

FULLBODY MAKEOVER



Exercise Diet and Log Journal

Written and compiled by Clinton Walker III

ROUTINE 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #2	Workout #1	Workout #2	Workout #1	Workout#2	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LEG PRESS
- 3.) LEG CURLS
- 4.) BACK ROWS
- 5.) LAT PULLDOWNS
- 6.) BARBELL CURLS
- 7.) ALTERNATE BARBELL CURLS
- 8.) UPRIGHT BIKE

Workout 2 overview

- 1.) TREADMILL
- 2.) MACHINE BENCH
- 3.) DUMBBELL BENCH
- 4.) TRICEPS PRESS
- 5.) BIKE
- 6.) PUSH UPS
- 7.) TREADMILL
- 8.) CRUNCHES

WORKOUT 1

Cardiovascular and weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 3 minutes by walking 3.4 MPH. After 3 minutes Jog at 5.0 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 1 minutes. After 1 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 Minutes



2.) LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets

3.) LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body.

Movement: - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 3 sets of 20 reps
Rest: 35 seconds between sets



4.) BACK ROWS

Tips: Position your feet at about shoulder width. Bend over so your back is as close to parallel to the floor as you can and hold bar with an overhand grip and with hands a little wider than shoulder width. Keep legs slightly bent. Hold bar at arm's length straight down. Pull bar straight up to the lower part of your chest. Slowly lower bar back to starting position. Keep your head up and back straight at all times, and do NOT swing or use momentum to lift the weight!

How many: 3 sets of 15 reps
Rest: 35 seconds per set



5.) BACK - LAT PULL DOWN

Starting Position: - Grasp the bar, palms turned away from you, with your hands wider than shoulders width. Assume a seated position with your arms straight.

Movement: - Exhale as you pull the exercise bar down to the top of your chest. Pause briefly in the fully concentrated position and squeeze your shoulder blades together. Inhale as you slowly allow the bar to return to the starting position. Repeat as required.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets

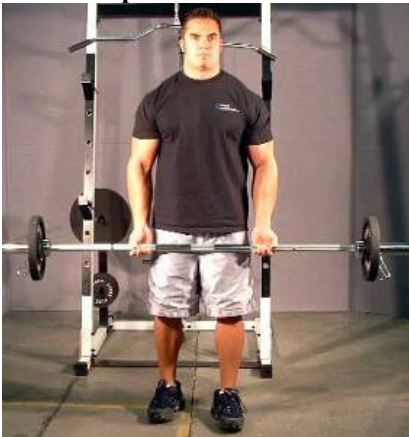


6.) BARBELL CURLS

Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

How many: 2 sets of 15 reps

Rest: 35 seconds per set



7.) ALTERNATE DUMBBELL CURLS

Tips: Just like the Dumbbell Bicep Curl except you alternate each hand, curling one dumbbell at a time.

How many: 3 sets of 15 reps

Rest: 35 seconds per set

8.) UPRIGHT BIKE

Notes:

Keep your RPM above 75



Time: 10 minutes

WORKOUT 2

Cardio Exercises and Crunches

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 5.0 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 Minutes

2.) BENCH PRESS

Tips: Lie on a flat bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets



3.) MACHINE BENCH PRESS

Tips: Lie on a flat bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets

4.) TRICEPS PULL DOWNS

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat; athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



5.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes: Keep your RPM above 75



Time: 10 minutes

6.) PUSH UPS

How many: 2 sets of 15

7.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 5.0 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 10 Minutes

8.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



ROUTINE 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LEG EXTENSIONS
- 3.) LEG CURLS
- 4.) LEG PRESS
- 5.) TRICEPS PUSHDOWNS
- 6.) BARBELL CURLS
- 7.) LAT PULLDOWNS
- 8.) ALT DUMBBELL CURLS

Workout 2 overview

- 1.) TREADMILL
- 2.) UPRIGHT BIKE
- 3.) STAIRSTEPPER
- 4.) ELLIPTICAL
- 5.) TREADMILL

WORKOUT 1

Cardiovascular and Weightlifting

1.) TREADMILL

Warm up for 1 minutes by walking 3.4 MPH. After 1 minutes Jog at 5.0 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 1 minutes. After 1 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 Minutes

2.) LEG EXTENSIONS

Starting Position: - Sit in the leg extension machine so that your knees are comfortably at the end of the seat. Place your ankles behind and against the bottom rollers. If the machine has handles on the sides, grasp them. If it doesn't have handles, lean back and grasp the edges of the seat for support.

Movement: - Exhale, slowly pushing up against the bottom roller with your feet, so your legs and knees are completely extended. Inhale, slowly returning your feet and legs to return to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 35 seconds between sets



3.) LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body.

Movement: - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 3 sets of 15 reps
Rest: 35 seconds between sets



4.) LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets



5.) TRICEPS PULLDOWN

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides.

From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 3 sets of 15 reps

Rest: 30 seconds between sets

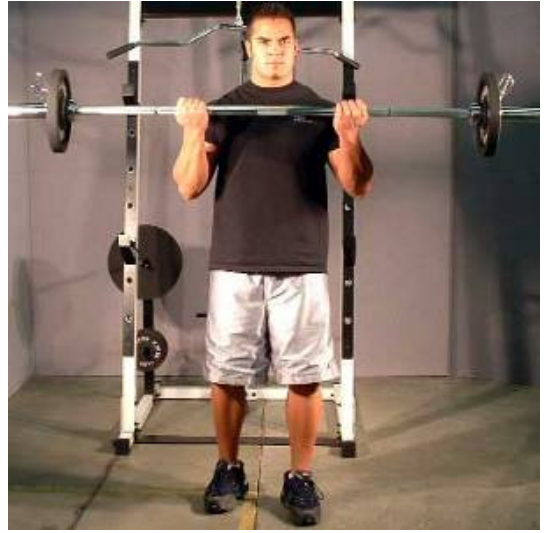
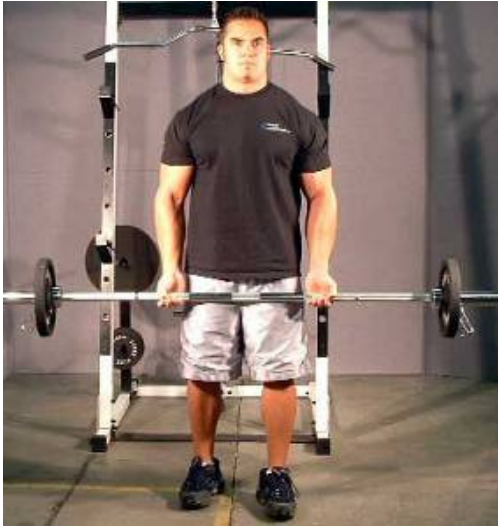


6.) BARBELL CURLS

Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

How many: 2 sets of 15 reps

Rest: 35 seconds per set



7.) BACK - LAT PULL DOWN

Starting Position: - Grasp the bar, palms turned away from you, with your hands wider than shoulders width. Assume a seated position with your arms straight.

Movement: - Exhale as you pull the exercise bar down to the top of your chest. Pause briefly in the fully concentrated position and squeeze your shoulder blades together. Inhale as you slowly allow the bar to return to the starting position. Repeat as required.

How many: 3 sets of 15 reps
Rest: 35 seconds between sets





8.) ALTERNATE DUMBELL CURLS

Tips: Just like the Dumbbell Bicep Curl except you alternate each hand, curling one dumbbell at a time.

WORKOUT 2

Cardio Exercises and Crunches

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes, jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 minutes

2.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes: Keep your RPM above 75



Time: 20 minutes

3.) CARDIOVASCULAR - CARDIO - STAIR STEPPER



How Long: 10 minutes

4.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125



How long: 5 minutes

5.) CARDIOVASCULAR - CARDIO – TREADMILL

Notes:

Warm up for 1 minute by walking 3.4 MPH. After 5 minutes, jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 1 minute. After 1 minute, increase speed to a slow jog. Repeat as required.



How long: 5 minutes

ROUTINE 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LAT PULLDOWNS
- 3.) BACK ROW
- 4.) BACK EXTENSIONS
- 5.) TRICEPS PULLDOWN
- 6.) ALTERNATE DUMBELL CURLS
- 7.) LYING TRICEPS PRESS
- 8.) CRUNCHES
- 9.) CARDIOVASCULAR-TREADMILL

Workout 2 overview

- 1.) BIKE
- 2.) TREADMILL
- 3.) BENCH PRESS
- 4.) MACHINE FLYES
- 5.) CRUNCHES
- 6.) SIDE CRUNCHES
- 7.) LEG LIFTS
- 8.) ELLIPTICAL

WORKOUT 1

Cardio and Weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

How long: 20 Minutes



2.) BACK - LAT PULL DOWN

Starting Position: - Grasp the bar, palms turned away from you, with your hands wider than shoulders width. Assume a seated position with your arms straight.

Movement: - Exhale as you pull the exercise bar down to the top of your chest. Pause briefly in the fully concentrated position and squeeze your shoulder blades together. Inhale as you slowly allow the bar to return to the starting position. Repeat as required.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets





3.) BACK - SMITH MACHINE ROW

Starting Position: - Adjust the bar so that it is at waist level. Grasp the bar with your palms turned up; unlock it so that the bar is hanging at arms length in front of your body. Bend forward at your waist keeping your back straight.

Movement: - Exhale and pull the bar in towards your chest while pointing your elbows back. Inhale as you slowly lower the bar back down to the starting position. Repeat as required. Rotate the bar back into a locked position, once complete.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets



4.) BACK EXTENSIONS

Tips: Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line.

How many: 3 sets of 15 reps

Rest: 30 seconds between sets



5.) TRICEPS PULLDOWN

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 3 sets of 15 reps

Rest: 30 seconds between sets



6.) ALTERNATE DUMBBELL CURLS

Tips: Just like the Dumbbell Bicep Curl except you alternate each hand, curling one dumbbell at a time.

7.) LYING TRICEPS PRESS

Starting Position:- Sit on a flat bench holding an EZ-Curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the bench. At the same time, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise. Holding your upper arms in a fixed position (this is key), slowly lower the bar until it almost touches your forehead. Then press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets



8.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



9.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 10 Minutes



WORKOUT 2

Cardiovascular Exercises

1.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes:

Keep your RPM above 75



Time: 5 minutes

2.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 10 minutes



3.) BENCH PRESS

Tips: Lie on a flat bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets



4.) MACHINE FLYES

Tips: Also known as the Pec Deck Fly. Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully. Repeat.

How many: 3 sets of 15 reps

Rest: 40 seconds between sets



5.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 40 seconds between sets



6.) SIDE CRUNCHES

Tips: Lie on your left side with your legs on top of each other with your knees bent a little. Loosely cup your head with your right hand. Crunch up as high as you can go, keeping the movement in the lateral plane as much as possible to work the obliques. Do both sides.

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



7.) LEG LIFTS

Tips: Hang from a bar with your legs straight down. Raise your legs by flexing your hips while flexing your knees until your hips is fully flexed. Continue to raise knees toward shoulders by flexing your waist. Do NOT swing and use momentum. Go slow and concentrate on using your abs to pull your legs up. Return to the starting position. Repeat. You can place weight between your ankles for added resistance. You can also raise your knees to one side of your body to work the obliques.

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



8.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125



Time: 10 minutes

ROUTINE 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LEG-LYING LEG PRESS
- 3.) LEG EXTENSIONS
- 4.) LEG CURLS
- 5.) BARBELL CURLS
- 6.) TRICEPS PULLDOWN
- 7.) MACHINE ROW
- 8.) DUMBELL FLYES
- 9.) CRUNCHES

Workout 2 overview

- 1.) BIKE
- 2.) TREADMILL
- 3.) ELLIPTICAL
- 4.) CRUNCHES

WORKOUT 1

Cardiovascular and Weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 20minutes



2.) LEGS-LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 25 reps

Rest: 35 seconds per set



3.) LEGS-LEG EXTENSIONS

Starting Position: - Sit in the leg extension machine so that your knees are comfortably at the end of the seat. Place your ankles behind and against the bottom rollers. If the machine has handles on the sides, grasp them. If it doesn't have handles, lean back and grasp the edges of the seat for support.

Movement: - Exhale, slowly pushing up against the bottom roller with your feet, so your legs and knees are completely extended. Inhale, slowly returning your feet and legs to return to the starting position. Repeat as required.

How many: 2 sets of 20 reps

Rest: 35 seconds per set



4.) LEGS-LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body. **Movement:** - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 2 sets of 15 reps

Rest: 35 seconds per set

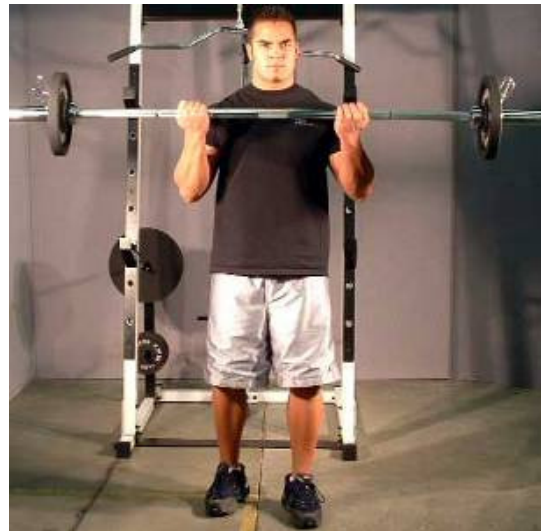
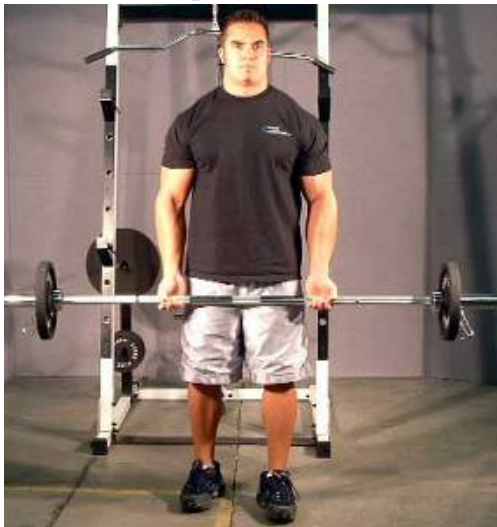


5.) BARBELL CURLS

Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



6.) TRICEPS PULL DOWNS

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat; athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



7.) BACK-NARROW MACHINE ROW

Starting Position: Adjust the seat so that your chest is against the pad, and your arms are straight out in front of you, in line with your chest. Grip the handles with a narrow grip. Movement: Exhale as you pull the weight towards you. Keep your elbows close to your sides, and squeeze your shoulder blades together. Inhale as you allow the weight to slowly return to the starting position. Repeat as required.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



8.) DUMBBELL FLYS

Tips: Sit down on a flat bench with a dumbbell in each hand. Then lie back, keeping the dumbbells close to your chest. Lift the dumbbells over your chest by extending your arms. Maintain a slight bend in your elbows. Keep your hips and shoulders flat on the bench and your feet on the floor. Lower the dumbbells to the sides of your body in an arc-like motion. At the lowest point, your bent elbows should be on a horizontal plane even with the bench. Slowly bring the weights back up over your chest in an arc. The bend in your elbows should stay the same throughout the exercise.

How many: 3 sets of 25 reps

Rest: 35 seconds per set



9.) CRUNCHES -FRONT

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 35 seconds per set



WORKOUT 2

Cardiovascular and Crunches

1.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes:

Keep your RPM above 75



Time: 10 Minutes

2.) CARDIOVASCULAR - CARDIO – TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 20 Minutes



3.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125

Time: 15 Minutes



4.) CRUNCHES-FRONT

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 4 sets of 25 reps

Rest: 30 seconds between sets

