

Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. Maintain your pace throughout the entire workout with about 30 seconds rest in between sets.

## 1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

### Notes:

Warm up for 1 minutes walking briskly. After 1 minute, jog until you are to you are fatigued. Walk briskly for 1 minute to recover. After 1 minute, continue jogging. Repeat this sequence until you complete 10 minutes.

### Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

## 2. LEG PRESS- MACHINE

**Reps:** 3 sets of 12

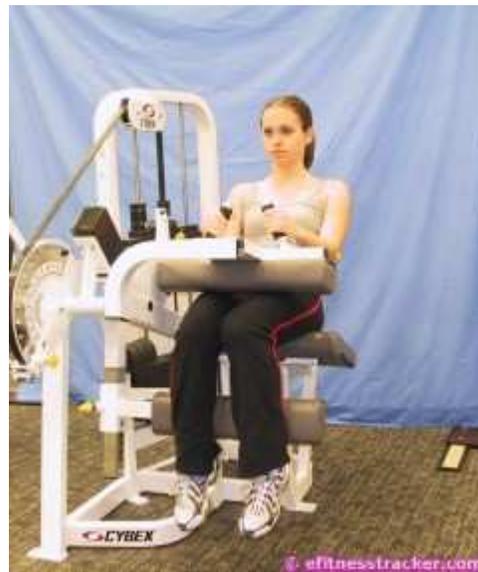
**Execution:** Position body on seat with back pressed against the back pad. Keep knees slightly bent and feet approximately shoulder width apart. Sit in good body alignment (abs tight, chest up, back straight). In a controlled motion, extend knees and push out. Keep knees in line with toes; avoid drawing knees in or out. While maintaining controlled motion, return to starting position (avoid locking out knees). Do not allow muscles to relax before next repetition.



### 3. SEATED LEG CURL

**Reps:** 3 sets of 12

**Execution:** Adjust leg pad to contact lower leg just above the ankle. Adjust seat back to align knees with pivot point on machine. Sit in good body alignment (abs tight, chest up, back straight). Position legs to keep kneecaps on top. Lock top pad comfortably on quadriceps. In a controlled motion, flex the knees by bringing feet down and back as far as possible. Contract hamstring muscles fully without compromising form; avoid any hip movement. While maintaining the controlled motion, return to starting position without setting down weight or relaxing the muscles. Do not allow the knee to hyperextend.



#### 4. SQUAT-SMITH MACHINE

**Reps:** 3 sets of 12

**Execution:** Position body under bar, and place bar on upper back (trapezius). Stand with knees slightly bent and feet approximately shoulder width apart. Keep toes pointed forward or slightly out. Stand in good body alignment (abs tight, chest up, back straight). Grip bar and extend body up while rotating bar to release bar from latch. In a controlled motion, lower body by bending knees and hips, pushing glutes back. Keep a slight arch in the back. Keep knees in line with toes; avoid turning knees in or out. Keeping feet flat on the floor, continue lowering body as far as possible without compromising form (back arched, abs tight, chest up). Stop lowering before pelvis begins to curl under or back rounds out. While maintaining controlled motion, return to starting position (avoid locking out knees). Do not allow muscles to relax before next repetition.



#### 5. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

**Notes:**

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 5 minutes.

**Goal:**

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.

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for additional assistance with your workout routine

