



Day 1 (Chest and Triceps)



Barbell Bench Press

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Decline Close-Grip Bench Press

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Cable or Dumbbell Chest Press

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Seated or Laying Triceps Extension or Pull Down

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Reverse Crunch

3 sets, 8 – 12 repetitions



Crunch Twist

3 sets, 8 – 12 repetitions



Date	Dist.	Level



Day 2 (Take a Class)

Intensity and fun is what happens when you have a good instructor, heart bumping music and other people around to help motivate you through the workout. Even Fitness Instructors with decades of experience enjoy taking a class. All you have to do is get to the aerobics room and the instructor, the music and your peers will carry you through. So on day two find a class and have some fun.



Date	Class



Day 3 (Back – Shoulders - Biceps)



Barbell Bent Over Row
3 - 5 sets, 8 - 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Normal or Assisted Pull-ups

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Bar Military Press
3 - 5 sets, 8 - 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Dumbbell Biceps Curl
3 - 5 sets, 8 - 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Abdominal Bridge
3 sets, 8 - 12 repetitions



Bicycle Crunch
3 sets, 8 - 12 repetitions



Rowing Machine

Date	Time	Date	Time



Day 4 (BASE Training)

Base training is low intensity long distance exercise that helps your body adapt to dealing with lactic acid build up while protecting your joints and muscles from injury. Basically you go the distance and as time progresses you add speed to your new found endurance. So on day four get out and enjoy a bike ride, a walk, a run of any combination of the above.



Date	Activity



Day 5 (Lower Body)



Back Squat

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Machine Leg Press

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Machine Leg Curl

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Leg Extensions

3 – 5 sets, 8 – 12 repetitions

Date	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps



Ab Crunch on a Ball

3 sets, 8 – 12 repetitions



Crunch Twist

3 sets, 8 – 12 repetitions



Date	Dist.	Level
Date	Dist.	Level
Date	Dist.	Level