



30-40 year old 5x/Wk 12wk Program

Target HR Zone 115-150

Instructions:

1. Weeks 1 have AMRAP25 for most of their quantities. This is a conditioning week to shock the muscles and prepare them for the weeks ahead. AMRAP means, "As Many Repetitions As Possible"; the 25 indicates that you should not exceed 25 reps. Therefore, if you are achieving 25 reps, you need to increase your weight so that failure is achieved prior to 25 on the following set.
2. Each weight training or cardio workout should take approximately 30 min, combining for a total of 1 hour.
3. Follow each weight training with its associated cardiovascular workout (weights first, ALWAYS). Weight training burns carbohydrates more efficiently, which allows the muscles the capacity to work harder. After the carbohydrates are expended (approx. 20 min into workout) your body will burn fat. Your body will burn fat most efficiently at a constant heart rate between 115 and 150, which can only be achieved while doing cardio.
4. Items lettered (A1, A2, B1, B2) are to be performed as a superset. For example, weighted step ups, lying overhead extensions, and weighted bench dips are all performed on a flat bench and should be done back to back with no rest in between sets until after B3 (weighted bench dips).
5. With cardio, don't be concerned if HR exceeds the fat burn zone as long as the approximate average HR remains within. If HR consistently exceeds target zone, reduce resistance first, then intensity, if needed.
6. Your post workout cardio is broken into two 15 minute sections. The first is interval training that will burn remaining carbohydrates rapidly and accelerate metabolism of body fat, then you can maintain a constant HR to burn pure body fat. Items listed as 140BPM/110BPM should be alternated between every minute using the settings that generate each desired

HR (trial and error is needed to understand the proper setting needed for each interval [HR's shouldn't be expected to stay at or return to original numbers]). The average of these two numbers is usually the upper third of your target HR.

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Triceps and Quads | | Week 1 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | AMRAP25 |
| A2-Barbell Back Squat | 3 | AMRAP25 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | AMRAP25 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 15/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | AMRAP25 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | AMRAP25 |
| C1-Straight Leg Raises | 4 | AMRAP25 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | AMRAP50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1min on/1min off=15min |
| Eliptical | Incline 8: 125BPM | 15min |

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| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Back And Hams | | Week 1 |
|--|------|--------------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | AMRAP25 |
| A3-Bent Over Single Arm Dumbell Row | 3 | AMRAP25/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | AMRAP25 |
| B1-Seated Leg Curl | 3 | AMRAP25 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-2 Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | AMRAP25 |
| B4-Barbell Curl | 3 | AMRAP 50 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | AMRAP 50 |
| C2-Side Plank | 4 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Recumbent Bike | Resist: 8/15(Maintain Constant Speed btw Intervals) | 1min on/1min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
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| Day 3: Shoulders and Triceps | | Week 1 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | AMRAP25 |
| A2-Single Dumbbell Overhead Extension | 3 | AMRAP25 |
| A3-Bent Over Double Dumbbell Kickback | 3 | AMRAP25 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | AMRAP25 |
| B2-Bent over Lateral Raise | 3 | AMRAP25 |
| B3-BOSU Burpie (carry BOSU through ROM finishing with a Overhead BOSU Press) | 3 | AMRAP25 |
| B4-BOSU Plank | 3 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1min on/1min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

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| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: LEGS | | Week 1 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | AMRAP25 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | AMRAP25/side |
| A3-Goblet Squat | 3 | AMRAP25 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 15 |
| B3-2 leg Lying Leg Curl | 3 | AMRAP25 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 15yd.) |
| C1-Hanging Leg Raise | 4 | AMRAP25 |
| C2-Knee Tucks in Plank Position on hands | 4 | AMRAP25 |
| C3-Plank (on hands) | 4 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Recumbent Bike | Resist: 9/16 (Maintain Constant Speed Throughout) | 1min on/1min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

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| WARM-UP | Walk/Eliptical | 5min |
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| Day 5: Intervals | | Week 1 |
|---|------|--------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 5 | 3 | 2min |
| A2-Dumbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 7 | 3 | 2min |
| B2-Body Weight Squat | 3 | 45sec |
| B3-Alternating Body Weight Lunge | 3 | 45sec |
| C1-Stair Mill Level 9 | 3 | 2min |
| C2-2 Leg Swinging Leg Crunch | 3 | 1min |
| C3-Plank on Hands with Shoulder Touches | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-----------------------------|
| Eliptical | Incline 10: 150 BPM/130BPM | 1.25min on/.75min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
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| Day 1: Triceps and Quads | | Week 2 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 12-15 |
| A2-Barbell Back Squat | 3 | 12-15 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | 25 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 10/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 12-15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | 25 |
| C1-Straight Leg Raises | 4 | 20 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 35 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1min on/1min off=15min |
| Eliptical | Incline 8: 125BPM | 15min |

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
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| Day 2: Back And Hams | | Week 2 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 12/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 15 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 12-15 |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 25 |
| B1-Seated Leg Curl | 3 | 15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-2 Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 25 |
| B4-Barbell Curl | 3 | 25 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 35 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Recumbent Bike | Resist: 8/15 (Maintain Constant Speed Btw Intervals) | 1min on/1min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Shoulders and Triceps | | Week 2 |
|--|------|--------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 15 |
| A2-Single Dumbbell Overhead Extension | 3 | 25 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 15 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | 12-15 |
| B2-Bent over Lateral Raise | 3 | 12-15 |
| B3-BOSU Burpie (carry BOSU through ROM finishing with a Overhead BOSU Press) | 3 | 15 |
| B4-BOSU Plank | 3 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1min on/1min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: LEGS | | Week 2 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 25 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 15 |
| B1-KB or Hex BarBent Leg Dead Lift | 3 | 12-15 |
| B2-Single Leg Lying Leg Curl | 3 | 15 |
| B3-Two leg Lying Leg Curl | 3 | 25 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 20yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|--------------------------|
| Recumbent Bike | Resist: 9/16 (Maintain Constant Speed Throughout) | 1 min on/1 min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 2 |
|---|------|--------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 5 | 3 | 2min |
| A2-Dumbbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 7 | 3 | 2min |
| B2-Body Weight Squat | 3 | 45sec |
| B3-Alternating Body Weight Lunge | 3 | 45sec |
| C1-Stair Mill Level 9 | 3 | 2min |
| C2-Two Leg Swinging Leg Crunch | 3 | 1min |
| C3-Plank on Hands with Shoulder Touches | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Eliptical | Incline 10: 150 BPM/130BPM | 1min on/1min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Triceps and Quads | | Week 3 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 9-11 |
| A2-Barbell Back Squat | 3 | 9-11 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | 20 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 10/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 9-11 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | 20 |
| C1-Straight Leg Raises | 4 | 35 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1min on/1min off=15min |
| Eliptical | Incline 8: 125BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Back And Hams | | Week 3 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 10 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 9-11 |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 10/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 15 |
| B4-Barbell Curl | 3 | 15 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 35/side |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|-----------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.25min on/.75min off=15min |
| Recumbent Bike | Resist 10: 130BPM | 15min |

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|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Shoulders and Triceps | | Week 3 |
|--|------|--------|
| Exercise | Sets | Reps |
| A1-Dumbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 15 |
| A2-Single Dumbbell Overhead Extension | 3 | 9-11 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 15 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | 10 |
| B2-Bent over Lateral Raise | 3 | 10 |
| B3-BOSU Burpie (carry BOSU through ROM finishing with a Overhead BOSU Press) | 3 | 10 |
| B4-BOSU Plank | 3 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|-----------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.25min on/.75min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|-----------------|------|
| WARM-UP | Walk/Elliptical | 5min |
|---------|-----------------|------|

| Day 4: LEGS | | Week 3 |
|--|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 15 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 10/side |
| A3-Goblet Squat | 3 | 10 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 10/side |
| B3-Two leg Lying Leg Curl | 3 | 20 |
| B4-Weighted Walking Lunge (min weight \geq pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 15yd.) |
| C1-Hanging Leg Raise | 4 | 10 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Recumbent Bike | Resist: 9/16 (Maintain Constant Speed Throughout) | 1min on/1min off=15min |
| Elliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 3 |
|---|------|---------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 5 | 3 | 1.75min |
| A2-Dumbell Alternating Hammer Curls | 3 | 1.25min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 7 | 3 | 1.75min |
| B2-Body Weight Squat | 3 | 1.25sec |
| B3-Alternating Body Weight Lunge | 3 | 1min |
| C1-Stair Mill Level 9 | 3 | 1.75min |
| C2-Two Leg Swinging Leg Crunch | 3 | 1.25min |
| C3-Plank on Hands with Shoulder Touches | 3 | 45sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Eliptical | Incline 10: 150 BPM/130BPM | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Triceps and Quads | | Week 4 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 15 |
| A2-Barbell Back Squat | 3 | 15 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | 20 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 20/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | 25 |
| C1-Straight Leg Raises | 4 | 25 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|---------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1.5min on/.5min off=15min |
| Eliptical | Incline 10: 125BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Back And Hams | | Week 4 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 15 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 10/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 25 |
| B1-Seated Leg Curl | 3 | 15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 1525 |
| B4-Barbell Curl | 3 | 25 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 15/8 (Maintain Constant Speed Btw Intervals) | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Shoulders and Triceps | | Week 4 |
|--|------|--------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 15 |
| A2-Single Dumbbell Overhead Extension | 3 | 15 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 15 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | 10 |
| B2-Bent over Lateral Raise | 3 | 15 |
| B3-BOSU Burpie (carry BOSU through ROM finishing with a Overhead BOSU Press) | 3 | 15 |
| B4-BOSU Plank | 3 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|---------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.5min on/.5min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: LEGS | | Week 4 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 25 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 20 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 15 |
| B3-Two leg Lying Leg Curl | 3 | 15 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 25yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 30 |
| C3-Plank (on hands) | 4 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 16/9 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 4 |
|---|------|-------------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 5 | 3 | 1.75min |
| A2-Dumbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 45 sec |
| B1-Stair Mill Level 7 | 3 | 1.5min |
| B2-Body Weight Squat | 3 | 1min |
| B3-Alternating Body Weight Lunge | 3 | 1min |
| C1-Stair Mill Level 9 | 3 | 1.25min |
| C2-Single Leg Swinging Leg Crunch | 3 | 30 sec/side |
| C3-Plank on Hands with Shoulder Touches | 3 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Eliptical | Incline 10: 150BPM/130BPM | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Intervals | | Week 5 |
|---|------|------------|
| Exercise | Sets | Reps |
| A1-Treadmill: Inc 10, 3.2mph | 3 | 2min |
| A2-Med Ball Squat to Overhead Press | 3 | 1min |
| A3-Mountain Climber | 3 | 30 sec |
| B1-Treadmill: Inc 13, 3.4mph | 3 | 2min |
| B2-Forward Alternating Lunge (in place) | 3 | 45sec |
| B3-Jumping Split Squat | 3 | 20sec/side |
| C1-Treadmill: Inc 15, 3.6mph | 3 | 2min |
| C2-2 Swiss Ball Knee Tuck | 3 | 1min |
| C3-Plank on Hands with Front Raises | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|------------------------|
| Recumbent Bike | Resist: 10/20 (Maintain Constant Speed Btw Intervals) | 1min on/1min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 5 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Modified Pushup | 3 | AMRAP35 |
| A2-Barbell Back Squat | 3 | AMRAP35 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | AMRAP35 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 20/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | AMRAP35 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | AMRAP35 |
| C1-Straight Leg Raises | 4 | AMRAP35 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | AMRAP75 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|------------------------|
| Eliptical | Incline 10: 165 BPM/ 130BPM | 1min on/1min off=15min |
| Eliptical | Incline 10: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: LEGS | | Week 5 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | AMRAP35 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | AMRAP25/side |
| A3-Goblet Squat | 3 | AMRAP35 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 25 |
| B3-Two leg Lying Leg Curl | 3 | AMRAP35 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 30yd.) |
| C1-Hanging Leg Raise | 4 | AMRAP35 |
| C2-Knee Tucks in Plank Position on hands | 4 | AMRAP35 |
| C3-Plank (on hands) | 4 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|--------------------------|
| Recumbent Bike | Resist: 18/10 (Maintain Constant Speed Throughout) | 1min on/.75min off=15min |
| Eliptical | Incline 8: 140 BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Back And Hams | | Week 5 |
|--|------|--------------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 20/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | AMRAP35 |
| A3-Bent Over Single Arm Dumbell Row | 3 | AMRAP35/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | AMRAP35 |
| B1-Seated Leg Curl | 3 | AMRAP35 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | AMRAP35 |
| B4-Barbell Curl | 3 | AMRAP 50 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | AMRAP 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-------------------------|
| Treadmill | Inc 15: 3.5/2.5mph | 1min on/.5min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 5 |
|---|------|--------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 7 | 3 | 2min |
| A2-Dumbbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 9 | 3 | 2min |
| B2-Body Weight Squat | 3 | 45sec |
| B3-Alternating Body Weight Lunge | 3 | 45sec |
| C1-Stair Mill Level 11 | 3 | 2min |
| C2-Two Leg Swinging Leg Crunch | 3 | 1min |
| C3-Plank on Hands with Shoulder Touches | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|--------------------------|
| Eliptical | Incline 10: 160 BPM/130BPM | 1min on/.75min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Intervals | | Week 6 |
|---|------|------------|
| Exercise | Sets | Reps |
| A1-Treadmill: Inc 10, 3.3mph | 3 | 1.75min |
| A2-Med Ball Squat to Overhead Press | 3 | 1.25min |
| A3-Mountain Climber | 3 | 30 sec |
| B1-Treadmill: Inc 13, 3.5mph | 3 | 1.5min |
| B2-Forward Alternating Lunge (in place) | 3 | 60sec |
| B3-Jumping Split Squat | 3 | 30sec/side |
| C1-Treadmill: Inc 15, 3.7mph | 3 | 1.75min |
| C2-2 Swiss Ball Knee Tuck | 3 | 1.25min |
| C3-Plank on Hands with Front Raises | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|------------------------|
| Eliptical | Incline 10: 160 BPM/130BPM | 1min on/1min off=15min |
| Recumbent Bike | Resist: 8 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 6 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 15 |
| A2-Barbell Back Squat | 3 | 12-15 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | 15 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 10lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 12/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 12-15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | 25 |
| C1-Straight Leg Raises | 4 | 15 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|-------------------------|
| Eliptical | Incline 10: 165 BPM/ 125BPM | 1min on/.5min off=15min |
| Eliptical | Incline 6: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: LEGS | | Week 6 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 15 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 15 |
| B1-KB or Bent Leg Dead Lift | 3 | 12-15 |
| B2-Single Leg Lying Leg Curl | 3 | 12 |
| B3-Two leg Lying Leg Curl | 3 | 15 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 30yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-------------------------|
| Recumbent Bike | Resist: 18/9 (Maintain Constant Speed Throughout) | 1min on/.5min off=15min |
| Eliptical | Incline 8: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Back And Hams | | Week 6 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 12-15 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 12/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 12-15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 12/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 15 |
| B4-Barbell Curl | 3 | 15 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 25 |
| C2-Side Plank | 4 | 45sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-------------------------|
| Recumbent Bike | Risist: 20/10 (Maintain Constant Speed Btw Intervals) | 1min on/.5min off=15min |
| Recumbent Bike | Resist: 8 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 6 |
|---|------|--------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 7 | 3 | 2min |
| A2-Dumbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 9 | 3 | 2min |
| B2-Body Weight Squat | 3 | 45sec |
| B3-Alternating Body Weight Lunge | 3 | 45sec |
| C1-Stair Mill Level 11 | 3 | 2min |
| C2-Two Leg Swinging Leg Crunch | 3 | 1min |
| C3-Plank on Hands with Shoulder Touches | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-------------------------|
| Eliptical | Incline 10: 160 BPM/130BPM | 1min on/.5min off=15min |
| Recumbent Bike | Resist: 10 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Intervals | | Week 6 |
|---|------|------------|
| Exercise | Sets | Reps |
| A1-Treadmill: Inc 10, 3.5mph | 3 | 1.75min |
| A2-Med Ball Squat to Overhead Press | 3 | 1.25min |
| A3-Mountain Climber | 3 | 30 sec |
| B1-Treadmill: Inc 13, 3.7mph | 3 | 1.5min |
| B2-Forward Alternating Lunge (in place) | 3 | 60sec |
| B3-Jumping Split Squat | 3 | 30sec/side |
| C1-Treadmill: Inc 15, 3.9mph | 3 | 1.75min |
| C2-2 Swiss Ball Knee Tuck | 3 | 1.25min |
| C3-Plank on Hands with Front Raises | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|------------------------|
| Eliptical | Incline 10: 160 BPM/130BPM | 1min on/1min off=15min |
| Recumbent Bike | Resist: 8 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|-----------------|------|
| WARM-UP | Walk/Elliptical | 5min |
|---------|-----------------|------|

| Day 2: Triceps and Quads | | Week 7 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 10 |
| A2-Barbell Back Squat | 3 | 15 |
| A3-Jump Squat (weighted >/= 25lbs) | 3 | 10 |
| A4-Weighted Wall Sit (min 35lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 10/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 9-11 |
| B3-Weighted Bench Dip (legs straight as possible w/min 35lb plate) | 3 | 15 |
| C1-Straight Leg Raises | 4 | 15 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|------------------------|
| Elliptical | Incline 10: 160 BPM/ 120BPM | 1min on/1min off=15min |
| Elliptical | Incline 8: 125BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: LEGS | | Week 7 |
|--|------|--|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 15 |
| A2-Single Leg Squat (10lb min, holding on for balance) | 3 | 10/side |
| A3-Goblet Squat | 3 | 10 |
| B1-KB or Bent Leg Dead Lift | 3 | 9-11 |
| B2-Single Leg Lying Leg Curl | 3 | 9-11 |
| B3-Two leg Lying Leg Curl | 3 | 15 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 45yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 35 |
| C3-Plank (on hands) | 4 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|-------------------------|
| Recumbent Bike | Resist: 18/10 (Maintain Constant Speed Throughout) | 1min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Back And Hams | | Week 7 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 15lb Dumbells) | 3 | 10/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 10 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 9-11 |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 10/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 155 |
| B4-Barbell Curl | 3 | 20 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 35 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-----------------------------|
| Recumbent Bike | Resist: 16/9 (Maintain Constant Speed Btw Intervals) | 1.25min on/.75min off=15min |
| Recumbent Bike | Resist: 9 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 7 |
|---|------|--------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 9 | 3 | 2min |
| A2-Dumbell Alternating Hammer Curls | 3 | 1min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 11 | 3 | 2min |
| B2-Body Weight Squat | 3 | 45sec |
| B3-Alternating Body Weight Lunge | 3 | 45sec |
| C1-Stair Mill Level 13 | 3 | 2min |
| C2-Two Leg Swinging Leg Crunch | 3 | 1min |
| C3-Plank on Hands with Shoulder Touches | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|-----------------------------|
| Eliptical | Incline 10: 165 BPM/125BPM | 1.25min on/.75min off=15min |
| Recumbent Bike | Resist: 8 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: Intervals | | Week 6 |
|---|------|------------|
| Exercise | Sets | Reps |
| A1-Treadmill: Inc 10, 3.5mph | 3 | 2min |
| A2-Med Ball Squat to Overhead Press | 3 | 1min |
| A3-Mountain Climber | 3 | 30 sec |
| B1-Treadmill: Inc 13, 3.7mph | 3 | 2min |
| B2-Forward Alternating Lunge (in place) | 3 | 30sec |
| B3-Jumping Split Squat | 3 | 30sec/side |
| C1-Treadmill: Inc 15, 3.9mph | 3 | 2min |
| C2-2 Swiss Ball Knee Tuck | 3 | 1min |
| C3-Plank on Hands with Front Raises | 3 | 30 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|---------------------------|
| Eliptical | Incline 10: 165 BPM/125BPM | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist: 6 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 8 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 15 |
| A2-Barbell Back Squat | 3 | 15 |
| A3-Jump Squat (weighted >/= 15lbs) | 3 | 20 |
| A4-Weighted Wall Sit (min 25lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 15/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 25lb plate) | 3 | 25 |
| C1-Straight Leg Raises | 4 | 15 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 35 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|-------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: LEGS | | Week 8 |
|---|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 15 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 15 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 10 |
| B3-Two leg Lying Leg Curl | 3 | 20 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 35yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 18/9 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Back And Hams | | Week 8 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 15lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 15 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 15/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 20 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 15 |
| B4-Barbell Curl | 3 | 25 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 25 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Risist: 20/10 (Maintain Constant Speed Btw Intervals) | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: Intervals | | Week 8 |
|---|------|---------|
| Exercise | Sets | Reps |
| A1-Stair Mill Level 9 | 3 | 1.25min |
| A2-Dumbell Alternating Hammer Curls | 3 | .75min |
| A3-Modified Pushup | 3 | 30 sec |
| B1-Stair Mill Level 11 | 3 | 1.25min |
| B2-Body Weight Squat | 3 | 30sec |
| B3-Alternating Body Weight Lunge | 3 | .75sec |
| C1-Stair Mill Level 13 | 3 | 1.25min |
| C2-Two Leg Swinging Leg Crunch | 3 | .5min |
| C3-Plank on Hands with Shoulder Touches | 3 | .75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|-------------------------|
| Eliptical | Incline 10: 160 BPM/120BPM | 1min on/.5min off=15min |
| Recumbent Bike | Resist: 8 (Drop Resist if HR will not stay below 150BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: LEGS | | Week 9 |
|--|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | AMRAP50 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | AMRAP25/side |
| A3-Goblet Squat | 3 | AMRAP50 |
| B1-KB or Bent Leg Dead Lift | 3 | 25 |
| B2-Single Leg Lying Leg Curl | 3 | 25 |
| B3-Two leg Lying Leg Curl | 3 | AMRAP50 |
| B4-Weighted Walking Lunge (min weight \geq pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 40yd.) |
| C1-Hanging Leg Raise | 4 | AMRAP50 |
| C2-Knee Tucks in Plank Position on hands | 4 | AMRAP50 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|---------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 140BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 9 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | AMRAP50 |
| A2-Barbell Back Squat | 3 | AMRAP50 |
| A3-Jump Squat (weighted >/= 15lbs) | 3 | AMRAP25 |
| A4-Weighted Wall Sit (min 45lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 20/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | AMRAP50 |
| B3-Weighted Bench Dip (legs straight as possible w/min 45lb plate) | 3 | AMRAP50 |
| C1-Straight Leg Raises | 4 | AMRAP25 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | AMRAP50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|---------------------------|
| Eliptical | Incline 10: 160 BPM/ 130BPM | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Back And Hams | | Week 9 |
|--|------|--------------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 15lb Dumbells) | 3 | 20/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | AMRAP50 |
| A3-Bent Over Single Arm Dumbell Row | 3 | AMRAP25/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | AMRAP25 |
| B1-Seated Leg Curl | 3 | AMRAP50 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 25/side |
| B3-Two Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | AMRAP25 |
| B4-Barbell Curl | 3 | AMRAP 50 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | AMRAP 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 19/9 (Maintain Constant Speed Btw Intervals) | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist: 8 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Shoulders and Triceps | | Week 9 |
|--|------|--------------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | AMRAP50 |
| A2-Single Dumbbell Overhead Extension | 3 | AMRAP50 |
| A3-Bent Over Double Dumbbell Kickback | 3 | AMRAP25 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | AMRAP20/side |
| B2-Bent over Lateral Raise | 3 | AMRAP25 |
| B3-BOSU Burpie (carry BOSU through ROM finishing with a Overhead BOSU Press) | 3 | AMRAP50 |
| B4-BOSU Plank | 3 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|---------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.5min on/.5min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: LEGS | | Week 9 |
|---|------|--|
| Exercise | Sets | Reps |
| A1-Single Leg Press | 3 | AMRAP25/side |
| A2-Weighted Plie Squat | 3 | AMRAP50 |
| A3-Weighted Inside/Outside Jump Squats | 3 | AMRAP50 |
| B1-Decline (Lying in reverse; butt in lowest position) Bench Barbell Bridge (min 40lbs) | 3 | AMRAP50 |
| B2-Kettle Bell Swing (heavy) | 3 | AMRAP25 |
| B3-2 Lateral Band (medium tension) Walk (holding squat) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| B4-Weighted Walking Lunge (min weight >=pair 20lb DB) | 3 | Travel the longest distance possible in your gym and back. (min 25yd.) |
| C1-Hanging Leg Raise | 4 | AMRAP25 |
| C2-Knee Tucks in Plank Position on hands | 4 | AMRAP50 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 18/8 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: LEGS | | Week 10 |
|--|------|---|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 12-15 |
| A2-Single Leg Squat (Unweighted, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 12-15 |
| B1-KB or Bent Leg Dead Lift | 3 | 12-15 |
| B2-Single Leg Lying Leg Curl | 3 | 12-15 |
| B3-2 leg Lying Leg Curl | 3 | 20 |
| B4-Weighted Walking Lunge (min weight \geq pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 40yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 18/8 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 10 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 12-15 |
| A2-Barbell Back Squat | 3 | 12-15 |
| A3-Jump Squat (weighted >/= 15lbs) | 3 | 25 |
| A4-Weighted Wall Sit (min 45lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 15/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 12-15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 45lb plate) | 3 | 15 |
| C1-Straight Leg Raises | 4 | 15 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|---------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 125BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Back And Hams | | Week 10 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 15lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 15 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 15/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 12-15 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 12/side |
| B3-2 Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 15 |
| B4-Barbell Curl | 3 | 25 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 18/8 (Maintain Constant Speed Btw Intervals) | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist: 8 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Shoulders and Triceps | | Week 10 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 12-15 |
| A2-Single Dumbbell Overhead Extension | 3 | 12-15 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 12-15 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise) | 3 | 15/side |
| B2-Bent over Lateral Raise | 3 | 12-15 |
| B3-Dumbbell Burpie (carry Dumbbells through ROM finishing with a Overhead Press) (min 10b Dumbbells) | 3 | 12-15 |
| B4-Plank with Hands on Dumbbells on Floor | 3 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|---------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.5min on/.5min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: LEGS | | Week 10 |
|---|------|--|
| Exercise | Sets | Reps |
| A1-Single Leg Press | 3 | 12-15/side |
| A2-Weighted Plie Squat | 3 | 12-15 |
| A3-Weighted Inside/Outside Jump Squats | 3 | 25 |
| B1-Decline (Lying in reverse; butt in lowest position) Bench Barbell Bridge (min 60lbs) | 3 | 12-15 |
| B2-Kettle Bell Swing (heavy) | 3 | 15 |
| B3-2 Lateral Band (medium tension) Walk (holding squat) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| B4-Weighted Walking Lunge (min weight >=pair 20lb DB) | 3 | Travel the longest distance possible in your gym and back. (min 25yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|---------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: LEGS | | Week 11 |
|---|------|--|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 9-11 |
| A2-Single Leg Squat (min 10lbs, holding on for balance) | 3 | 10/side |
| A3-Goblet Squat | 3 | 9-11 |
| B1-KB or Bent Leg Dead Lift | 3 | 10 |
| B2-Single Leg Lying Leg Curl | 3 | 10 |
| B3-2 leg Lying Leg Curl | 3 | 15 |
| B4-Weighted Walking Lunge (min weight >=pair 15b DB) | 3 | Travel the longest distance possible in your gym and back. (min 40yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 25 |
| C3-Plank (on hands) | 4 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|---------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 140BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 11 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 10 |
| A2-Barbell Back Squat | 3 | 9-11 |
| A3-Jump Squat (weighted >/= 25lbs) | 3 | 15 |
| A4-Weighted Wall Sit (min 45lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 10/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 9-11 |
| B3-Weighted Bench Dip (legs straight as possible w/min 45lb plate) | 3 | 15 |
| C1-Straight Leg Raises | 4 | 15 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|---------------------------|
| Eliptical | Incline 10: 160 BPM/ 130BPM | 1.5min on/.5min off=15min |
| Eliptical | Incline 8: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Back And Hams | | Week 11 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 10lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 9-11 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 10/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 15 |
| B1-Seated Leg Curl | 3 | 9-11 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 10/side |
| B3-2 Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 15 |
| B4-Barbell Curl | 3 | 25 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|---------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Btw Intervals) | 1.5min on/.5min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Shoulders and Triceps | | Week 11 |
|---|------|---------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 9-11 |
| A2-Single Dumbbell Overhead Extension | 3 | 9-11 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 9-11 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise before returning to upright position) | 3 | 10/side |
| B2-Bent over Lateral Raise | 3 | 9-11 |
| B3-Dumbbell Burpie (carry Dumbbells through ROM finishing with a Overhead Press) (min 10b Dumbbells) | 3 | 10 |
| B4-Plank with Hands on Dumbbells on Floor | 3 | 60sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|---------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.5min on/.5min off=15min |
| Treadmill | Incline 8: 135BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: LEGS | | Week 11 |
|--|------|--|
| Exercise | Sets | Reps |
| A1-Single Leg Press | 3 | 9-11/side |
| A2-Weighted Plie Squat | 3 | 9-11 |
| A3-Weighted Inside/Outside Jump Squats (min 25lbs) | 3 | 15 |
| B1-Divide (Lying in reverse; butt in lowest position) Bench Barbell Bridge (min 60lbs) | 3 | 9-11 |
| B2-Kettle Bell Swing (heavy) | 3 | 15 |
| B3-2 Lateral Band (higher tension) Walk (holding squat) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| B4-Weighted Walking Lunge (min weight >=pair 20lb Dumbbells) | 3 | Travel the longest distance possible in your gym and back. (min 35yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 35 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|---------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Throughout) | 1.5min on/.5min off=15min |
| Eliptical | Incline 10: 140BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 1: LEGS | | Week 12 |
|---|------|--|
| Exercise | Sets | Reps |
| A1-Leg Press | 3 | 25 |
| A2-Single Leg Squat (min 15lbs, holding on for balance) | 3 | 15/side |
| A3-Goblet Squat | 3 | 25 |
| B1-KB or Bent Leg Dead Lift | 3 | 15 |
| B2-Single Leg Lying Leg Curl | 3 | 15 |
| B3-2 leg Lying Leg Curl | 3 | 25 |
| B4-Weighted Walking Lunge (min weight >=pair 10b DB) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| C1-Hanging Leg Raise | 4 | 25 |
| C2-Knee Tucks in Plank Position on hands | 4 | 50 |
| C3-Plank (on hands) | 4 | 60 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-----------------------------|
| Recumbent Bike | Resist: 16/9 (Maintain Constant Speed Throughout) | 1.75min on/.25min off=15min |
| Eliptical | Incline 10: 140BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 2: Triceps and Quads | | Week 12 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Pushup (not modified) | 3 | 15 |
| A2-Barbell Back Squat | 3 | 15 |
| A3-Jump Squat (weighted >/= 10lbs) | 3 | 25 |
| A4-Weighted Wall Sit (min 45lbs) | 3 | FAILURE |
| B1-Weighted Step Up (min=pair of 15lb Dumbell) (Use Flat Bench for all EX labeled B1-3 and C1 and 2) | 3 | 15/side |
| B2-Lying Overhead Dumbell Tricep Extension | 3 | 15 |
| B3-Weighted Bench Dip (legs straight as possible w/min 45lb plate) | 3 | 25 |
| C1-Straight Leg Raises | 4 | 25 |
| C2-Accordion Crunches (sitting perpendicular on bench) | 4 | 50 |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--------------------------------|-----------------------------|
| Eliptical | Incline 10: 160 BPM/ 120BPM | 1.75min on/.25min off=15min |
| Eliptical | Incline 6: 125BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 3: Back And Hams | | Week 12 |
|--|------|---------|
| Exercise | Sets | Reps |
| A1-Foward Lunge (In place with Weight: >/=pair 15lb Dumbells) | 3 | 15/side |
| A2-Assisted Pullup (use resistance band if no Mach.) | 3 | 25 |
| A3-Bent Over Single Arm Dumbell Row | 3 | 15/side |
| A4-Kettle Bell Swing (dont worry about height of KB, focus on Glute flex) | 3 | 25 |
| B1-Seated Leg Curl | 3 | 25 |
| B2-Single Leg Straight Leg Dead Lift (min weight 25lbs) | 3 | 15/side |
| B3-2 Leg Straight Leg Dead Lift (Use Weight from Previous Ex) | 3 | 25 |
| B4-Barbell Curl | 3 | 50 |
| C1-Side Crunch (Do this Superset as back to back per side, then switch. Try not to rest until you have completed all 4 sets) | 4 | 50 |
| C2-Side Plank | 4 | 45 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|---|-----------------------------|
| Recumbent Bike | Risist: 20/10 (Maintain Constant Speed Btw Intervals) | 1.75min on/.25min off=15min |
| Recumbent Bike | Resist:10 (lower resist if unable to keep HR below 150 BPM) | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 4: Shoulders and Triceps | | Week 12 |
|---|------|---------|
| Exercise | Sets | Reps |
| A1-Dumbbell Squat to Overhead Press (perform a light weigh warm up set first) | 3 | 15 |
| A2-Single Dumbbell Overhead Extension | 3 | 25 |
| A3-Bent Over Double Dumbbell Kickback | 3 | 15 |
| B1-Split Squat with Lateral Raise at bottom of ROM (Hold each Split squat in the down position long enough to perform the full up and down of a lateral raise before returning to upright position) | 3 | 15/side |
| B2-Bent over Lateral Raise | 3 | 15 |
| B3-Dumbbell Burpie (carry Dumbbells through ROM finishing with a Overhead Press) (min 10b Dumbbells) | 3 | 15 |
| B4-Plank with Hands on Dumbbells on Floor | 3 | 60sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|----------------------------|-----------------------------|
| Treadmill | Incline 15: 170BPM/110 BPM | 1.75min on/.25min off=15min |
| Treadmill | Incline 10: 130BPM | 15min |

| | | |
|---------|----------------|------|
| WARM-UP | Walk/Eliptical | 5min |
|---------|----------------|------|

| Day 5: LEGS | | Week 11 |
|---|------|--|
| Exercise | Sets | Reps |
| A1-Single Leg Press | 3 | 15/side |
| A2-Weighted Plie Squat | 3 | 25 |
| A3-Weighted Inside/Outside Jump Squats (min 25lbs) | 3 | 15 |
| B1-Decline (Lying in reverse; butt in lowest position) Bench Barbell Bridge (min 60lbs) | 3 | 15 |
| B2-Kettle Bell Swing (heavy) | 3 | 25 |
| B3-2 Lateral Band (highest tension) Walk (holding squat) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| B4-Weighted Walking Lunge (min weight >=pair 20lb Dumbbells) | 3 | Travel the longest distance possible in your gym and back. (min 50yd.) |
| C1-Hanging Leg Raise | 4 | 15 |
| C2-Knee Tucks in Plank Position on hands | 4 | 50 |
| C3-Plank (on hands) | 4 | 75 sec |

| Post Workout Cardio | Intensity | Duration |
|---------------------|--|-----------------------------|
| Recumbent Bike | Resist: 20/10 (Maintain Constant Speed Throughout) | 1.75min on/.25min off=15min |
| Eliptical | Incline 10: 140BPM | 15min |