

WORKOUT PROGRAM

<p><u>DAY 1 -</u></p> <p>I. 10 Minute Warm-up</p> <p>II. 5 Minute Stretch</p> <p>III. Weight Training (Workout A)</p> <p>IV. Agility/Core Strength 4 x 20 Sit-ups 2x15 Dips 3 x 10 Pushups 2 x 15 Butt Raises 2 x 15 Back Raises</p> <p>V. Cardio (20 minutes, minimum) Your choice.</p>	<p><u>NOTE:</u> <u>Workout A</u></p> <p>Back: Wide-grip Pull downs to front 10 reps x 3 sets Chest: Seated Chest Press Machine 10x3 Biceps: Seated Dumbbell Curls 10x3 Triceps Pushdowns 10x3 Thighs: Leg extensions or leg raise (lateral and frontal) 15x3 Hamstrings: Seated Leg Curls 10x3</p>
<p><u>DAY 3 -</u></p> <p>I. 10 Minute Warm-up</p> <p>II. 5 Minute Stretch</p> <p>III. Weight Training (Workout B)</p> <p>IV. Agility/Core Strength 4 x 20 Sit-ups 2x15 Dips 3 x 10 Pushups 2 x 15 Butt Raises 2 x 15 Back Raises</p> <p>V. Cardio (20 minutes, minimum) Your choice.</p>	<p><u>Workout B</u></p> <p>Biceps Curls: Free weight 10x3 Triceps kick back 10x3 Calves and Quads: Seated Press machine: 10x3 Shoulder: Lateral Raises 10x3 Squat with medicine ball 12 pds: 20x2 Lunges alternate legs: 20x2</p>

During workout (between exercises and lifts_ add plyometric and aerobic exercises to keep your heart rate high and burn more calories during the hour: Jump rope, boxes hop, run on place, side to side, jumping jack, dynamic high knees, stepper for a min....

DAY 2, DAY 4 and WEEKEND: CARDIO-VASCULAR EXERCISE + STRETCHING
 Elleptikal, swimming, bicycle: 40 min

Don't forget to stretch at the end of your lifting session.

