

# FITNESS PLAN

## GYM WORKOUT – WEEK 1



### LIFTING WEIGHTS

When choosing weights, you always want to challenge yourself. Keep a workout journal to track the amount of weight you lift from week to week. The goal is to increase the amount of weight you lift, while maintaining proper form. Try increasing your weight each week. This program is not a circuit style. Perform 3 sets of each exercise before moving to the next exercise. Rest 30 seconds between sets unless otherwise indicated.

>> CLICK ON THE EXERCISE TO VIEW AN INSTRUCTIONAL VIDEO OF THE MOVEMENT.

### GYM PLAN – WEEK 1 PERFORM 3 SETS OF 10 / AB EXERCISES 3 SETS OF 15

#### MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dumbbell walking lunge
2. Curtsy lunge
3. Bulgarian split squat
4. Kettlebell one leg deadlift
5. Box jump
6. Calf press on leg press machine

#### TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Barbell rear delt row
2. External rotations
3. Back flyes on machine
4. Upright row (wide grip)
5. Leg lowers
6. Plank twist
7. Squirms
8. Crunches

CARDIO: 10 minute run outside, 15 minute speed walk.

#### WEDNESDAY: CARDIO ONLY

CARDIO: 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill

**NOTE:** On a “cardio only” day, I typically do about 20 minutes of high intensity intervals, followed by 10–20 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone.

Formula:  $220 - (\text{Your Age})$ . Take that number  $\times 70\%$  and then  $80\%$  to find your fat burning zone.

#### THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Pull ups or assisted pull ups
2. One arm dumbbell row (aka lawnmowers)
3. Bent over row (barbell)
4. Hyperextensions
5. Bicep curls with barbell
6. Hammer curls

CARDIO: 10 minute run outside, 15 minute speed walk

#### FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Fire hydrants
2. Hip thrust (aka bridge)
3. Stationary lunges
4. Leg press
5. Exercise ball in
6. Knee/hip Raise
7. Russian twist

#### SATURDAY: REFLECTION, REST & HAVE A CHEAT MEAL

Meal prep and plan workouts for next week

#### SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dips with bodyweight
2. Close grip barbell bench press
3. Skull crusher
4. Reverse grip triceps pushdown
5. Pushups or modified
6. Dumbbell bench press

CARDIO: 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill

# FITNESS PLAN

## GYM WORKOUT – WEEK 2



### GYM PLAN – WEEK 2 3 SETS OF 12 / AB EXERCISES 3 SETS OF 15

#### MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Lying leg curls
2. Glute cable kickback
3. Crossover reverse lunge (holding dumbbells)
4. Kettlebell one leg deadlift
5. Barbell walking lunge
6. Jump squats
7. Calf press on leg press machine

#### TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Alternating cable shoulder press
2. Bent over dumbbell rear delt raise with head on bench
3. Back flies with bands (rear delts)
4. Arnold press
5. Dumbbell raise
6. Leg lowers
7. Plank twist
8. Air bike
9. Crunches

**CARDIO:** 10 minute run outside, 15 minute speed walk

#### WEDNESDAY: CARDIO ONLY

**CARDIO:** 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill

**NOTE:** On a “cardio only” day, I typically do about 20 minutes of high intensity intervals, followed by 10 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone (see calculation on first page of workout).

#### THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. One arm lat cable pull down
2. One arm dumbbell row (aka lawnmowers)
3. Bent over row (barbell)
4. Hyperextensions
5. Cross body hammer curl
6. Cable hammer curls

**CARDIO:** 15 minute run outside, 20 minute speed walk

#### FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Glute squeeze on stability ball
2. Squat pulse holding dumbbells
3. Stationary lunges
4. Leg press
5. Exercise ball in
6. Knee/hip Raise
7. Side bridge

#### SATURDAY: REFLECTION, REST & HAVE A CHEAT MEAL

Meal prep and plan workouts for next week

#### SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dips with bodyweight
2. Reverse grip triceps pushdown
3. Tricep dumbbell kickback
4. Triceps overhead press with dumbbell
5. Incline dumbbell press
6. Dumbbell bench press

**CARDIO:** 15 minute run outside, 20 minute speed walk

# FITNESS PLAN

## GYM WORKOUT – WEEK 3



**SUPERSETS** are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**, and so forth.

### GYM PLAN – WEEK 3 3 SETS OF 15 / AB EXERCISES 3 SETS OF 20

#### MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING,  
5 MIN CARDIO

##### SUPERSET 1:

1. Lying leg curls
2. Bulgarian split squat

##### SUPERSET 2:

3. Barbell squat
4. Jump squats

##### SUPERSET 3:

5. Leg press
6. Scissors jump

##### SUPERSET 4:

7. Dumbbell walking lunge
8. Seated calf raise machine

##### SUPERSET 5:

9. Glute cable kickback
10. Side squats

#### TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING,  
5 MIN CARDIO

##### SUPERSET 1:

1. Cable rope rear-delt rows
2. Car drivers

##### SUPERSET 2:

3. Dumbbell raise
4. One arm side lateral

##### SUPERSET 3:

5. Cable rope rear-delt rows
6. Back flyes on machine

##### SUPERSET 4:

7. Plank twist
8. Air bike

##### SUPERSET 5:

9. Toe touchers
10. Side bridge

**CARDIO:** 20 minute  
run outside, 15 minute  
speed walk

#### WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING,  
5 MIN CARDIO

##### SUPERSET 1:

1. Seated tricep press
2. Cable one arm tricep extension

##### SUPERSET 2:

3. One arm floor press
4. Weighted bench dip

##### SUPERSET 3:

5. Close grip push-up
6. Close grip dumbbell press

##### SUPERSET 4:

7. Butterfly machine
8. Incline dumbbell press

**CARDIO:** 20 minute  
run outside, 15 minute  
speed walk

#### THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING,  
5 MIN CARDIO

##### SUPERSET 1:

1. Band assisted pull-ups
2. Bent over row (dumbbells)

##### SUPERSET 2:

3. Seated good morning
4. Hyperextensions

##### SUPERSET 3:

5. Bicep curls with dumbbells
6. Incline dumbbell curl

##### SUPERSET 4:

7. Cable hammer curls
8. Wide grip lat pulldown

**CARDIO:** 20 minute  
run outside, 15 minute  
speed walk

# FITNESS PLAN

## GYM WORKOUT – WEEK 3



**SUPERSETS** are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**, and so forth.

### GYM PLAN – WEEK 3 3 SETS OF 15 / AB EXERCISES 3 SETS OF 20

#### FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING,  
5 MIN CARDIO

#### SUPERSET 1:

1. Bench step-ups
2. Bench sprint

#### SUPERSET 2:

3. Bulgarian split squat:
4. Box squat

#### SUPERSET 3:

5. Goblet squat
6. Mountain climbers

#### SUPERSET 4:

7. Thigh abductor
8. Lunge pass through

#### SATURDAY: CARDIO ONLY

**CARDIO:** 30–40 minutes of HIIT or steady state: elliptical, stairmill or walking uphill

**NOTE:** On a “cardio only” day, I typically do about 20 minutes of high intensity intervals, followed by 10–20 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone (see calculation on first page of workout).

**SUNDAY: CARDIO:** 20 minute run outside, 15 minute speed walk

# FITNESS PLAN

## GYM WORKOUT – WEEK 4



### GYM PLAN – WEEK 4 3 SETS OF 15 / AB EXERCISES 3 SETS OF 25

#### MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,  
5 min cardio

##### SUPERSET 1:

1. Abductor
2. Glute squeeze on stability ball

##### SUPERSET 2:

3. Hamstring curls with dumbbell
4. Mountain climbers

##### SUPERSET 3:

5. Leg press
6. Stability ball hamstring curl

##### SUPERSET 4:

7. Stationary lunges
8. Seated calf raise machine

#### TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching,  
5 min cardio

##### SUPERSET 1:

1. Arnold press
2. Cable rope rear-delt rows

##### SUPERSET 2:

3. Shoulder press: (barbell)
4. One arm side lateral

##### SUPERSET 3:

5. Alternating shoulder press
6. Back flyes on machine

##### SUPERSET 4:

7. Scissor kick (aka scissors)
8. Sit-up

##### SUPERSET 5:

9. Toe touchers
10. Cocoons

CARDIO: 30 minute run outside,  
10 minute speed walk

#### WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,  
5 min cardio

##### SUPERSET 1:

1. Cobra triceps extension
2. Dips

##### SUPERSET 2:

3. Triceps overhead extension with rope
4. Triceps pushdown v-bar

##### SUPERSET 3:

5. Decline skull crusher
6. Close grip barbell bench press

##### SUPERSET 4:

7. Butterfly machine
8. Pushups

CARDIO: 30 minute run outside,  
10 minute speed walk

#### THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,  
5 min cardio

##### SUPERSET 1:

1. Bent arm barbell pullover
2. Inverted row

##### SUPERSET 2:

3. Seated cable row
4. Hyperextensions

##### SUPERSET 3:

5. Drag curl
6. Bicep curls with barbell

##### SUPERSET 4:

7. Cable hammer curls
8. Wide grip lat pulldown

CARDIO: 30 minutes of HIIT (jumping rope, sprinter/walk intervals)

# FITNESS PLAN

## GYM WORKOUT – WEEK 4



### GYM PLAN – WEEK 4 3 SETS OF 15 / AB EXERCISES 3 SETS OF 25

#### FRIDAY: GLUTES & ABS

WARM-UP: 5 min stretching,  
5 min cardio

#### SUPERSET 1:

1. Barbell squat
2. Fire hydrants

#### SUPERSET 2:

3. Glute cable kickback
4. Hip thrust (aka bridge)

#### SUPERSET 3:

5. Thigh abductor
6. Lunge pass through

Finish with 20 walking lunges per leg

#### SATURDAY: CARDIO ONLY

CARDIO: 40 minute run outside,  
10 minute walk to cool down

SUNDAY: CARDIO: 40 minute run  
outside, 10 minute walk to cool down