



WORKOUT 1

EXERCISE	SET1 WEIGHT/REPS		SET2 WEIGHT/REPS		SET3 WEIGHT/REPS		REST (SECS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
Bike								5 mins	90 rpms
Treadmill								10 mins	4.0-4.3 mph.
<u>Leg Press</u>		20		20		20	25		
<u>Leg Extensions</u>		20		20		20	25		
<u>Leg Curls</u>		20		20		20	25		
<u>Tricep Pushdown</u>		20		20		20	25		
<u>Barbell Curls</u>		20		20		20	25		
<u>Barbell Bench Press</u>		15		15		15	25		
<u>Machine Back Row</u>		20		20		20	25		
Crunches		28		28		15	20		
Bike								5 mins	90 rpms
Treadmill								5 mins	4.0-4.3 mph.

Exercise Instructions

- 1. Bike:** (5 mins)(stay above 90 rpms)
- 2. Treadmill:** Jog 10 mins at 4.3.
If you can't jog the entire time, walk 2 minutes at 3.5.
Never walk more than 2 minutes straight.
(Repeat until you reach 10 minutes)



WORKOUT 2

EXERCISE	SET1		SET2		SET3		REST (SECS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
	WEIGHT/REPS		WEIGHT/REPS		WEIGHT/REPS				
Bike							5 mins	80 rpms 2 level	
Treadmill							10 mins	3.5-4.1 mph.	
Elliptical							10 mins	125 Strides	
Leg Stretches									
Bike 2nd time							5 mins	90 rpms	
Treadmill 2nd time							7 mins		
Bike 3rd time							8 mins	90 rpms level 2	

Exercise Instructions

- 1. Bike:** (5 mins)(stay above 90 rpms)
- 2. Treadmill:** Jog 10 mins at 4.1.
If you can't jog the entire time, walk 2 minutes at 3.5.
Never walk more than 2 minutes straight.
(Repeat until you reach 10 minutes)
- 3. Elliptical Machine:** Ride for 10 min. Try to stay above 125 strides per minutes
- 4. Bike 2nd time:** (5 mins) (stay above 90 rpms) level 2
- 5. Treadmill 2nd time:** Treadmill (7 min jog and walk); Jog 7 minutes straight; If you can't do 7 straight go back and forth 4.1 and 3.5; never go more than 1 minutes on 3.5.
- 6. Bike: 3rd time:** (8 mins)(stay above 90 rpms) level 2



WORKOUT 3

EXERCISE	SET1 WEIGHT/REPS		SET2 WEIGHT/REPS		SET3 WEIGHT/REPS		REST (SECS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
Jog/walk for 45 minutes								45 mins	

Exercise Instructions

Jog/walk for 45 minutes.

Step 1. Start by walking 2 minutes at a good pace.

Step 2. Jog for as long as you can; walk for 2 minutes then go back to jogging until you do 45 minutes.

Step 3. Record the distance and make sure it is exactly 45 minutes.

Drink plenty of water.



WORKOUT 4

EXERCISE	SET1		SET2		SET3		REST (SECS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
	WEIGHT/REPS		WEIGHT/REPS		WEIGHT/REPS				
Jog/walk for 2 Miles							Record time to jog/walk 2 miles		

Exercise Instructions

1. Start by jogging as far as you can.
2. When you get tired walk for 2 minutes and repeat this sequence until you reach 2 miles. Try not to walk more than 2 minutes straight.

Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Workout 2, 3, or 4 (Depending on availability)
Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Workout 2, 3, or 4 (Depending on availability)
Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Workout 2, 3, or 4 (Depending on availability)
Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Rest	Workout 1	Workout 2, 3, or 4 (Depending on availability)	Workout 2, 3, or 4 (Depending on availability)