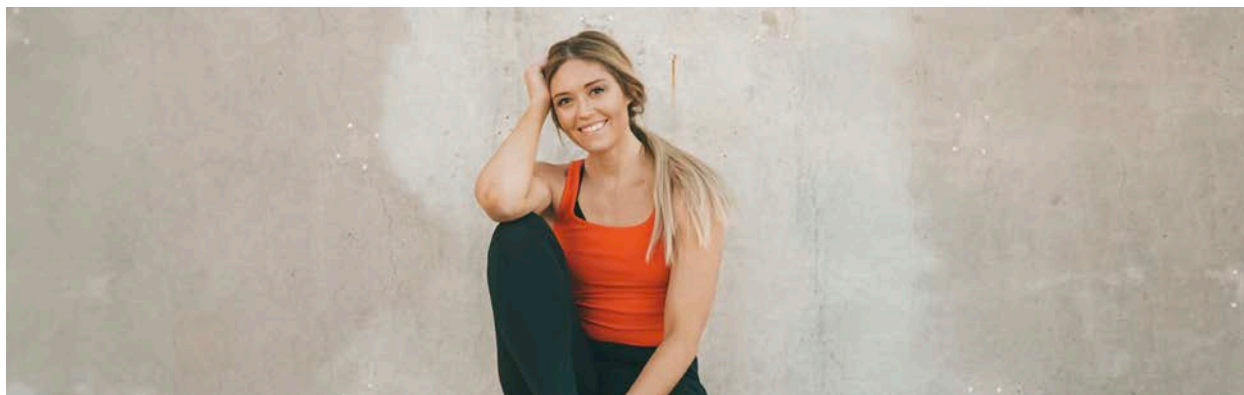




Weight Training Made Simple

An 8-Week Program For Women



Welcome beautiful!

Congratulations – thank you for allowing us to be a part of your health and fitness journey! Our goal is providing useful information to educate and help you take your physique to the next level.

As you know, I am Julie Ledbetter. My husband Joshua and I have created this e-book and training program to help take the guesswork out of working out and training properly. There's a lot of information available – it can be overwhelming!

We aim to arm you with as much knowledge as possible in the first phase, while progressing your abilities in a safe, effective manner in subsequent phases. Please note: this program is not tailored to any specific injury, health, and/or physical complications; instead, it is a general guideline, helping you feel your best through body, mind, and soul.

This e-book will break down the fundamentals surrounding a successful training program. We consider the following areas to be vital in achieving health and fitness goals:

1. Debunking Fitness Myths
2. Effective Training Program Structure
3. Steps for Starting
4. Expectations for this Program
5. Creating and Making Adjustments
6. Terminology

7. Exercise Glossary and Substitutions List
8. Recovery
9. FAQ
10. The Workout Journal

If you combine the content of this e-book with the nutritional guidelines found in Macro Counting Made Simple – your success rate will increase exponentially. In other words – you *cannot* out train poor nutritional intake (diet). Workouts alone will not bring maximal results – it is imperative to understand this. At the end of the day, fueling and hydrating your body properly, coupled with adequate recovery, leads to the body of your dreams!

We are honored to be part of your health and fitness journey, and we want to thank you for placing your trust in us. Are you ready to **Live Every Day Better**?

Let's get started!

xx,

Julie and Joshua Ledbetter

This e-book, "Weight Training Made Simple" is not intended for the treatment for prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

Use of these guidelines herein is at the sole choice and risk of the reader.

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**OUR MISSION IS TO LEARN, LOVE,
AND LIVE EVERY DAY BETTER. WE
TEACH FINDING BALANCE IN LIFE
THROUGH BODY, MIND, AND
SOUL. WE CREATE LIFESTYLE
PRODUCTS AND SERVICES THAT
EDUCATE, INSPIRE AND
EMPOWER OTHERS TO BECOME
BETTER VERSIONS OF
THEMSELVES.**

If you are wanting to get fit, know this – when following the mass quantities of mainstream diet and exercise advice found across the internet, it is more likely you'll turn up "skinny fat."

We know this sounds harsh, but it's true. Popular magazines, bloggers, and the like feed into the obsession of unobtainable societal standards, preaching "work more, eat less" – with no results in sight.

- *They say heavy weightlifting should be avoided...*
- *They claim certain foods are your enemy...*
- *They program more cardio than lifting weights...*

If you do exactly what they say – you'll melt away hard-earned muscle (which gives your physique shape), lose strength (which benefits daily life), damage metabolism (which can hurt your relationship with food), and turn off natural hormone production (which causes a chain reaction within the body).

We don't want these kind of things happening to you, hence why we wrote this e-book. With this e-book, we discuss a few, yet important, things you need to know about working out and getting fit.

So let's kick-off by debunking 7 common myths you may have heard regarding fitness and health.

1. Weight training makes you big and bulky!

Heavy weight training does not make women big and/or bulky; bulk comes from excessive body fat. It is extremely difficult for women to naturally build a big, bulky body.

First, "bulk" doesn't happen overnight. It takes years of intense training and

eating to look a certain way. Even if you *wanted* big, bulky muscles – you’ll have a hard time obtaining them. The elite athletes you might have seen train at exponentially harder levels to reach those physique goals. Why? Testosterone level. Men have around 10 to 15 times MORE testosterone as women! And men *still* have difficulty getting “big and bulky.”

What does this mean for you? It’s nearly *impossible* for you to get “big and bulky” through weight training! The solution to building muscles and not “bulking” is staying lean. The more muscle you have, the more carefully you have to pay attention to body fat percentage! Let us explain...

Take for example an inspiring woman you know... lean legs, curvy butt, tight arms, flat tummy. If you add 15 pounds of fat to her frame, you’d be surprised how “blocky” she’d look.

This happens because as body fat increases within and surrounding muscle tissue (and the more you have of both), the “blockier” your body becomes. You start thinking your legs look more like logs and your arms look more like sausages.

If you take the time to reduce your body fat percentage, everything changes – muscles you have been building for years will shine. Instead of looking soft or flabby (and oftentimes malnourished), you’ll look lean and “toned.” Your arms look defined, your legs have lean, sexy lines, and your butt is round and perky.

If you want *that* dream body (the lean, athletic/defined look) – you’ll want to maintain your body fat percentage between 15% to 22%.

While working with thousands of women, we’ve realized the “sweet spot” body fat percentage for most relies between 17% to 21%. This range is where most women lift heavy weights, build muscle, yet still look feminine and fit without negative impacts their health (think menstrual cycle) and lifestyle (think date

nights/holidays).

2. Never eat these foods!

Have you heard one (or more) of the sayings below?

Never eat certain foods because those foods make you fat...

You should feel guilty every time you enjoy a treat because clearly you lack enough self-control...

Eat clean because it's the only way to get the body of your dreams...

Or, You cannot eat carbs after dark (or some certain time).

Admit it: you've probably heard (and maybe believed) at *least* one of these "rules" at some time. Now, imagine this... your dream body maintained by eating foods you like (and love!) every day – including those treats everyone believes are off-limits.

You never feel deprived or starved, and you realize there is no need to overeat or binge. You live a happy, healthy, and sustainable lifestyle – forever!

Our other e-book, *"Macro Counting Made Simple"* is the other half of the puzzle (if you don't have it in your hands yet). It teaches everything you need to know about macro counting and building a nutritional intake to support your goals and overall health. We'll say it again: You *cannot* out-train a bad diet!

3. Cardio, Cardio, Cardio!

Ask yourself this question: "Have I seen a marathon runner (either gender) with an impressive (muscular/defined) body?" The answer is probably "No."

Many women performing endurance training look emaciated and weak, or what we call “skinny fat.” This is a direct result of their training regimen, showing exactly what you *don’t* want to do within your program (if your goal is a “toned,” or look-good-naked body).

If you *truly* believe cardio is necessary in order to get the dream body you want, hear us out.

When it comes to body composition, (the ratio between muscle and fat on your skeleton) cardio is actually a double-edged sword.

No really, listen. Sure, cardio burns energy and contributes to weight loss efforts... but it also burns muscle, too. Which pulls you away from getting a lean, toned physique. That dream body requires losing only fat, and building muscle!

This is why women who focus on endurance exercises (like jogging or cycling) have minimal results to “show” for it in the mirror (or pictures to post on social media).

Does it mean you should shun cardio entirely? Absolutely not.

We will teach you how to use cardio properly and sparingly, making cardio worthwhile and limiting it to 1-3 times a week (but we’ll get into details later!).

In short, each cardio session typically lasts no more than 25 minutes and is done utilizing high-intensity interval training (HIIT). This form of training is incredibly beneficial to you, maximizing fat loss and minimizing muscle loss.

HIIT routines in all “cost” around an hour and a half (or less) of your time *each* week. That’s it! Think of how many hours other cardio programs/training require! Instead, you’ll use short, intense cardio sessions, designed to accelerate fat loss, enhance mood, AND preserve muscle... not to mention getting on with your

day instead of slaving away at the gym or on a long run. (And you get to click on our Instagram poll saying, “Done and Dusted!” sooner!)

Don’t forget: to protect yourself from long, grueling sweat sessions on the treadmill or stair master every week, we encourage you to learn how to “diet” effectively by eating enough. Our other e-book, *“Macro Counting Made Simple”* will teach you just that!

4. You need a ton of equipment in order for workouts to be “worth it!”

You don’t need a ton of equipment to build the body of your dreams. If you want a specific list of equipment, we recommend an adjustable bench and adjustable dumbbells to start.

We will teach the importance of using both tools to build muscles through applying progressive overload. We also teach how to make substitutions with other equipment (like machines, cables, and/or a suspension system like the TRX!).

5. Weight training is dangerous and can cause injury!

Anything can be dangerous if done incorrectly! With proper education teaching you how to execute exercises with proper form, weight training will become safe and effective for you.

6. Lift light weights for multiple repetitions to get the best results!

You can be pretty graceful outside of the gym all you want... but if you truly want to build the body of your dreams, you need to know how to get down and dirty with a weight training program.

Forget light weights – and, please, do *not* worry about “not looking cute.” You’re not “here” (whether at the gym or at home) to please others and/or care

about what others think of you. Your job is to show up, every day, with one goal in mind – building muscle and strength by giving it everything you got!

No, we are not guaranteeing you'll make ugly faces when you grind out those last few reps... but you may happen to let out a grunt or two. Your hair is probably going to be a mess, and it will definitely become sweaty (it may be a good time to invest in good "moisture-wicking" clothing...).

But *this* is exactly how positive progress is created! One ugly, shaky, sweaty facial expression at a time.

Do you want amazing legs, a firm and perky butt, and insta-worthy abs? Then stop doing trendy, frivolous exercises and do something proven to give you the results you're seeking.

We teach you how to execute (and fall in love with) the following foundational exercises: squats, hip thrusts, deadlifts, and presses. These exercises build whole-body strength and shape!

If you're ready to train hard and make real progress – you're in the right place.

7. Get instant results doing this and that!

We live through the internet and in what is known as the "Age of Impatience." Everyone wants 5-minute abs, 10-hour work weeks, and 30-second meals.

Can we clue you in on a secret many companies, magazines and businesses don't want you to know or understand? Building the body of your dream (or reaching any goal for that matter!) Is going to take longer than what they want you to believe.

No, you cannot lose 30 pounds of fat in 30 days nor can you "reshape" your butt or flatten your belly in a week.

These kinds of businesses and marketing schemes are really good at *one* thing – attaching *their* programs and/or products to *your* insecurities flipping them, and selling them back to you!

It's time to know the truth...

Consistent, healthy fat loss is a *slow* process. You can realistically expect to lose around one to two pounds of fat per week *when you know what you're doing*. As you continue getting leaner, and going after those last few pounds, (aka stubborn fat) it will drop from 1-2 pounds per week to around half a pound per week.

If you are new to weight training, you can realistically gain up to 10 pounds of muscle in a year – and no, that is not a lot. Many women need around 15 to 20 pounds of muscle (and lowered body fat percentage) to start seeing their dream body. It will take a few years (but you'll start seeing differences in 8-12 weeks!).

Getting fit has no room for those planning to “half-ass” a weight training program.

You **cannot** lie to iron. Iron doesn't care about your feelings, your excuses or your justifications. And your body doesn't either. The only way to change is to put yourself to work.

If you learn to love the progress, you'll begin embracing the struggle.

If you are willing to face and fully commit to a few years of hard work, you've already won half the battle!

EFFECTIVE TRAINING PROGRAM STRUCTURE

We've found through our previous clients, that attempting to do "all the things" all at once prevented them from maintaining new routines and being inconsistent in their training.

We are going to show you the effective structure of a training program, breaking it down step-by-step, making sure you understand the ins and outs of creating a foundation that supports your lifestyle.

Keep in mind, there is no "perfect" training program. We are here to help you understand a successful *structure* so you'll know what to do *after* you've finished our weight training program.

In the order of importance: Weight Training, NEAT, Recovery, Cardio, and Supplements.

1. Weight Training

Weight training is a concept based on muscle-developing exercises using opposing forces such as the following: dumbbells, barbells, machines, cables, resistant bands and/or bodyweight.

The benefits of incorporating weight training into your program are numerous, from improving body composition (build muscle, lost fat) and insulin sensitivity (and lowering chronic diseases), to reducing the risk of metabolic syndrome, anxiety, depression, mood swings, irregular periods, inflammation, and even enhancing cognitive function.

Your body need stimuli to build muscle and, thus, increasing strength, endurance, agility, balance, and stamina. This is done through three variables in a training program: volume, intensity, and frequency.

- Volume: Determines/defines how much you're working a target muscle, combining the number of sets, reps, and exercises in that muscle group.
- Intensity: Determines/defines how hard we are exercising. In order to promote growth, we need to be between 60% to 85% of the 1RM (one rep max) while keeping repetition range between 5 to 20 reps.

Many individuals can become obsessed with percentages. We recommend focusing on performing proper repetition ranges instead.

- Frequency: Determines/defines how often we train our muscle groups. Within Krieger's meta-analysis, he suggests that muscle groups should be trained 2-3 times each week with 48-72 hours of rest between each training session of the same muscle group.

It is important to develop a weight training program capable of balancing these three elements.

If we increase intensity, we need to decrease volume.

If we increase volume, we need to decrease intensity.

Frequency and Volume ratios counterbalance as they are similar in concept. As frequency increases, volume will inherently increase and vice versa.

2. Non-Exercise Activity Thermogenesis (NEAT)

Individuals often equate NEAT with "workout," but they miss the concept behind NEAT.

NEAT is based on the activity level a person "spends" outside of the gym (or their workouts). For instance – taking the stairs instead of the elevator, parking your vehicle further away in the parking lot, giving additional minutes of

walking, riding a bike to work/school, walking to the mailbox instead of driving, and tons more.

These are simple examples of increasing NEAT. And want to know the best part? When you find habits that increase your NEAT, the fewer cardio sessions you need to do.

When looking at the demographics between individuals living in cities and those living in suburbs, the differences are obvious. Individuals living in cities generate more NEAT than suburban dwellers.

NEAT itself can vary as much as 1,500 to 2,000 (or more) calories per day! Each person is different when generating NEAT based on lifestyle choices, especially considering daily habits and routines.

3. Recovery

Many individuals overlook the importance of recovery. They don't realize the positive impact sleep and stress management can do for them – especially in regards to their health and well-being. Adequate recovery is one of the hidden secrets to a happy, healthy, and productive life!

To improve your sleep pattern, it's important to create a routine you're able to maintain. It means the time you get up and the time you go to bed should be similar every day, including weekends.

The goal is to get *at least* 7 to 9 hours of sleep each night. Keep your bedroom dark and cool, making sure to turn off all devices (i.e. phones, tablets, laptops, or computers) about an hour prior to bedtime. Blue light has significantly negative impacts to our brain.

It's also advisable to limit caffeine intake, not consuming products in early afternoons. This gives your body ample time to break remaining caffeine

molecules down prior to bedtime.

4. Cardiovascular Program

There are two different types of cardiovascular straining styles to utilize. They are called low-intensity steady state (LISS) and high-intensity interval training (HIIT). Below, we list the pros and cons of each type of cardio style, giving you an idea of which fits better with your personal preferences and goals.

–	LISS	HIIT
Description	Low to moderate intensity for greater lengths of time; typically no change in intensity while performing.	Consists of short, intense intervals paired with low to moderate intervals work.
Example	Walking on treadmill for 30 mins without any changes in speed or incline.	Spin Biking at high-intensity for 30-40 seconds, followed by 1-2 minutes of low to moderate intensity.
Duration	30-90+ minutes	15-25 minutes
Pros	Plays an important role in developing different energy systems, improves cardiac health, enhances recovery from muscle soreness, and helps the body break through small plateaus.	More “bang for your buck,” quick and more efficient for fat loss, creates metabolic changes, improves body composition, and retains muscle.
Cons	Only burns calories in the “moment” without a 24-hour energy expenditure, prevents reaching goals because the body adjusts to training, and forces more work before losing more fat.	Cannot perform more than 4 times a week due to potential negative impact on your central nervous system (CNS).
Health Risks	Low	High for individuals with orthopedic, cardiac, or psychological health concerns.

It is important to determine which type of cardiovascular training style that fits best with your current lifestyle. Selecting the style best for you supports your success towards your goals!

5. Supplements

Typically, individuals believe supplements come much higher in the training pyramid. They believe supplements, training, and nutrition will give them their desired results.

In reality, the order of importance is this:

- A. Nutrition
- B. Training
- C. Supplements

The only supplements worth having in your program are: vitamins/minerals and protein powder. These are the only supplements worth your money.

We have much experience regarding supplements – and we’ve learned a lot. Many supplement companies will do whatever they can to sell their products, making insane claims about products giving you results you’re seeking.

If you become curious about a certain supplement, we encourage you to research and learn more about the supplement before spending your money! We suggest visiting these two credible websites: examine.com and labdoor.com.

1. Keep A Workout Journal

A workout journal is effective for tracking progress. A journal organizes the amount of weight you lifted, the number of repetitions you completed, how long you rested between sets, lists of exercises you completed, and more!

It can be an old-school paper notebook or an app on your phone that will track at least these three elements: volume, intensity, and frequency. But guess what? We made a workout journal for you (found on page 38 of this e-book)! You are welcome to print multiple copies; however, we ask you to not share it with others.

2. Know When and How to Replace an Exercise

Most exercises used in this weight training program can be performed at a gym or at home. However, if a piece of equipment is unavailable (or it is an exercise you don't enjoy) – replace it with a different exercise! Take a minute to scroll to page 54 of this e-book for a list of alternative exercises. The list is organized by muscle group and the list of substitution exercises comes after.

For example, if you are training your legs (quadriceps (quads) to be specific), look for the muscle group calling for quadriceps. Once you find that muscle group, a list of exercises you're able to choose from and substitute it with can be chosen before moving on with the routine!

3. Determining the Amount of Weight

The best way to determine the amount of weight you're able to lift is to incorporate a warm up set (or two) before your work sets. This means selecting a much lighter weight to go through the range of motion in the exercise before adding a challenging weight to perform the exercise sets and reps. Remember: these warm up sets should not count towards your total set goal for the routine.

If you select a weight allowing you to complete more than 12 reps (with strict form), you may want to increase the amount of weight to keep challenging yourself.

If you select a weight not allowing you to complete more than 6 reps, you may want to decrease the amount of weight because it was too heavy to start with.

Keeping strict form throughout the movement is important. You *never* want to compromise form when you're pushing/pulling more weight. Proper form prevents potential injuries!

4. Gauging Energy Levels

Here's a little secret we want to share with you: We want to assure you, it is absolutely normal to have workout sessions where you feel great and other sessions where you feel horrible.

Whenever you feel great and/or motivated, look at the session as a day to take advantage of your energy, pushing yourself to set new personal records (PRs)! Whenever you feel tired, awful, and/or unmotivated, we encourage you to simply complete the session as much as possible.

Low energy/fatigue during a session does not mean you're getting weaker. Instead, it's important to assess other factors that may be affecting you outside the training program: eating adequately, getting enough sleep, stress management, and managing your overall activity level.

WEEK #1 – DELOAD PHASE

Insight: Use this week to get familiar with the exercises using light weight (especially for your first set). Practice these movements and record them in your workout journal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
Dumbbell Squats	3	10, 12, 15	3:1:2
Barbell Deadlifts	3	6, 8, 10	3:1:2
Bodyweight - Bench Hip Thrusts	3	12, 12, 15	3:0:1
Dumbbell Romanian Deadlifts	3	12, 12, 15	3:1:2
Dumbbell Static Lunges	3	10, 10, 12	3:1:2
Bodyweight - Bench Step Ups	2	10, 10	2:1:2
Leg Extensions (Machine)	3	10, 10, 12	3:3:3
Seated Hamstring Curls (Machine)	3	10, 12, 15	3:3:3
Standing Calf Raises (Smith Machine)	3	12, 15, 15	3:3:3
Seated Calf Raises (Machine)	2	10, 12	3:3:3

Workout: B

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
Dumbbell Bench Press (Both Arms)	3	12, 12, 12	3:1:2
Bent-Over Dumbbell Rows (Both Arms)	3	10, 12, 15	3:2:2

Seated — Overhead Dumbbell Press (Both Arms)	3	8, 10, 12	3:1:2
Incline Dumbbell Fly (Both Arms)	3	10, 12, 12	3:1:2
Lat Pull-Down (Wide-Grip, Both Arms)	3	12, 12, 15	3:2:3
Standing — Lateral Shoulder Raises (Both Arms)	3	12, 15, 15	2:1:2
Bodyweight — Bench Push-Ups	2	AMRAP	2:1:2
Dumbbell Biceps Curl (Both Arms)	3	10, 12, 15	3:1:3
Triceps Kickback (One Arm)	3	10, 12, 15	3:1:3
Rope Curls (Both Arms)	2	AMRAP	3:3:3
Triceps Rope Pushdown	2	AMRAP	3:3:3

Workout: C

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
Leg Press (Shoulder-Width)	3	12, 12, 12	3:2:2
Lying Leg Curls	3	10, 12, 12	3:3:3
Goblet Squats (Wide Stance)	3	12, 15, 15	3:1:2
Dumbbell Romanian Deadlifts	3	10, 12, 12	3:1:2
Dumbbell Lunges (Foot on Bench)	3	10, 12, 15	2:1:2
Lateral Step Ups	3	12, 12, 15	2:1:2
Leg Extensions (One Leg)	2	15, 15	3:2:3
Seated Hamstring Curls (One Leg)	2	12, 15	3:2:3
Single Leg Hip Raises (w/ Swiss ball)	3	12, 15, 15	2:1:2
Single Legged Calf Raises	3	12, 15, 15	3:3:3

Workout: D

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
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Dumbbell Incline Press	3	12, 12, 12	3:1:2
Barbell Rows (Reverse Grip)	3	10, 12, 15	3:1:3
Arnold Dumbbell Press	3	8, 10, 12	2:1:2
Bench Dumbbell Fly	3	10, 12, 12	3:1:2
Lat Pull-Down (Chin-Up Style)	3	12, 12, 15	3:2:3
Seated Lateral Shoulder Raises	3	12, 15, 15	2:1:2
Cable Crossovers	2	15, 20	2:1:2
Barbell Curls (Shoulder-Width)	3	10, 12, 15	3:2:3
Dumbbell Skull Crushers	3	10, 12, 12	2:1:2
Hammer Curls (Alternate)	2	12, 15	3:2:3
Overhead Triceps Extension	2	15, 20	2:1:2

WEEK #2 – WEEK #3

Insight: You'll see we're starting to pair some exercises into supersets to save you time. However, get ready for some serious burn and/or muscular pumps!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Dumbbell Squats	3	12, 12, 15	3:1:2
A2. Dumbbell Romanian Deadlifts		12, 12, 15	3:1:2
B1. Barbell Deadlifts	3	6, 8, 10	3:1:2
B2. Bodyweight Step Ups		12, 12, 15	2:1:2
C1. Hip Thrusts	3	12, 12, 15	2:1:2
C2. Dumbbell Static Lunges		10, 10, 12	3:2:3
Leg Extensions	3	10, 10, 12	3:3:3
Seated Hamstring Curls	3	10, 12, 15	3:3:3
Standing Calf Raises (Smith Machine)	3	12, 12, 15	3:3:3
Seated Calf Raises (Machine)	2	10, 12	3:3:3

Workout: B

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Bench Press	3	12, 12, 15	3:1:2
A2. Dumbbell Rows (Both Arms)		10, 12, 15	3:2:3
B1. Seated Overhead Dumbbell Press	3	8, 10, 12	2:1:2
B2. Incline Dumbbell Fly		10, 12, 12	3:1:2
Lat Pull-Down (Wide Grip)	3	12, 12, 15	3:2:3

C1. Standing Lateral Shoulder Raises C2. Bodyweight Push-Ups (Bench)	3	12, 15, 15 AMRAP	2:1:2 2:1:2
Dumbbell Bicep Curls (Both Arms)	3	10, 12, 15	3:2:3
Triceps Kickback (One Arm)	3	10, 12, 15	2:1:2
D1. Rope Curls (Both Arms) D2. Triceps Rope Pushdown	2	AMRAP	3:3:3 3:3:3

Workout: C

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Leg Press (Shoulder-Width) A2. Dumbbell Romanian Deadlifts	3	12, 12, 12 10, 12, 12	3:2:2 3:2:2
B1. Lying Leg Curls B2. Goblet Squats (Wide Stance)	3	10, 12, 12 12, 15, 15	2:1:2 3:2:3
C1. Dumbbell Lunges (Foot on Bench) C2. Lateral Step Ups	3	10, 12, 15 12, 12, 15	2:1:2 2:1:2
Leg Extensions (One Leg)	2	15, 15	3:2:3
Seated Hamstring Curls (One Leg)	2	12, 15	3:2:3
Single Leg Hip Raises (w/ Swiss ball)	3	12, 15, 15	2:1:2
Single Legged Calf Raises	3	12, 15, 15	3:2:3

Workout: D

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Incline Press A2. Barbell Rows (Reverse Grip)	3	12, 12, 12 10, 12, 15	3:1:2 3:1:3
B1. Arnold Dumbbell Press B2. Bench Dumbbell Fly	3	8, 10, 12 10, 12, 12	2:1:2 3:1:2
C1. Lat Pull-Down (Chin-Up Style) C2. Seated Lateral Shoulder Raises	3	12, 12, 15 12, 15, 15	3:1:3 2:1:2
Cable Crossovers	2	15, 20	2:2:2

D1. Barbell Curls (Shoulder-Width)	3	10, 12, 15	3:2:3
D2. Dumbbell Skull Crushers		10, 12, 12	3:1:2
Hammer Curls (Alternate)	2	12, 15	3:1:3
Overhead Triceps Extension	2	15, 20	2:1:2

WEEK #4 – WEEK #5

Insight: For the next two weeks, we add more sets to this routine to keep you challenged!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Dumbbell Squats A2. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12 12, 12, 12, 15	3:1:2 3:2:2
B1. Barbell Deadlifts B2. Dumbbell Step Ups	4	8, 10, 12, 15 10, 12, 12, 15	2:3:2 2:1:2
C1. Barbell Hip Thrusts C2. Barbell Walking Lunges	3	12, 12, 15 10, 10, 12	2:3:3
Leg Extensions	4	10, 10, 12, 15	3:3:3
Seated Hamstring Curls	4	10, 12, 15, 15	3:3:3
Standing Calf Raises (Smith Machine)	3	12, 12, 15	2:3:2
Seated Calf Raises (Machine)	2	10, 12	2:3:2

Workout: B

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Bench Press A2. Dumbbell Rows (Both Arms)	4	12, 12, 12, 12 10, 12, 12, 15	2:1:2 2:1:2
B1. Seated Overhead Dumbbell Press B2. Incline Dumbbell Fly	4	8, 10, 12, 12 10, 12, 12, 15	2:1:2 2:1:2
Lat Pull-Down (Wide Grip)	4	12, 12, 15, 15	3:2:3

C1. Standing Lateral Shoulder Raises C2. Bodyweight Push-Ups (Bench)	3	12, 15, 15 AMRAP	2:1:2 2:1:2
Dumbbell Bicep Curls (Both Arms)	3	10, 12, 15	3:1:3
Triceps Kickback (One Arm)	3	10, 12, 15	2:1:2
D1. Rope Curls (Both Arms) D2. Triceps Rope Pushdown	2	AMRAP	3:3:3

Workout: C

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Leg Press (Shoulder-Width) A2. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12 10, 12, 12, 12	3:1:3 3:2:2
B1. Lying Leg Curls B2. Goblet Squats (Wide Stance)	4	10, 12, 12, 15 12, 15, 15, 20	2:1:2 2:1:2
C1. Dumbbell Lunges (Foot on Bench) C2. Lateral Step Ups	4	10, 12, 12, 15 12, 12, 15, 15	2:1:2 2:1:2
Leg Extensions (One Leg)	2	15, 15	2:1:2
Seated Hamstring Curls (One Leg)	2	12, 15	2:1:2
Single Leg Hip Raises (w/ Swiss ball)	3	12, 15, 15	2:1:2
Single Legged Calf Raises	3	12, 15, 15	2:3:2

Workout: D

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Incline Press A2. Barbell Rows (Reverse Grip)	4	12, 12, 12, 12 10, 12, 12, 15	2:1:2 2:1:2
B1. Arnold Dumbbell Press B2. Bench Dumbbell Fly	4	8, 10, 12, 12 10, 12, 12, 15	2:1:2 2:1:2
C1. Lat Pull-Down (Chin-Up Style) C2. Seated Lateral Shoulder Raises	4	12, 12, 15, 15 12, 15, 15, 15	2:2:3 2:1:2
Cable Crossovers	3	15, 15, 20	2:2:2

D1. Barbell Curls (Shoulder-Width)	3	10, 12, 15	2:1:2
D2. Dumbbell Skull Crushers		10, 12, 12	2:1:2
Hammer Curls (Alternate)	2	12, 15	3:2:3
Overhead Triceps Extension	2	15, 20	2:1:2

WEEK #6 – WEEK #7

Insight: In weeks 6 and 7, there will be some tri-sets (three exercises combined), and you'll want to try increasing your weight by 2-5 lbs. for small muscle groups (biceps, calves, etc.) and 5-10 lbs. for large muscle groups (quads, back, etc.).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Dumbbell Squats A2. Dumbbell Romanian Deadlifts	4	8, 8, 10, 10 8, 10, 10, 12	2:1:2 3:1:2
B1. Barbell Deadlifts B2. Dumbbell Step Ups	3	8, 10, 12 8, 10, 12	2:1:2 2:1:2
C1. Barbell Hip Thrusts C2. Barbell Walking Lunges C3. Jump Squats (Bodyweight)	3	10, 10, 12 12, 12, 15 20, 20, 20	2:3:2 2:1:2 2:1:2
D1. Leg Extensions D2. Wall Sits	3	10, 10, 12, 15 30-45 seconds	3:3:3 N/A
Seated Hamstring Curls	4	10, 12, 12, 15	3:3:3
E1. Single Legged Calf Raises E2. Jump Rope	3	15, 20, 25 30-45 seconds	2:3:2 N/A
Seated Calf Raises (Machine)	3	15, 20, 25	2:3:2

Workout: B

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Bench Press A2. Dumbbell Rows (Both Arms)	4	8, 8, 10, 10 8, 8, 10, 10	2:1:2 2:1:2

B1. Seated Overhead Dumbbell Press B2. Incline Dumbbell Fly B3. Front Shoulder Raises	4	8, 8, 10, 10 12, 12, 15, 20 12, 12, 12, 15	2:1:2 2:1:2 2:1:2
C1. Lat Pull-Down (Wide Grip) C2. Lat Pull-Down (Shoulder Width)	4	12, 12, 15, 15 10, 10, 12, 12	2:2:3 2:2:3
D1. Standing Lateral Shoulder Raises D2. Bodyweight Push-Ups (Bench)	4	12, 15, 15, 20 AMRAP	2:1:2 2:1:2
E1: Dumbbell Bicep Curls (Both Arms) E2: Triceps Kickback (One Arm)	3	10, 12, 15 10, 12, 15	2:3:2 2:1:2
F1. Rope Curls (Both Arms) F2. Triceps Rope Pushdown	2	AMRAP	3:3:3 3:3:3

Workout: C

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Leg Press (Shoulder-Width) A2. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12 10, 12, 12, 12	3:2:3 3:1:2
B1. Lying Leg Curls B2. Goblet Squats (Wide Stance)	4	10, 10, 12, 12 10, 10, 12, 12	2:1:2 2:1:2
C1. Dumbbell Lunges (Foot on Bench) C2. Lateral Step Ups C3. Wall Sits	4	10, 10, 12, 12 10, 10, 12, 12 30-45 seconds	2:1:2 2:1:2 N/A
D1. Leg Extensions (One Leg) D2. Jump Squats (Bodyweight)	2	15, 15 15, 15	2:1:2 2:1:2
Seated Hamstring Curls (One Leg)	3	12, 12, 15	2:1:2
Rope Pull-Throughs	3	12, 12, 12	3:3:3
Single Legged Calf Raises	3	12, 15, 15	2:3:2

Workout: D

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Incline Press A2. Barbell Rows (Reverse Grip)	4	10, 10, 10, 10 10, 10, 12, 12	2:1:2 2:1:2

B1. Arnold Dumbbell Press B2. Bench Dumbbell Fly	4	8, 10, 12, 12 10, 10, 12, 12	2:1:2 2:1:2
C1. Lat Pull-Down (Chin-Up Style) C2. Seated Lateral Shoulder Raises	4	10, 10, 12, 12 12, 12, 15, 15	2:1:3 2:1:2
Cable Crossovers	3	10, 12, 12	2:1:2
D1. Barbell Curls (Shoulder-Width) D2. Dumbbell Skull Crushers	3	10, 12, 15 10, 12, 12	2:1:2 2:1:2
E1. Hammer Curls (Alternate) E2. Overhead Triceps Extension	2	12, 15	2:2:3 2:1:2

WEEK #8 – WEEK #9

Insight: Now, the goal is to complete your training sessions with strength and proper form – you’re on the home stretch!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Barbell Squats	4	12, 12, 12, 12	2:1:2
A2. Dumbbell Static Lunges		10, 10, 12, 12	2:1:2
B1. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12	3:1:2
B2. Goblet Squats (Wide Stance)		12, 12, 15, 15	2:1:2
Dumbbell Step-Ups	3	12, 12, 15	2:1:2
C1. Barbell Hip Thrusts	4	10, 12, 12, 15	2:3:3
C2. Frog Pumps		12, 12, 15, 20	1:1:1
C3. Jump Squats (Bodyweight)		15, 15, 20, 25	2:1:2
D1. Leg Extensions	3	10, 12, 12	3:3:3
D2. Wall Sits		45-60 Seconds	N/A
Seated Hamstring Curls	4	10, 12, 12, 15	3:3:3
E1. Single Legged Calf Raises	4	15, 20, 20, 25	2:3:2
E2. Jump Rope		60+ seconds	N/A

Workout: B

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
A1. Dumbbell Incline Press A2. Dumbbell Incline Rows	4	12, 12, 12, 12 10, 10, 12, 12	2:1:2 2:1:2
B1. Standing Overhead Press B2. Bench Dumbbell Fly B3. Bent-Over Deltoid Fly	4	10, 10, 12, 12 12, 12, 15, 20 12, 12, 12, 15	2:1:2 2:1:2 2:1:2
C1. Lat Pull-Down (Wide Grip) C2. Lat Pull-Down (Chin-Up)	4	12, 12, 15, 15 10, 10, 12, 12	2:3:3 2:3:3
D1. Seated Lateral Shoulder Raises D2. Bodyweight Push-Ups (Bench)	4	12, 15, 15, 20 AMRAP	2:1:2 2:1:2
E1. Dumbbell Bicep Curls (Alternate) E2. One-Arm Overhead Extension	3	10, 12, 15 10, 12, 15	2:1:2 2:1:2
F1. Rope Curls (3-Way) F2. Triceps Rope Pushdown	3	15, 15, 15 15, 15, 15	2:1:2 3:3:3

Workout: C

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
A1. Leg Press (Shoulder-Width) A2. American Deadlift (Wide Stance)	4	12, 12, 12, 12 10, 10, 12, 12	2:2:3 2:1:2
C1. Dumbbell Lunges (Foot on Bench) C2. Lateral Step Ups C3. Wall Sits	4	10, 12, 12, 15 10, 12, 12, 15 60+ Seconds	2:1:2 2:1:2 N/A
D1. Leg Extensions D2. Jump Squats (Bodyweight) D3. Goblet Squats (Wide Stance)	3	15, 15, 15 15, 15, 15 10, 10, 12	3:3:3 2:1:2 2:1:2
Seated Hamstring Curls	4	12, 12, 15, 20	2:1:2
Rope Pull-Throughs	4	12, 12, 12, 12	3:3:3
Standing Calf Raises (Smith Machine)	3	12, 15, 15	2:3:2

Workout: D

Muscle Groups — Chest, Back, Shoulders, Biceps, & Triceps

Exercises	Sets	Reps	Tempo
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Bench Barbell Press	4	10, 10, 10, 10	2:1:2
B1. Bench Dumbbell Fly B2. Bench Dumbbell Inner Press	3	10, 10, 12 10, 12, 12	2:1:2 2:2:2
C1. Seated Rows (V-Bar) C2. Standing Lateral Shoulder Raises	4	10, 10, 12, 12 12, 12, 15, 15	2:2:3 2:1:2
High Rope Pulls	4	10, 12, 12, 15	2:1:2
D1. Barbell Curls (Shoulder-Width) D2. Dumbbell Skull Crushers	3	10, 12, 15 10, 12, 12	2:1:2 2:1:2
E1. Hammer Curls (Alternate) E2. Machine Triceps Dip	3	12, 12, 15	2:3:2 2:2:2

PROGRAM EXPLANATION

WEEK #1 — DELOAD PHASE

Feedback: You'll want to use this week to get familiar with these exercises with light weight (especially for your first set), practice these movements and record them into your workout journal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	B	—	C	D	—	—

On these days you can incorporate cardiovascular sessions, abdominal training sessions, active and/or rest days.

Workout: A

Muscle Groups — Quadriceps, Hamstrings, Glutes & Calves

Exercises	Sets	Reps	Tempo
Dumbbell Squats	3	10, 10, 15	3:1:2
Dumbbell Deadlifts	3	6, 8, 10	3:1:2
Bodyweight - Bench Hip Thrusts	3	12, 12, 15	3:0:1
Dumbbell Romanian Deadlifts	3	12, 12, 15	3:1:2
Dumbbell Static Lunges	3	10, 10, 12	3:1:2
Bodyweight - Bench Step Ups	2	10, 10	2:1:2
Leg Extensions (Machine)	3	10, 10, 12	3:3:3
Seated Hamstring Curls (Machine)	3	10, 12, 15	3:3:3
Standing Calf Raises (Smith Machine)	3	12, 15, 15	3:3:3
Seated Calf Raises (Machine)	2	10, 12	3:3:3

A set is a group of repetitions being done consecutively. For example, you'll perform 1st set for 10 reps, rest 1-2 minutes. Then perform 2nd set for 12 reps.

A repetition or "rep" is how many times you do the particular exercise within the full range of motion.

Speed; For example, dumbbell squats call for 3:1:2 meaning, count 3 seconds while lowering, Pause/hold for 1 second, and then lift yourself back up for a 2 second count.

Exercises	Sets	Reps	Tempo
A1: Leg Press (Shoulder-Width)	4	12, 12, 12, 12	2:2:3
A2: American Deadlift (Wide Stance)		10, 10, 12, 12	2:1:2
B1: Dumbbell Lunges (Foot on Bench)	4	10, 12, 12, 15	2:1:2
B2: Lateral Step-Ups		10, 12, 12, 15	2:1:2
B3: Wall Sits		60+ Seconds	N/A

This is called a super set. It consists of going directly from one movement (i.e. A1: Exercise Name) to another movement (i.e. A2: Exercise Name) without taking a rest between sets. Basically, it is the pairing of two movements, exercises, or lifts as one set.

Similar to supersets, but combines three movements, exercises or lifts as one set.

THE WORKOUT JOURNAL – SAMPLE

Name: _____

Date: _____

Week: _____

Exercises	Sets	Reps	WT	Tempo	Notes
A1. Dumbbell Squats	4	12, 12, 12, 15	35 lbs.	3:1:3	Felt great!
A2. Dumbbell Lunges	4	12, 12, 15, 15	30 lbs., 25 lbs.	3:3:3	Increased by 5lbs!

You'll write an equipment you'd like to work with.

To help you identify if it's a superset, triset or a circuit.

This is the amount of weight you lifted.

This is where you'll leave your notes to help you remember and determine if you need to improve for your next training session.

Cardio	Time	Distance	Intensity	Type?
Warm Up - Spinning Bike	3 min.	N/A	2	LISS
Spinning Bike	18 min.	N/A	4 / 10	HIIT
Cool Down - Spinning Bike	3 min.	N/A	2	LISS

Something you are proud of? _____

What is your overall feeling with this workout? _____

Additional Notes: _____

Note: You are welcome to print multiple copies of this training journal on the next page. We have designed this to help you keep track of your training sessions.

Week: _____

[illegible]

Cardio	Time	Distance	Intensity	Type?

Something you are proud of? _____

What is your overall feeling with this workout? _____

Additional Notes:

CARDIOVASCULAR ROUTINES

Here are some high-intensity interval training variations you can include in your weekly training program, preferably on your off-days (non-weight-training days) or after your weight training sessions. Keep in mind to keep one of your days for a proper/full recovery.

1. **Sprints**: This is one of most common forms of HIIT because they are short, explosive, and can bring your fitness to the next level. It is vital you make sure to do them properly, preventing the risk of injury and/or burnout.

- Warm up with a 5-minute jog and include dynamic stretches.
- Perform your first sprint at 80% of your max effort for 15-20 seconds.
- Take 30 seconds to 1 minute to recover.
- Repeat 6 to 8 more times.
- Finish your session with a 5-minute jog to cool down and perform static stretches.

2. **Hill Sprints**: If you are comfortable and confident with sprints, try hill sprints. Hills should be between 100 — 300 feet long. Use a similar routine like that above to perform the workout!

3. **Machine HIIT (Stair-master, Elliptical, Treadmill, Spin Bike)**: If you enjoy cardio sessions on one of the cardio machines, there are tons of great options! The following HIIT session can be performed on any cardio machine of your preference.

- 5-minute warm up (moderate pace)
- All out for 40 seconds (maximum pace) followed by 1:20 at moderate pace.
- Repeat 6 to 8 more times.
- Finish the session with a 5-minute cool down at moderate pace.

** If this is being done on a treadmill, bike, or elliptical — try bumping up the level of resistance first!*

*** When performing “all-out,” make sure you’re giving it 100% — you only have 6 to 8 intervals!*

4. **Bodyweight Workouts:** If you don’t have time to go to the gym but don’t want to skip a cardio session — here’s a sample workout you can do at home!

Perform each exercise for 20 to 25 reps with no rest between!

- Air Squats
- Stairs or Chair Dips
- Push-Ups (On floor with or without being on your knees)
- Walking or Static Lunges
- Bicep Curls (with potato sacks, backpacks or laundry detergents)
- Sprint Jumps
- 3-Way Jumps
- Burpees

Rest 2 to 3 minutes. Then repeat 2 to 5 more times.

5. **Tabata — Running:** If you enjoy running, you will love this routine. “Tabata” was introduced by Dr. Izumi Tabata from a study (published in the Journal of Medicine and Science in Sports and Exercise).

- 10-minute warm-up jog or run at comfortable pace.
- Run for 20 seconds at the fastest pace possible, followed by a 10-second slow jog for recovery.
- Repeat this :20/:10 pattern 8 to 12 times.
- Finish this session with a 5-minute slow jog as your cool down.

** Make sure when running all out that you’re maintaining your speed without sacrificing your form!*

6. **Tabata — Conditioning:** This type of Tabata involves 20 to 30 seconds of strength training, followed by 10 to 20 seconds of rest, and then performing a run at a moderate pace. Give yourself around 2 minutes to recover before repeating this routine 3 to 5 more times.

AMRAP = As Many Reps As Possible

- AMRAP High-Knee Sprints: 20-30 seconds, Rest 10-20 seconds.
- AMRAP Squats: 20-30 seconds, Rest 10-20 seconds.
- AMRAP Push-Ups: 20-30 seconds, Rest 10-20 seconds.
- AMRAP Burpees: 20-30 seconds, Rest 10-20 seconds.
- AMRAP Sit-Ups: 20-30 seconds, Rest 10-20 seconds.
- AMRAP Jump Squats: 20-30 seconds, Rest 10-20 seconds.

Rest for 2 (or more) minutes and then repeat 3 to 5 more times. Finish with a 5-10 minute run or jog to cool down. You may want to perform static stretches and/or foam roll as well.

7. **Time Challenge:** Start this session with a 10-minute warm-up jog or run. Then attempt completing as many rounds as possible in 15 minutes.

- 10 Push-Ups
- 10 Hanging Leg/Knee Raises
- 10 Jumping Squats
- 10 Burpees
- 10 Pull-Ups (Or Lat-Pull Down “Wide Grip”)

8. **Jump Rope:** This is one of our favorite HIIT sessions! Not only does it help burn calories, it helps improve foot speed, coordination, agility, and explosiveness. However, we warn you this is a high-impact session. Listen to your body throughout the workout!

- 5-minute warm-up: easy jump roping

- 1-minute: forward jumps
- 1-minute: alternate foot jumps
- 1-minute: side-to-side jumps
- 1-minute: double unders
- 1-minute: high-knee jumps
- 1-minute: one-foot hops (then switch to the other foot for another minute)

Rest for 2 to 3 minutes and repeat this circuit 2 to 4 more times.

9. **Plyometrics**: If you're looking for some conditioning work, this is a great option! Start with bodyweight. As you progress, include light dumbbells, a medicine ball, or a weighted vest for an increased level of resistance. You can also decrease the amount of rest periods between sets to help ramp up the level of intensity, too!

- Box Jumps: 30 seconds work, 30 seconds rest
- Plyos Push-Ups (On knees if needed): 30 seconds work, 30 seconds rest
- Jumping Lunges: 30 seconds work, 30 seconds rest
- 180-Degree Squat Jumps: 30 seconds work, 30 seconds rest
- Burpees: 30 seconds work, 30 seconds rest
- Jump Squats: 30 seconds work, 30 seconds rest

Rest 1 to 2 minutes. Repeat 2 to 4 more times.

10. **Ab Workout**: This is a great core strengthening routine. Rest 1 to 2 minutes after this circuit, striving to complete up to 5 sets!

- 25 Russian Twists (each side)
- 20 Wood Choppers (each side)
- 20 Mountain-Climbers (each leg)
- 20 Bicycle Crunches (each elbow/knee)
- 20 Hanging Leg/Knee Raises

** Maintain form as much as possible to prevent potential injury.*

- 11. Medicine Ball:** This is designed to help you have fun, taking a break from traditional high-intensity interval training protocols!

Complete 3 to 4 sets of 12 to 15 reps:

- Rock and Roll Up
- Medicine Ball Push-Ups
- V-Ups
- Wood Choppers
- Wall Tosses
- Overhead Squats
- Medicine Ball Slams (make sure it's not a bouncing ball)

- 12. Sleds:** If you have a sled trainer at your gym, consider yourself lucky! Push the sled from point "A" to point "B" as quickly as possible. Although the is not easy, it is a rewarding experience after completing this workout.

To perform the routine: Load the weight (if you're new to this — try it with no weight first). Then push the sled for a certain distance (around 15 to 25 seconds worth). Pause (if needed) and turn the sled around. Push it back to the starting place.

Rest for 1 to 2 minutes. Repeat 5 to 10 more times.

** Maintain form as you drive forward, keeping a straight line from your head to your ankles. Power and drive come directly from your hips and legs — not your arms, shoulders, and/or lower back.*

- 13. Battle Ropes:** If you see battle ropes at your gym, then you definitely should give this a try! This is one of our favorite options — especially if you are looking for something different.

Before starting this routine, incorporate dynamic stretches to get yourself warmed up.

- 1-minute Rope Waves
- 1-minute Shoulder Press
- 1-minute Rope Spirals
- 1-minute Side Slams
- 1-minute Alternating Wave Lunge Jumps
- 1-minute Start Jumps

Rest for 2 to 5 minutes before repeating 2 to 5 more times.

AB WORKOUT ROUTINES

Option #1: Perform 3 to 4 sets for 15 to 20 reps.

- Roll Up
- Bird Dogs
- Hip Raises
- Windshield Wipers
- Floor Crunches
- Alternating Superman
- Straight Leg Raises
- Bicycle Crunches
- Plank (Hold 30-60 seconds for 2-4 reps)

Option #2: Perform 3 to 4 sets for 15 to 20 reps.

- Crisscrosses
- Crossover Crunches
- Floor or Swiss Ball Crunches
- Flutter Kicks
- Heel Touch
- Supermans

Option #3: Perform 3 to 4 sets for 15 to 20 reps.

- Floor Crunches
- Bicycle Crunches
- Mountain Climbers
- Side V-Ups
- Dynamic Planks
- Crossover Crunches
- Toe Touches

- Hip Raises
- Crunch Claps

Option #4: Perform 3 to 4 sets of 15 to 20 reps.

- Rope Crunches
- Hanging Leg Raises (or Roman Chair Lifts)
- Russian Twists w/ Medicine Ball
- Ab Vacuum (30-60 seconds for 3-5 reps)
- Broomstick Twists

Option #5: Perform 3 to 4 sets of 12-15 reps.

- Decline Reverse Crunches
- Floor Crunches w/ Weight Plate
- V-Sit-Up w/ Rotations
- Climber Taps
- Plank Crunches
- Hollow Hold (30-60 seconds for 3-5 reps)

FREQUENTLY ASKED QUESTIONS

What is a rep?

A repetition or “rep” is how many times you do a particular exercise within the full range of motion.

What is a set?

A set is group of repetitions performed consecutively.

What is tempo?

Tempo is how long it takes to get from the start of the movement to the end of the movement. The middle number is always the seconds held at the most difficult part of the movement to engage the muscles for a greater length of time.

For example, if the program calls a 3:2:3 tempo for squats, count 3 seconds as you move down (this is known as the eccentric part of the movement, important for building the muscle). The “2” means 2 second hold at about a 90-degree angle (or the bottom of the squat). The last “3” indicates 3 seconds to push yourself back to the starting position (this is known as the concentric part of movement).

Remember: time under tension (TUT) is the way to go for maximal muscle gain!

What is a superset?

A superset indicates a combination of exercises performed consecutively from one movement (i.e. A1: Exercise Name) to another movement (i.e. A2: Exercise Name) without taking rest between exercises. Thus, the two movements are performed as one set. Once all exercises are performed, rest can be taken before performing the same two exercises back-to-back for the prescribed amount of sets.

What is a triset?

Similar to supersets, tri-sets simply combine three movements, exercises, or lifts together as one set.

What is a circuit?

Similar to supersets or tri-sets, circuits consist of completing one exercise moving into another exercise without rest between exercises. Circuits usually consist of 4 or more exercises rather than just 2 or 3. The completion of all exercises consecutively create one set.

What is a AMRAP?

As many reps as possible.

What is a deload phase?

A deload phase is simply a reduction in weekly training intensity. This is intended to help alleviate the accumulation of load on the central nervous system to reduce fatigue, reduce strain on joints and ligaments, and to reduce risk of injury and psychological stress.

This is ideal when you are transitioning between two different training programs. The deload phase can be implemented every 8-12 weeks. This is especially beneficial for individuals tracking their workouts through the following indicators: amount of weight lifted, number of completed sets and reps, and continually breaking through personal records in increments toward their weekly average (volume).

How do I know how much weight I should start with?

The weight should be heavy enough that your last two repetitions are barely doable while keeping proper form intact.

If you can easily complete the set and exceed the repetitions prescribed without a problem, your weight is too light.

If you cannot finish the set without needing to take rests in the middle of a set, your weight is too heavy.

You want it to be challenging enough that you are burned out by the end of the set with the prescribed repetitions for that exercise, but not so much you are needing to interrupt the set with rest. You especially never want to compromise form.

Do I use the same weights for all sets?

This depends. Here's a simple guideline helping you understand what your weight may look like depending on the number of repetitions in each set:

- 1 to 3 reps: super heavy weight
- 4 to 6 reps: heavy weight
- 8 to 12 reps: moderate weight
- 15 to 20+ reps: light weight

How do I know how much rest I should take?

A basic guideline for rest intervals is as follows:

- 1 to 5 reps: 3-5 minutes.
- 6 to 16 reps: 2 minutes.
- 16+ reps: 1 minute or less.

As you consistently train with this training program, work on gradually decreasing the amount of rest periods (except for the 1-5 repetition range). This increases the level of intensity and continues challenging you.

Will weight training reduce my flexibility?

No! When you perform an exercise, you're going through a full range of motion (ROM), which not only creates contraction but stretches your muscle groups through eccentric phases (i.e., when you're lowering the weight during a bicep curl).

What are dynamic stretches?

Dynamic stretches are movements requiring you to perform leg swings, trunk rotations, and arm rotations. We recommend performing 5-10 minutes of dynamic stretches before starting your workouts to warm up your joints, ligaments, tendons, and muscle groups.

What are static stretches?

Static stretches require holding positions for 30-60 seconds to stretch a muscle group of your choice, increasing your flexibility.

We recommend performing 10-20 minutes of static stretching after your workouts.

What is foam rolling?

This is known as self-myofascial release, completed through an exercise device (foam roller) for self-massage. This can help with tight areas, (known as "trigger points") relieving muscle soreness through recovery.

What is the difference between an off day and a rest day?

On your off-days, we recommend being active, doing something you enjoy outside the gym.

Rest days should be used to relax, enabling your body to kickstart its recovery process by rebuilding and repairing muscle groups.

Keep in mind, overtraining can cause adverse effects on the body and leads to potential injuries. It's important to have at *least* one complete rest day each week.

What if I enjoy doing daily cardio (or am training for a 5K, 10K, half or full marathon)? How would I incorporate this training program into my schedule?

We recommend training your upper body twice a week and lower body once a week, rotating through the workouts (list of exercises) from this weight training program.

How does the type of muscle contraction (concentric, eccentric, or isometric) impact force production?

Concentric and eccentric muscle contraction allows you to move and lift a weight.

The concentric portion of the lift is when the muscle shortens with a weight or force (for example, the "lifting" phase of the movement in a bicep curl); while the eccentric portion of the lift lengthens the muscle with tension from a weight or force (for example, the "lowering" of the weight in a bicep curl).

Isometric muscle contraction is the mid-point of the lift, when no changes in the muscle length is visible (for example, a 90-degree angle hold of the weight while doing a bicep curl). This happens when the contractile force is equal to the resistive force.

Should I do cardio before or after my weight training sessions?

You'll want to perform cardiovascular sessions *after* weight training sessions. Weight training requires energy from both muscular and systemic energy stores.

This means that if you decide to do a cardio session prior to starting your weight training, you will deplete muscle glycogen (think energy storage) that muscles use to lift heavy weight and build muscle. When glycogen becomes depleted, weight training will suffer.

When muscle glycogen is depleted from weight training, the body begins to burn fat during a cardio session (especially HIIT) due to excess post-exercise oxygen consumption (EPOC).

A study conducted by Dr. Kazushige Goto from the University of Tokyo, (published in Medicine and Science in Sports and Exercise) found that doing cardio *after* weight training burns *more* fat during the first 15 minutes of the cardio session than doing cardio prior to weight training.

This is why it's important to use as much energy as possible through weight training sessions!

How do I taper off excessive cardio sessions?

If you are cardio training for more than 2 hours per week and are not training for a specific sport, (like a half-marathon, marathon, or triathlon) you may want to decrease your total cardiovascular sessions to 2 hours or less every seven days.

We designed an outline below to help you taper the number of cardiovascular sessions performed each week based on your preferred number of hours per week.

# Of Hours	Session #1	Session #2	Session #3	Session #4
2	30 Mins (LISS)	30 Mins (LISS)	30 Mins (LISS)	30 Mins (LISS)
1.5	30 Mins (LISS)	30 Mins (LISS)	30 Mins (LISS)	—

1	30 Mins (LISS)	15 Mins (HIIT)	15 Mins (HIIT)	—
0.5	15 Mins (HIIT)	15 Mins (HIIT)	—	—

If you do not enjoy low-intensity steady state cardio, swap it for high-intensity interval sessions. Limit HIIT sessions to 15-25 minutes per session!

LIST OF EXERCISE SUBSTITUTIONS

If you are replacing exercises within this weight training program, it's important for your substitution to work the same muscle group(s) as the original exercise.

It means exchanging a compound exercise for another compound exercise, an isolated exercise for another isolated exercise, etc.

Quadriceps:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, and TRX
- **Foot position variations:** Narrow, Shoulder-Width, and Wide
- **Toe position variations:** Straight, Pointed-Outward
- **Single or Both Legs:** Either
- **Compound Lifts:** Back Squat, Front Squats, Hack Squats, Overhead Squats, Goblet Squats, Lumber Jack Squats, Linear Jammer Squats (Use Landmine or Barbell in a corner), Leg Press, Lunges, Curtsy Lunges, and Step-Ups
- **Isolation Lifts:** Leg Extensions, Deadman Quad Raises

Hamstrings:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Foot position variations:** Narrow, Shoulder-Width, and Wide
- **Toe position variations:** Straight, Pointed-Outward, Pointed-Inward
- **Single or Both Legs:** Either
- **Compound Lifts:** Straight Leg Deadlifts, Clean Deadlifts, Snatch Deadlifts, Lunges, Split Squats, Sumo Squats, Good Mornings, Cable Pull-Throughs, Prowler Sprints, Romanian Deadlifts

- **Isolation Lifts:** Seated Hamstring Curls, Lying Leg Curls, Standing Leg Curls, Box or Hurdle Jumps, Inchworms, Knee Tuck Jumps, Glute-Ham Raises

Glutes:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Foot position variations:** Narrow, Shoulder-Width, and Wide
- **Toe position variations:** Straight, Pointed-Outward
- **Single or Both Legs:** Either
- **Compound Lifts:** Hip Thrusts, Glute Bridges, Glute Blasters
- **Isolation Lifts:** Reverse Hip Raises, Donkey Kicks

Back:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral, and Wide
- **Single or Both Arms:** Either
- **Compound Lifts:** Deadlifts, Bent-Over Rows, Seated Cable Rows, Incline Rows, Pull-Ups
- **Isolation Lifts:** Pulls (i.e. High-Rope Pulls), Inverted Rows, Pullovers, Back Extensions

Chest:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball

- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral, and Wide
- **Single or Both Arms:** Either
- **Compound Lifts:** Flat Bench Press, Incline Bench Press, Decline Bench Press, Dips
- **Isolation Lifts:** Flyes, Pec Decline Flyes, Crossovers, Push-Ups, Medicine Ball Throws

Shoulders:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral, and Wide
- **Single or Both Arms:** Either
- **Compound Lifts:** Overhead Press
- **Isolation Lifts:** Inverted Shoulder Press, Arnold Press, Upright Rows, Single-Arm Linear Jammers, Both-Arm Linear Jammers, Lateral Raises, Front Raises, Rear Deltoid Flyes

Biceps:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral, and Narrow
- **Single or Both Arms:** Either
- **Compound Lifts:** Chin-Ups, Reverse Lat-Pulldowns (Underhand Grip)
- **Isolation Lifts:** Bicep Curls, Preacher Curls, Hammer Curls, Concentration Curls, Reverse Curls

Triceps:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral (Shoulder-Width), and Narrow
- **Single or Both Arms:** Either
- **Compound Lifts:** Close Grip Push-Ups, Close-Grip Bench Press, Decline Triceps Extensions, Bar Dips
- **Isolation Lifts:** Skull Crushers, Overhead Tricep Extensions, Cable Pushdowns, Bench Dips, Kickbacks

Traps:

- **Equipment variations:** Bodyweight, Dumbbells, Barbells, Machines, Cables, TRX, and Swiss Ball
- **Hand position variations:** Reverse, Prone, Side
- **Grip position variations:** Narrow, Neutral (Shoulder-Width), and Narrow
- **Single or Both Arms:** Either
- **Compound Lifts:** N/A
- **Isolation Lifts:** Shrugs