWER BODY

Warm up

Walk on treadmill at a slight incline for 10 min (Treadmill can be replaced with your choice of other zero impact cardio).

Squat	3 sets, 8-10 reps
Leg Extensions	3 sets, 8-10 reps
Dumbbell Stiff Legged Deadlift	3 sets, 10-12 reps each
Box Step Ups with Dumbbells	3 sets, 10 reps
Walking Lunges	2 sets, 15-20 lunges

UPPER BODY

Warm up

Walk on treadmill at a slight incline for 10 min (Treadmill can be replaced with your choice of other zero impact cardio).

Dumbbell Press on 45 degree incline	3 sets, 8-10 reps
Barbell Row	3 sets, 8-10 reps
Dumbbell Lateral Raise	3 sets, 8-10 reps
Wide Grip Cable Pull downs	3 sets, 8-10 reps
Dumbbell Hammer Curl	3 sets, 8-10 reps
Dumbbell Tricep Extension	3 sets, 8-10 reps

CARDIO - HIIT

2 times a week, may add in additional steady state cardio in addition 2-3 days a week.

Treadmill as follows (in minutes):

Minutes 0-5 — Warm up (0 incline)
 Minutes 5-20 — Walk (5-10 incline)
 Minutes 20-21 — Sprint (0 incline)
 Minutes 21-22 — Recover (0 incline)
 Minutes 22-23 — Sprint (0 incline)
 Minutes 23-24 — Recover (0 incline)
 Minutes 24-25 — Sprint
 Minutes 25-26 — Recover
 Minutes 26-27 — Sprint
 Minutes 27-28 — Recover
 Minutes 28-29 — Sprint
 Minutes 29-30 — Recover
 Minutes 30-35 — Cool down walk

THESE WORKOUTS ARE PERFECT FOR:

- Intermediate athletes looking to advance their workouts and incorporate additional strength exercises as well as HIIT, which is slightly more intense than cardio.
- Those who consider themselves to be in "good shape", but would like additional direction in the gym.
- Those who may have hit a plateau with their current diet and exercise program.
- Those looking to build strength and endurance, achieve additional definition, and improve physique all while supporting overall health and wellness

SHOULDERS, TRICEPS, BICEPS		DAYS 1 & 4
Shoulders Machine Shoulder Press	2 warm up sets – 15 reps	
SIDE & REAR DELT		
Single Arm Side Cable Raise Front Delt Cable Raises Machine Rear Deltoid Flys	3 giant sets, 1 set of each exercise for 12-15 reps x 3	
TRICEPS & BICEP		
Triceps Cable Pushdowns Wide Grip Barbell Curls	2 supersets, 1 set of each exercise for 12 reps x 2	
Machine Dips Machine Preacher Curls	2 supersets, 1 set of each exercise for 12 reps x 2	
Dumbbell Kick Backs High Cable Bicep Curls	2 supersets, 1 set of each exercise for 12 reps x 2	
LEGS		DAYS 2 & 5
Hamstrings Lying Leg Curl	2 warm up sets – 15 reps 2 drop sets (10, 12, 15 reps)	
Quads: Use moderate weight, keep reps up Double Leg extensions Walking Lunges	2 supersets, 1 set of each exercise for 15-20 reps x 2	
Machine Leg Press Single Leg Extension	2 supersets, 1 set of each exercise for 15-20 reps x 2	
Abductor Inner Abductor Outer	2 supersets, 1 set of each exercise for 20-30 reps x 2	
Calves Seated Calf Press – 1 set of 20 reps Standing Calf Press – 1 set of 20 reps	3 supersets, 1 set of each exercise for 20 reps x 2	

CHEST, BACK AND CORE		DAY 3 & 6
Chest Smith Machine Press	1 warm up sets – 15 reps 2 drop sets (10, 12, 15 reps)	
Dumbbell Press Seated Cable Flys High Cable Crossovers	3 giant sets, 1 set of each exercise for 12-15 reps x 3	
Back High Cable Lat Pull Downs (Wide Grip)	1 warm up sets – 15 reps 2 drop sets (10, 12, 15 reps)	
Seated Cable Rows 1 set of 12 reps Reverse Inner Pulldowns 1 set of 15 reps Standing Inner Lat Pull/Pushdown 1 set of 15 reps	3 giant sets, 1 set of each exercise for 12-15 reps x 3	
CORE		
Decline Bench Crunch Machine Crunches Standing Bar Twists Side Bends High Cable Ab Pulldowns	3 giant sets, 1 set of each exercise for 20-30 reps x 3	
DAY OF REST - NO WORKOUT		DAY 7
CARDIO - CIRCUIT		2 X WEEK
Burpees Mountain Climbers Jumping Jacks Body Weight Squats Jump Squats	2 times a week, may add in additional steady state or HIIT cardio in addition 2-3 days a week. Circuit - 10 reps of each, 5 times, 30 second rest	

THESE WORKOUTS ARE PERFECT FOR:

- Advanced athletes looking to dramatically ramp up their workouts and follow an intense exercise regimen to elevate their existing workout to the next level.
- Those who consider themselves to be disciplined and want a specific, advanced program to follow that will support results when followed closely.
- Those who may have hit a plateau with their current diet and exercise program.
- Those looking to maximize strength and endurance, achieve additional definition, and improve physique all while supporting overall health and wellness.