E3 STRENGTH

Measurements:	Date: _____	Date: _____
Age		
Height		
Basal Metabolic Rate		

Measurements:	Date: _____	Date: _____
Weight		
Body Mass Index		
Body Fat Percentage		

Program Objective

Starting a new exercise regimen can be scary…especially if you're trying to enhance a specific body part and/or achieve those results in a set time frame. That's why I created this program; to take the guesswork and uncertainty out of training. With the proper implementation of each workout, you'll be able to lose body fat while strengthening/tightening your abs, legs and arms, all while improving your cardiovascular endurance.

Frequently Asked Questions

1. **What do the letters and numbers next to the exercises mean?**
 - When exercises are labeled with a corresponding letter and number (Ex. A1-A2) they should be performed back-to-back with little to no rest as a superset/circuit.
2. **When should I be using the programs? / How long will it take me?**
 - To avoid extreme soreness, separate the workouts with at least one rest day. Each workout will take around 30 minutes to complete depending on tempo.
3. **What should I expect to gain from a 3x/week workout program?**
 - To burn 350-500 cal per workout, which equates to 1.2-1.7lbs of body fat per month. All without changing your diet!! For more info as to how your diet can accelerate your progress, email us at info@e3strength.com
4. **I'm worried about doing certain exercises because of my previous and/or current injuries.**
 - Please contact us via email or phone and we'll get back to you on what you can/should do!

E3 STRENGTH

Type: _____

Date: _____

Workout: _____

	Warm-up	Sets	Reps	Notes
A1	Windshield Wipers	1	30s	
A2	Band Walks	1	60s	

*Skipping the warm-up can increase the chance of injury

	Exercises	Sets	Reps	Notes
A1	Glute Bridge w/ Alt. Leg Extension	2	10	Squeeze glute as you lift and extend one leg
A2	Single-Leg Romanian Deadlift	2	20	If using weight, reduce reps to 10.
B1	Band Curls	2	20	
B2	Overhead Triceps Extension – Single Arm	2	20	If single arm, 10 reps per arm. If double, 20 reps.
B3	Half-kneeling Palloff Press w/ Rottion	2	10	The knee that is closest to the anchor point should be up. Rotate 90 degrees away from midline (away from anchor)
C1	Skater Hops	3	20s,25s,30s	
C2	V-ups	3	20s,25s,30s	
C3	[Plank Up-Downs](#)	3	20s,25s,30s	

***Exercises labeled with a corresponding letter and number should be performed as a superset.
(Ex. A1 - A2)**
**Rest should be kept as minimal as possible to increase intensity.

	Cooldown	Sets	Reps	Notes
A1	Childs Pose	1	30s	
A2	Figure 4 Glute	1	30s/leg	

E3 STRENGTH

Type: _____
Date: _____
Workout: _____

	Warm-up	Sets	Reps	Notes
A1	Figure 4 Glute	3	5s/leg	
B1	Figure 4 Hip Flexor	3	5s/leg	
C1	Arm Circles	1	30s	

*Skipping the warm-up can increase the chance of injury

	Exercises	Sets	Reps	Notes
A1	Bench Step-Up	2	10/leg	All one side (rapid fire) then switch to other side
A2	Bench Push-Up	2	10	Hands on bench
A3	Bench Dip	2	20	Keep butt close to bench
B2	Mountain Climbers	2	30s	
B3	Russian Twists	2	10/side	
C1	[Squat Thrusts](#)	4	20s	Should be performed as a Tabata – See Notes***
C3	Flutter Kicks	4	20s	

*Exercises labeled with a corresponding letter and number should be performed as a superset.
(Ex. A1 - A2)
**Rest should be kept as minimal as possible to increase intensity.
***To perform a "Tabata" Exercise do a set of 20s, complete a rest of 10s and repeat.

	Cooldown	Sets	Reps	Notes
A1	Figure 4 Glute	1	30s/leg	
A2	90° Pec Stretch	1	30s/arm	
A3	Straight Arm Pec Stretch	1	30s/arm	

Type: _____
Date: _____
Workout: _____

	Warm-up	Sets	Reps	Notes
A1	Figure 4 Glute	3	5s/leg	
B1	Figure 4 Hip Flexor	3	5s/leg	
C1	Y-T-A's	1	10	

*Skipping the warm-up can increase the chance of injury

	Exercises	Sets	Reps	Notes
A1	Goblet Squat	1	10	
A2	BW Squat	1	20	
B1	Bootstraps	2	30s	
B2	Plank w/ Shoulder Tap	2	30s	
B3	Woodchops	2	30s	
C1	Reverse Lunge with High Knee	2	30s,15s,60s	From the lunge position drive the down knee up
C2	Jumping Jacks	2	30s,45s,60s	If you can make it to 60s, contact us for a new program!
C3	Bicycle Crunch	2	30s,45s.60s	If you can make it to 60s, contact us for a new program!

*Exercises labeled with a corresponding letter and number should be performed as a superset.
(Ex. A1 - A2)
**Rest should be kept as minimal as possible to increase intensity.

	Cooldown	Sets	Reps	Notes
A1	Quad Stretch	1	30s/leg	