



Light Weights & Cardio Based

- Cardio based
 - Body becomes less bulky
 - Gain / maintain tone
 - Running
 - Great quad development
 - Running uphill is great for the glutes
- Parameters
 - Recovery
 - Solid week when a body part is worked
 - Decreasing the intensity and duration of the workout will allow for more frequent sessions in a week.
 - Total sets per body part
 - 15 – 25 sets per week.
 - Split up through the week or performed all in one day.
- 3 days a week routine
 - Upper body one day, lower body the next, abs and light total body circuit the third day.
 - Or upper body one day, lower body the next and upper body the third. Continue the following week starting with lower body then upper then lower. Continue this trend.
- 4 days a week routine
 - Upper body day 1 → lower body day 2. Rest. Repeat.
 - Or Upper body day 1 → Lower body day 2 → Rest day → Abs day 3 → Full body routine day 4
- Whatever you decide to do mix it up and make sure each body part has a compound (strength), isolation (definition), and proprioception (stability) component weekly.
 - Compound movements are higher in intensity than the other movements. They require multiple joints and muscles to move the weight.
 - Shoulders: dumbbell or barbell press, cleans, etc
 - Legs: Squats, Leg Press, Lunges, Step Ups
 - Chest: Bench Press, Incline Bench Press, Decline Bench Press (all with barbell or dumbbell)
 - Back: Pull Ups, Rows, Pull Downs, etc
 - Isolated movements usually involve one joint moving and isolate the targeted muscle alone.
 - Shoulders: Front, Side, Backward raises with dumbbell, barbell, or cable
 - Legs: Leg Extensions, Leg Curls
 - Chest: Flies (dumbbell or cable)
 - Back: Back extensions, reverse flies chest high
 - Proprioception incorporates balance (let's do all standing on BOSU ball)
 - Shoulders: Kettle ball swings or any movement above on BOSU ball
 - Legs: single leg squats (pistol squats), BOSU squats
 - Chest: Push Ups hands on BOSU ball
 - Back: Rows while on BOSU ball



For the cardio aspect decide how far you would like to run. Some people can run 5 – 10 miles and still work out. Some a total of one mile. Decide how far you want to run that day (the more you run the more fat you lose). Divide that total by 3. You will run 1/3 before and after your workout (long run). The additional third will be broken up throughout the workout (short run).

Super set = SS = perform one set of each movement before resting.

1. Upper Body

- a. Long run.
- b. SS – Bench Press (Dumbbell, Barbell, or Push Ups), Lat Pull Down, Shoulder Press (dumbbell or barbell or machine). 2 – 4 sets of 8 - 12 reps with 1 minute rest between sets, not movements
- c. Short Run
- d. SS – Side Shoulder Raises, Seated Row, Chest Flies (dumbbell or machine). 2 - 4 sets of 15 – 20 reps with 30 secs between sets
- e. Short Run
- f. SS – Push Ups to Failure, Chin Ups to Failure, Bicep Curls to Failure, Triceps Extensions to Failure x 3 – 5 sets
- g. Long Run
- h. You can also do this routine by doing 2 sets of everything and after the last long run do 2 more sets of each SS

2. Lower Body

- a. Long Run x 3 = total wanting to run this day
- b. SS – Leg Extension and Leg Curls. 4 sets of 15 – 20 reps with 1 minute rest between movements
- c. SS – Lunges and Stiff Legged Dead Lifts 4 sets of 8 – 12 reps with 1 minute rest between movements
- d. SS – Step Ups (one leg at a time), Air Squats, and Seated Calf Raises. 2 – 4 sets of 25 with 1 minute rest between movements
- e. Calf Raises for 2 sets of 15 – 20 with 1 minute rest between sets
- f. Smith machine squats to failure x 4 with as much rest between sets as needed.

3. Total Body

- a. Long Run
- b. Complete 50 repetitions of the exercises in (c). You may increase a particular exercise without increasing the others. Do as many repetitions as you can until you get the number of reps that you pre-determined. For instance you may do 5 sets of 10 reps to get 50; or 10 sets of 5 to get 50; you may want to bring a note book and break them up separately. Push yourself and don't give up
- c. Push Ups, Air Squats, Pull Ups (switch to lat pull downs when you can't go any longer), Lateral Shoulder Raises palms down, Sit Ups
- d. Long Run
- e. Repeat c
- f. Long Run