

Schedule

- Warm up/Cool down exercises before and after every workout
- Full body stretch before and after workouts
- Cardio Only Days: 2-3 days for 20-60 minutes duration. Keep at your target heart-rate. It's best to do a variety of activities. Walk, Run, Bike, Elliptical, Climber, Swim, etc.
- Weights & Cardio Days: Total body circuit 2-3 days/week & 20-60 minutes of cardio

Weight Lifting For Weight Loss & Toning

- Beginners > 12-15 reps, 1-2 sets (after 2 weeks increase sets)
- Non-beginners > 12-15 reps, 3 sets
- Increase weight amounts when 3 sets are easily attained
- Do as a circuit with little to no rest between stations
- Alternate areas of the body being worked. Work the entire body.

Date>						
ACTIVITY	Weight	Weight	Weight	Weight	Weight	Weight
Upper Body – Back						
Lat Pull down						
Seated Row – Lower & Upper Row						
Triceps Press						
Seated Shoulder Press						
Rear Delt						
Upper Body - Front						
Bi-Cept Curl						
Chest/Pec Fly						
Seated Incline Press						
Lat Raises						
Seated Chest						
Lower Body						
Leg Extension						
Leg Curls						
Leg Adduction						
Leg Abduction						
Leg Press						
Calf Raise						
Core Training - 3-5 days per week						
Abdominal crunch 30+						
Leg Raise (front/side/front/side) 30+						
Back Hyperextension 30+						
Push-ups 30 +						
Cardio Type #1						
Cardio Type #2						
Cardio Type #3						