

All Days | **Warmup- Cardio Workout Plan**



1. Elliptical or Cross Trainer
Duration: 30 Min Intensity: 70%

Day | **1 - Upper Body Workout Plan**



1. Bench Press
Sets: 3 Reps: 12
Notes: jump right to lat pulldowns



2. Lat Pulldown
Sets: 3 Reps: 12
Notes: After, bike for 5 minutes then start over with bench press until three sets are completed.



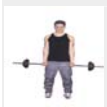
3. Incline Dumbbell Press
Sets: 3 Reps: 12
Notes: Jump to seated row immediately.



4. Seated Row
Sets: 3 Reps: 12
Notes: After completion go back to incline press for 3 sets. No rest.



5. Machine Military or Shoulder Press
Sets: 3 Reps: 12
Notes: Three sets with 1.5 min breaks



6. Barbell Curls
Sets: 3 Reps: 12
Notes: Jump to Tricep Pulldowns



7. Tricep Pulldowns
Sets: 3 Reps: 12
Notes: Jump back to Bicep Curls (no rest) Complete

Day | **2 - Abdominals Workout Plan**



1. Ball Rollout
Sets: 3 Reps: 12
Notes: Jump to back hyperextensions



2. Twisting Leg Raises
Sets: 3 Reps: 12
Notes: do this with 1.5 minute rest

Day | **2 - Lower Body Workout Plan**



1. Squats
Sets: 3 Reps: 12



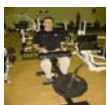
2. Leg Press
Sets: 3 Reps: 12



3. Leg Extension
Sets: 3 Reps: 12



4. Leg Curl or Hamstring Curl
Sets: 3 Reps: 12



5. Seated Calf Raises
Sets: 3 Reps: 12