

All exercises all reps without rest. Rest 1-2 minutes between sets. 2-3 sets each circuit. Cardio between each exercise

DAY ONE: SHOULDERS, BICEPS, TRICEPS

Circuit One:

DB Shoulder Press	10 reps
DB Curls standing on BOSU half ball	10
DB Triceps Extension	10
DB Delt Skier Kickbacks	10

Cardio: 4 mins of step ups (1 min of moderate pace, followed by 3 intervals – 45 seconds hard/high intensity then 15 seconds recovery)

Circuit Two:

Plate Front Raise	15 reps
One Arm Cable Curl	8 per arm
Barbell Curl	10
Triceps Kickback	10

Cardio 4 mins running in place (1 min of moderate pace, followed by 3 intervals – 45 seconds hard/high intensity then 15 seconds recovery)

Plate Front Raise	15 reps
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Stand Alone Exercise: 3 sets x 10 reps

DAY TWO: 60 MINUTES CARDIO (TREADMILL) done before eating in the morning!! + 200 Crunches throughout the day broken down into sets as you would like.

DAY THREE: QUADRICEPS, GLUTES, HAMSTRINGS, CALVES

Circuit One:

Same procedure as Day One. Repeat each Circuit 2-3 times.	20 reps
Barbell Squats	
Quick Leg Press (Safely!!)	20
DB Lunge all one leg then the other	10 reps each leg

Stiff-Legged Deadlift 10 (squeeze glutes hard at top of each rep)
Cardio: 4 minutes of alternating jumping jacks for 30 seconds and pushups for 30 seconds

Circuit Two:

Laying Leg Curl 10 reps
Abductor/Adductor Machine 10 each
Glute Pulses 20
Calf Raise 20
Cardio: 4 minutes of alternating Bench Jumps for 30 seconds and lying leg scissors for 30

DAY FOUR: 60 MINUTES CARDIO (STATIONARY BIKE) HILL OR INTERVAL PROGRAM
done before eating in the morning!! + 200 full sit throughout the day broken down into sets as you would like.

DAY FIVE: 60 MINUTES CARDIO (STAIR MASTER OR ELLIPTICAL) HILL OR INTERVAL PROGRAM

DAY SIX: BACK, CHEST, ABDOMINALS

Circuit One

Incline Bench Press 10 reps
Dumb Bell Bent Row 10
Oblique Medicine Ball Crunches 20
Cardio: 4 mins High Knees (1 min of moderate pace, followed by 3 intervals – 45 seconds hard/high intensity then 15 seconds recovery)

Curcuit Two

Pushups (with feet elevated if possible) 10
Lat Pulldown 10
Machine Crunches 12
Up down elbow to Plank 30 seconds
Cardio: 25 Squat Jumps, 25 Lateral Skis, 25 Squat Thrusts

DAY SEVEN: REST Do Nothing Strenuous

May take one or more cardio classes during the week in addition to scheduled cardio days.