

*Lean & Mean
Superset
Routine
(Non-Beginner)*



The 12-Week Strength & Conditioning Challenge



Created by:

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Before We Begin.....

- **We need to determine baseline measurements, as this will be valuable in the future to measure progress in terms of changes in body composition.**
- **I need to perform an assessment to evaluate your posture (both statically and during movement). This allows me to design a program that will address any potential musculoskeletal issues that may hinder performance.**
- **Set goals based on the findings of the assessment as well as any goals you deem important.**
- **Fill out Commitment sheet (see next page) as this will motivate you to accomplish the goals at hand. Copy and distribute to 3 of your friends, as this will build accountability.**
- **This is a 3 month program (90 days). It is recommended that we work together on the strength training 2-3 times/week. Cardiovascular workouts may be done on your own (see grid at the end of this packet).**



"We cannot change anything unless we accept it. Condemnation does not liberate; it oppresses."
-C.G. Jung

COMMITMENT SHEET

Name _____

Date _____

The undersigned proposes to furnish all materials and perform all labor necessary to complete the following goal:

GOAL _____

GOAL DATE _____

OBSTACLES _____

REWARDS _____

PLAN OF ACTION _____

I hereby swear to start today to reach out and do more with my life and achieve the greatness that I know lies within, which is just waiting to be brought out from this day forward. I will not be denied any longer, this is a day in my life that I finally get the guts to do what I know must be done and quit taking the easy way out. I will pay the price that is necessary to reach this goal because I know the pain of not fulfilling myself is greater than the pain of doing any job, no matter how hard it is. I have the power to change my life.

(I promise I will distribute photocopies of this sheet to 3 of my friends).

Signed _____ Date _____

Body Composition/Girth Measurements

Name _____

Date _____

Age _____

Weight _____

Body Composition Analysis

Triceps _____ Average _____

Abdominal _____ Average _____

Suprailium _____ Average _____

Thigh _____ Average _____

Total _____ mm

Body Fat% _____ Lean Body Mass _____ Fat Mass _____

Girth Measurements

Waist _____ (supine/narrowest point)

Hips _____ (Fullest part of the hips)

Thigh _____ (8" above patella) or (Gluteal Fold)

Arms _____ (Flexed/peak)

Women with waist-to-hip ratios of **more than 0.8** are at increased health risk because of their fat distribution.

Men with waist-to-hip ratios of **more than 1.0** are at increased health risk because of their fat distribution .

Example: (Women) waist=32 hips=44 Ratio ($32/44=0.7$) Low Risk

Core EssentialsSM

The 12-Week Strength & Conditioning Challenge

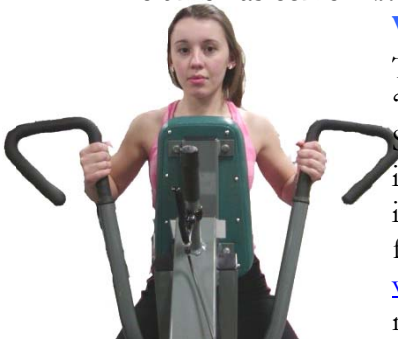
Synopsis:

This program was designed for the individual who has been weight training for 6 months or longer. The program is 12 weeks in length and becomes increasingly more challenging over the course of the 12 weeks.

Statistics indicate that 50% of individuals that join a health club 'drop out' after 3 months. Why? Because of many factors, but on the top of the list is lack of direction. I believe that the member must have a structured program that continuously challenges them throughout the 3 month period. Wouldn't it be great if you had a new program each month so you wouldn't get bored? The time has come: *The Core Essentials/12-Week Strength & Conditioning Challenge*.

Weeks 1-4: What to Expect

The first 4 weeks emphasize the use of machines (if you don't have the 'exact' piece of equipment, use something comparable) and free weights.. Since the movement on machines is on a guided or 'predetermined' track, it's easier to perform the exercise correctly. You can expect to see an increase in strength and the beginning of muscle tone (especially if you follow a sensible diet [visit my nutritionist's website www.myhealthadvisor.com for more details on diet]). I strongly advise nutrition intervention!!!

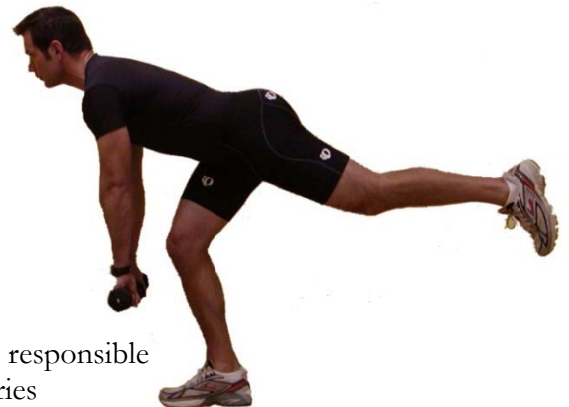


Weeks 5-8: What to Expect

During weeks 5-8 you will be performing exercises that are more difficult and more challenging than the exercises you were exposed to during weeks 1-4. The exercises chosen during weeks 5-8 not only challenge your strength but also your balance and skill since you will not be guided by a predetermined track (ie, machine).

This is sometimes referred to as *Functional Training*.

Training in this manner forces you to use the muscles that are responsible for stability and balance. This can result in burning more calories than traditional/machine type training, as well as targeting core muscles.



Weeks 9-12: What to Expect

During these weeks, you will alternate each week between The Lean and Mean Superset Routine with the functional training which you will be performing in weeks 5-8.

Michael A. Sylvester, B.S., L.P.T.A., C.P.T.

Weeks 1-4: Lean & Mean Superset Routine



The first 4 weeks of your strength training program will be comprised of exercises utilizing machines and/or free weights. Machines and free weights were because most individuals who have been exposed in a gym environment, are familiar with such equipment. Unfortunately, many exercisers who work out in the gyms today could achieve a higher level of success if they understood 2 main principles. (1) The *Overload Principle*, which simply states that you must place a greater than normal demand on the muscles/cardiovascular system which involves 3 main variables—*Volume, Intensity and Frequency*. The volume refers to how many sets and reps one does, the intensity refers to the amount of load used on any given exercise (as well as the rest time between sets—the less rest the higher the intensity) and finally the frequency, which refers to how many days one works out per week. (2) The system of training can also play a role in the success or failure of a strength and conditioning program. Someone once said, “Everything works, but not for a long time.” Simply put, we need to mix the routine up periodically so our muscles don’t adapt. In summary, weeks 1-4, you will be doing a more TRADITIONAL type of routine, using machines and free weights. Eventually, you will be doing exercises that require more motor skills and will involve movements of various postures that will challenge your balance, core stability and strength.



Guidelines:

1. Perform a cardiovascular exercise after performing this routine. For more details on cardiovascular training, refer to the 12 week cardio program at the end of this packet.
2. The exercise program on the preceding pages is designed as follows:
 - ❖ For the first 4 weeks you will be performing **The Lean and Mean Superset Routine**, which consists of performing pairs of exercises with minimum rest between each pair, this will increase the intensity of the exercise, which stimulates human growth hormone which will accelerate muscular definition for women and muscular bulk (in many cases) for men.
 - ❖ On the following pages, I’ve elaborated in greater detail the many questions you may have regarding **The Lean and Mean Superset Routine**
3. Weeks 5-8 will involve movements that require more motor skills and will increase your balance, core stability and functional strength. We need to explore together, which exercises will be most appropriate for you based on your current abilities.
4. Finally, weeks 9-12 will involve performing **The Lean and Mean Superset Routine** one week, and the following week, perform the functional exercises you learned on weeks 5-8. This way you won’t get bored and your muscles will not adapt to the stresses placed on them.

The Lean and Mean Superset Routine



Population Best Suited For “The Lean & Mean Superset Routine”.

- For men and women who want to sculpt and chisel their muscles. This program is for individuals who have experience with weights.
- Individuals who want to use a variety of equipment including free weights, machines and a stability ball.
- Individuals that don't have a lot of time to work out.
- Individuals who can train 3-4 days per week.

Individuals who possess orthopedic conditions may need to modify certain exercises.

What is “The Lean & Mean Superset Routine”?

- The Lean and Mean Superset Routine involves performing exercises in pairs with no rest between. For example, after performing a bench press, you would immediately perform an exercise for the upper back. Each pair is designed to strengthen opposing muscle groups which in turn will promote balance and symmetry. Immediately following the strength routine you will perform a cardio routine consisting of sprints.

**It is recommended that you refrain from sprints initially and perform your cardio workout at a steady rate.*

What benefits can be derived from “The Lean & Mean Superset Routine”?

- **The Lean & Mean Superset Routine** is designed to burn fat and strengthen your muscles by performing the superset workout (weight lifting routine) first, then immediately performing an *interval workout**. The interval workout is a cardiovascular routine that involves sprinting (at varying intensities) on a treadmill or a bike followed by active rests for 15-40 minutes. See below for more details.
- Most traditional work-out routines involve lifting weights with liberal rest periods between sets. Performing exercises back-to-back, on the other hand, places greater demands on the body due to the lack of rest. This translates to greater release of *human growth hormone*, a hormone responsible for many things, one being muscular development.

- Performing cardiovascular exercise in the same manner repeatedly over time results in the body adapting to such training. The result—it becomes more efficient which means you burn less fat. On the other hand, if you perform your cardiovascular exercise in an interval fashion it forces your body to work harder. The translation—you burn more fat!!!

How Many Reps/Sets and at What Weight Should I use For Each Exercise?

- For each exercise, use the heaviest weight possible that allows you to complete **eight repetitions for each set.**
- The sets and rest times are detailed below:
 - Perform each pair of exercises as a superset, doing one set of each before resting for 1 minute.
 - Work up to performing 3 sets of each exercise in each superset before moving on to the next pair of exercises. Remember to rest 1 minute between each pair of exercises.

What is the Interval Training Workout?

- First off, the interval training program should NOT be performed by beginner exercisers. I recommend that you perform the 12-Week Cardio Workout (which can be found at the end of this packet) first prior to attempting the interval training workout. The details of the Interval Training Workout are detailed below:

Perform the following workout on a treadmill or a stationary bike.

- Warm-up for 5 minutes, gradually increasing your intensity to about 75% of full effort.
- Sprint for 15 seconds at 90% of full effort.
- Slow to about 30% of your full effort for 90 seconds.
- Repeat for 3-6 intervals.
- As you progress, add time to your intervals until you're performing 30-second sprints.
- YOUR GOAL: SIX 30 second sprints at the end of this 4 weeks.

How long does “The Lean & Mean Superset Routine” take to complete?

- Approximately 35-40 minutes for the superset “weight” workout and 20-40 minutes for the sprint workout.

How many days per week should I perform the “The Lean & Mean Superset Routine”?

- You should perform this routine 3 non-consecutive days per week (i.e., Tuesday, Thursday, Saturday).

Flexibility exercises are not included in this program but are suggested for musculature that is tight. Consult with a qualified personal trainer to determine the appropriate stretches.

The Lean and Mean Superset Routine

Choose one of the following exercises:



Start



Finish

EXERCISE PAIR #1

EXERCISE 1A—Hack Squats

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing multiple sets)

Directions:

- Squat down and make sure your knees are over your small toes (see start photo).
- Rise up and from the squat position but don't lock out your knees (see finish photo).
- Keep your abs tight/keep your upper & lower back against the pad.
- Advance immediately to the "Ball Leg Curl" (or deadlift) exercise (no rest).

Starting Weight:

PROGRESSION: Increase weight.

Contraindications: Any knee pathology.

Advanced Exercise

SQUATS

Directions: Squat down and make sure your knees are over your small toes. Keep your heels on the ground.

PROGRESSION: Increase weight.

You may want to use dumbbells at first then "graduate" to a squat rack with a barbell on your shoulders (as depicted above).



Choose one of the following exercises:



Start



Finish

EXERCISE 1B—Ball Leg Curls

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Keep arms spread (as shown) for balance. Keep hips high & abs tight throughout exercise.
- Lift hips up (as depicted in above middle photo).
- Maintain hips in up position and pull ball toward your butt (as depicted in photo on right).
- Rest 1 minute and repeat exercise 1A and 1B if performing multiple sets, if performing only 1 set proceed to Exercise Pair #2.

Suggested Starting Weight: N/A

PROGRESSION: When 8 reps isn't a challenge, perform with one leg.



Alternative Exercise

EXERCISE 1B—Romanian Deadlift (modified)

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Hold the bar or dumbbells at arms length in front of your thighs (just below your knees) as start photo depicts. If you are a beginner, bend down only so the bar (or dumbbells) are ABOVE your knees.
- Your legs should be hip distance apart and your knees bent slightly. Your back should be straight, **DO NOT ROUND YOUR SPINE.**
- Slowly straighten up until you are fully erect.
- Keep your abdominal muscles tight and maintain an arched back position during entire exercise.
- Rest 1 minute and repeat exercise 1A and 1B if performing multiple sets, if performing only 1 set proceed to Exercise Pair #2.

Suggested Starting Weight:

PROGRESSION: Increase weight/increase the depth at which you descend.



Start



Finish

EXERCISE PAIR #2

EXERCISE 2A—Overhead Press (Using Dumbbells)

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Stand up straight with abs tight and knees slightly bent (see start photo).
- Lift weights up over head without arching your back (see finish photo).
- Return to starting position.
- Immediately proceed to the pulldown exercise.

Suggested Starting Weight:

PROGRESSION: Increase weight.

Contraindications: Any shoulder pathology, particularly rotator cuff or impingement syndrome.

Alternative Exercise:

NAUTILUS NITRO OVERHEAD PRESS

Directions:

Adjust seat to appropriate level. Grasp close grip handles, as this grip places less stress on shoulder joint. Lift arms overhead just shy of lockout. Keep elbows directly underneath your wrists during lowering phase. Lower handles to the level of your ears. Don't arch back.





Start

Finish

EXERCISE 2B—Hammer Lat Pulldown

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing multiple sets)

Directions:

- Position seat so hand grips are at arms length (see start photo).
- Pull hand grips toward your shoulders, do not allow your elbows to move behind your (see finish photo).
- **TIP:** When pulling the hand grips down, visualize your shoulder blades moving ‘down and in’.
- Rest 1 minute and repeat exercise 2A and 2B if performing multiple sets, if performing only 1 set proceed to exercise pair #3.

Starting Weight:

PROGRESSION: Increase weight.



Alternative Exercise

Pulldown Machine (Lifefitness)

- **Directions:** Keep your chin tucked throughout exercise and pull from your shoulder blades first then bend arms. Hold at end position for 5 seconds (see photo). Elbows should be at your side, not behind you.
- Keep your shoulder blades pinched together and down during the pulldown phase.

PROGRESSION: Increase weight. Try a Matrix set (5 full reps, 5 ½ up; 5 ½ down; 5 full reps).



Start



Finish

EXERCISE PAIR #3

EXERCISE 3A—Hammer Strength Bench Press (plate loaded)

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing multiple sets)

Directions:

- Position seat so hand grips are just below your armpits (see start photo).
- Push hand grips out in front of you (see finish photo).
- Keep your abs tight/keep your upper & lower back against the pad.
- Advance immediately to the “Seated Row” exercise (no rest).

Starting Weight:

PROGRESSION: Increase weight.

BENEFIT OF HAMMER STRENGTH BENCH: Performing a bench press on a machine requires NO spotter. Also, performing bench pressing on this machine combines presses with flies by virtue of the ‘biaxial’ design of the machine .

Contraindications: Bicipital tendonitis.



Alternative Exercise

BENCH PRESS W/ BARBELL

Directions: Grab the bar with a shoulder width grip. Slowly lower bar towards the chest and immediately drive up the bar until your arms are fully extended.

NOTE: This exercise requires a spotter.

PROGRESSION: Increase weight. Try a Matrix set (5 full reps, 5 ½ up; 5 ½ down; 5 full reps.



Start

Finish

EXERCISE 3A—Seated Row

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing multiple sets)

Directions:

- Grab handles with both hands while maintaining a straight back (see start photo).
- Straighten out torso so your at a 90 degree angle (thighs and torso) and pull arms towards chest (see finish photo). Do not arch your back.
- Hold for 3-5 seconds while keeping your shoulder blades ‘down and in’.
- Rest 1 minute and repeat exercise 3A and 3B if performing multiple sets, if performing only 1 set proceed to exercise pair #4.

Starting Weight:

PROGRESSION: Increase weight.

TIP: Most people perform the seated row incorrectly, in that they prematurely pull with their arms and not their upper back. When extending torso (finish position), pull initially with your shoulder blades, then complete the movement with your arms. Wrist should stay neutral, do not flex wrists.



Start

Finish

EXERCISE PAIR #4

EXERCISE 4A—Triceps Extensions (“Skull Crushes”)

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing multiple sets)

Directions:

- Use a ‘pre-fabricated E-Z Curl Bar’
- With your arms positioned as depicted above, and your feet on the floor, lift the bar up toward the ceiling **WITHOUT** moving your upper arms. Keep your elbows directly above your shoulders throughout the entire exercise.
- Do not arch your back during entire exercise
- Advance immediately to the “Seated curls” exercise (no rest).

Starting Weight:

Tips:

- 1) You may want to use a spotter the first few times so you don’t “crush your skull”.
- 2) Keep your wrists in a neutral position (ie., do not let them flex or extend) during the entire exercise.



Other Options for Triceps (back of arms):

- 1) Pushdowns.
- 2) Seated Triceps Machine.



Start



Finish

EXERCISE 4B— Seated Curls

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Sit down on bench with arms outstretched out at your sides and your palms facing each other (see start photo).
- Slowly curl your arms while you turn your wrist (supination) so at the end of the movement your palms are facing your shoulder (see finish photo).
- Rest 1 minute and repeat exercise 4A and 4B if performing multiple sets, if performing only 1 set proceed to exercise pair #5.
-

Suggested Starting Weight:

PROGRESSION: Increase weight.



Start



Finish

Alternative Biceps Exercise:

Machine Curls:

- 1) Adjust seat so upper arms are flush with pad. Align your elbows with red dot on machine.
- 2) Curl your arms up to your chin.
- 3) Return slowly but don't hyperextend your elbow.
- 4) When finished, stand up prior to fully extending your elbows (this will avoid hyperextension).



Option 1 (Ball Crunches)



Option 2 (MB Twists on Bosu)

EXERCISE PAIR #5

EXERCISE 5A— Ball Crunches

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Sit on ball with hands behind head (but not clasped) with your knees bent at a 90 degree angle and the small of your back in contact with the ball as depicted in start photo.
- Slowly lift up your trunk toward the ceiling while maintaining a chin tuck (ie., your chin should not be touching your chest) [see photo].
- Keep your abdominal muscles tight and do not arch your back during entire exercise (especially on the way down).
- Breathe out during the lifting phase and breathe in during the lowering phase.
- Advance immediately to the “LifeFitness Back Extension” exercise (no rest).
-

Suggested Starting Weight: N/A

PROGRESSION: Place a weight on your chest when 8 poses no challenge.

Contraindications: Severely impaired balance.

Alternative Exercise

Ab Machine

Directions:

Adjust seat so axis of rotation of machine is aligned with the bottom of your rib cage. Place feet behind the rollers. Slowly “crunch” down as depicted in finish photo. Rise back up. Refrain from holding on too tight.

TIP: Many people complain that “Ab machines” irritate their back. If this is true for you, try limiting how far you crunch down.

Progression: Increase weight.





Start



Finish

EXERCISE 5B—LifeFitness Back Extension

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Adjust range of motion knob to accommodate your flexibility.
- Slowly extend your trunk back while maintaining a chin tuck (ie., your chin should not be touching your chest, nor should you tilt your head backwards) [see photo].
- Keep your abdominal muscles tight and do not arch your back during extension phase of exercise
- Breathe out during the lifting phase and breathe in during the lowering phase.
- Rest 1 minute and repeat exercise 3A and 3B if performing multiple sets, if performing only 1 set proceed to Exercise Pair #4.

Suggested Starting Weight: N/A

Contraindications: Acute lower back pathology.

Alternative Exercise

Glute Machine (for the butt)

Directions:

Adjust hip pad to appropriate setting. Place non-working knee securely on pad. Extend working leg up toward ceiling, but do not arch your back as depicted in finish photo. Return. Keep your abs tight throughout the exercise.

Progression: Increase weight.



Start



Finish



EXERCISE PAIR #6

EXERCISE 6A—Plank

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Assume a modified push-up position and place your weight on your forearms (as shown).
- Your body should form a straight line from your shoulder down to your ankles [see photo]. Do not arch your back!!!!!!!!!!!!
- Contract or “Brace” your abdominals and try to hold this position for approximately 10-15 seconds—this is considered 1 set. Repeat for designated number of reps. Or hold for 1-2 minutes (this would be one set).
- Advance immediately to the Lower Trunk Rotation exercise.

Suggested Starting Weight: N/A

Alternative Exercises (more challenging)

Ball Walkout

Directions:

- Begin by kneeling on the floor with the ball resting against your abdomen—then roll onto the ball and walk your hands forward as depicted in photo.
- Maintain that ‘straight line’ through your knee, hip, shoulder and neck while contracting abs.
- **DO NOT ARCH YOUR BACK**
- **Hold this position for 5-10 seconds and repeat 5-10 times.**

NOTE: If this is too difficult, walk out so ball is under your knees.

Progression: Progress to jack knife (see photo on right).



Ball Walk Out



Jack Knife



Start



Finish

EXERCISE 6B—Lower Trunk Rotation

REPS: 8 reps

SETS: 3 sets (work up to 3 sets)

REST: 1 minute between supersets (if performing 3 sets)

Directions:

- Lie on your back with your arms outstretched (cross position).
- With your legs up (as shown), rotate your legs side to side without letting your shoulder blades come off the floor. Do not arch your spine.
- If this is too difficult, perform with legs bent (see below).
- Rest 1 minute and repeat exercise 6A and 6B if performing multiple sets, if performing only 1 set proceed to Interval workout.

Contraindications: Acute lower back pathology.



Lean & Mean Superset Routine

Exercise	Visual Image	Training Variables	Date										
Warm-up: Corrective Exercises:													
Stretches:\													
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											
		Weight: Reps: Sets:											

Exercise	Visual Image	Training Variables	Date								
		Weight: Reps: Sets:									
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		Weight: Reps: Sets:									
		Weight: Reps: Sets:									

Notes:



Weeks 5-8: (Developing Functional Strength)

These next few weeks you will be performing exercises that are more difficult and more challenging than the exercises you were exposed to during weeks 1-4. The exercises selected not only challenge your strength but also your balance, posture, and skill.



Summary of Program

- ❖ This stage of training is designed to improve stabilization, balance, endurance, and functional strength.
- ❖ The exercises you will be performing will be based on your abilities. I will choose from a variety of functional exercises, and the choice is based on assessment findings.
- ❖ Don't get discouraged if you can't master the movement your first attempt. These exercises are much more difficult to perform than the exercises in weeks 1-4.

Guidelines:

- ❖ **The sets and rest times are detailed below:**
 - I encourage you to wear a pair of headphones attached to an mp3 player which tells you when to 'switch' to the next exercise.
 - You will perform each exercise for 1 minute and 15 seconds, which you will be prompted to switch at that time.
 - I encourage you to master the exercises before you wear your headset, that way you won't feel discouraged.
 - There are 6 exercises which should take you 8-10 minutes if you perform it once (which is encouraged the first 2 weeks [5-6], weeks 7-8 however, perform it twice which should take you 15-20 minutes).
- ❖ **Perform this workout 3x/week (non-consecutive days).**



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Station 1

Lower Body Exercises

(Together we will choose the exercise that best suits your fitness level)

The exercises in Station 1 target the lower body (hips, buttocks, and thighs)
(Exercise #1 is the easiest, while exercise #8 is the hardest)



1. Sit-to-Stand



2. Deadlift



3. Squat



4. Dippin' Bird



5. Lunge



6. 1 leg stand- arm reach



7. One-Leg Deadlift



8. One Leg Squat

Exercise Chosen: _____

- ✓ Perform the above exercise for 10-15 repetitions or wear head set and wait for 'switch' prompt.
- ✓ Proceed to station 2.



Station 2

Core Exercises

(Together we will choose the exercise that best suits your fitness level)

The exercises in Station 2 target the buttocks, posterior thigh and abdominals
(Exercise #1 is the easiest, while exercise #12 is the hardest)



1. Finding Neutral



2. Two-Leg Bridge



3. Fall-Outs w/Band



4. Marching



5. One-Leg Bridge



6. Ball Bridge (feet on ball)



7. Alternate Leg Lifts



8. Ball Bridge (feet on floor)



9. Two-Leg Ball Curl



10. One-Leg Ball Curl



11. Russian Twist



12. Russian Twist w/Press

Exercise Chosen: _____

- ✓ Perform the above exercise for 10-15 repetitions or wear head set and wait for 'switch' prompt.
- ✓ Proceed to station 3.



Station 3

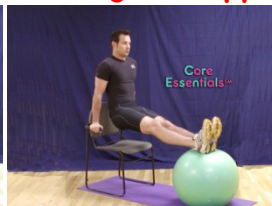
Upper Body Exercises

(Together we will choose the exercise that best suits your fitness level)

The exercises in Station 3 target the upper body and primarily encourage pushing motions



1. Seated Dip on Chair



2. Long Sitting Dip
Feet on Ball



3. Bench Press on Ball



4. Bench Press on Foam



5. Push-Up on Incline Bench



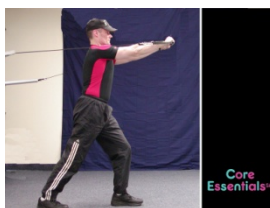
6. Push-Up (knees/hands)



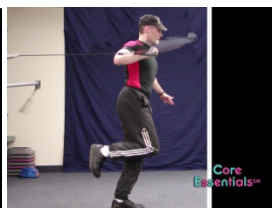
7. Push-Up (toes/hands)



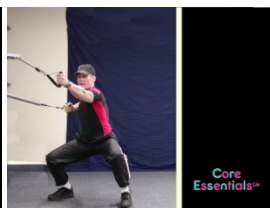
8. Push-Up w/MB Pass



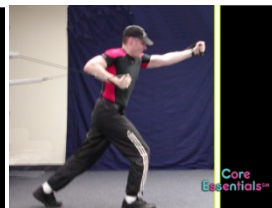
9. Standing Chest Press



10. One-Leg Chest Press



11. Push/Pull with Squat



12. Jog & Jab

Exercise Chosen: _____

- ✓ Perform the above exercise for 10-15 repetitions or wear head set and wait for 'switch' prompt.
- ✓ Proceed to station 4.

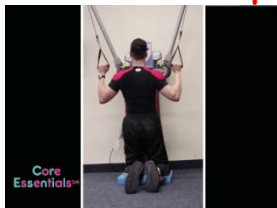


Station 4

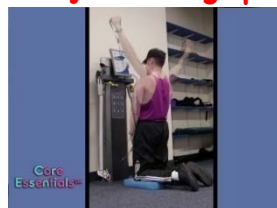
Combo Exercises

(Together we will choose the exercise that best suits your fitness level)

The exercises in Station 4 target the upper body & lower body (hence 'combo') and primarily encourage pulling motions of the upper body



1. Kneeling Pulldown



2. Kneeling Field Goal



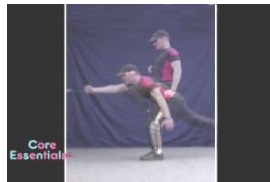
3. Squat to Field Goal



4. One-Leg Squat to Field Goal



5. Squat to Row



6. One-Leg Squat to Row



7. Half-Kneeling Lift



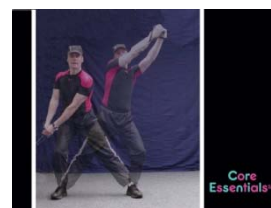
8. Half-Kneeling Chop



9. One-Arm (2 point contact)



10. Standing Chop



11. Standing Lift

Exercise Chosen: _____

- ✓ Perform the above exercise for 10-15 repetitions or wear head set and wait for 'switch' prompt.
- ✓ Proceed to station 5.



Station 5

Abdominal Exercises

(Together we will choose the exercise that best suits your fitness level)

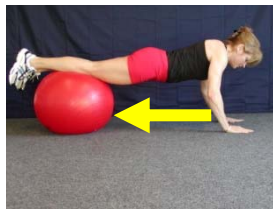
The exercises in Station 5 target the muscles in the midsection and obliques ('love handles')



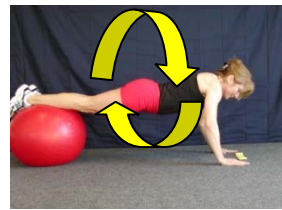
1.Plank (elbows & knees)



2.Plank (elbows & toes)



3.Prone on Ball Roll Backs



4. Log Rolling (Twists)



5.Jack Knife (2 legs)



6.Jack Knife (1 leg)



7.Roll Out w/Wheel



8.Prone alt. Knee to ball

Exercise Chosen: _____

- ✓ **Perform the above exercise for 10-15 repetitions* or wear head set and wait for 'switch' prompt.**
- ✓ **Proceed to station 6.**

***Exercise 1 & 2 hold the position for as long as you can but don't exceed 1 min:15 sec.**



Station 6

Abdominal Exercises

(Together we will choose the exercise that best suits your fitness level)

The exercises in Station 6 target the muscles in the midsection and obliques ('love handles')



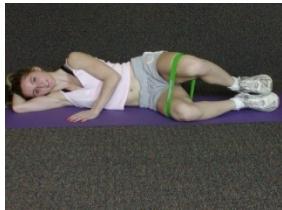
1.LTR (feet on Ground)



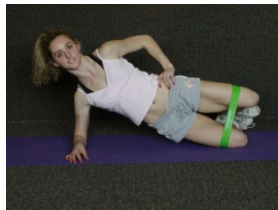
2. LTR (feet up/legs bent)



3.LTR (feet up/legs straight)



4.Clam Shell With Band



5. Side Bridge w/Band



6.Side Bridge



7.Side Sit Up on Bosu



8. Side Sit Up on Stability Ball

Exercise Chosen: _____

- ✓ **Perform the above exercise for 10-15 repetitions or wear head set and wait for 'switch' prompt.**
- ✓ **Repeat Circuit.**

Functional Routine

Exercise	Visual Image	Training	Date								
Station 1:		Weight: Reps: Sets:									
Station 2:		Weight: Reps: Sets:									
Station 3:		Weight: Reps: Sets:									
Station 4:		Weight: Reps: Sets:									
Station 5:		Weight: Reps: Sets:									
Station 6:		Weight: Reps: Sets:									

Weeks 9-12: (Developing Functional & Traditional Strength)

These next few weeks you will be performing ALL the exercises you learned throughout this program. For instance, one week perform The Lean and Mean Superset Routine, then the following week (week 10), perform the routine you learned in weeks 5-8, and so on.



Summary of Program

- ❖ Performing a traditional strength exercise allows you to get stronger and firmer (which you will be doing when performing The Lean and Mean Superset Routine). The following week you will be performing a stability based/functional exercise routine which improves motor skills and core stability, not to mention improved muscle endurance.
- ❖ This combination of movements will burn an absorbent amount of calories, increase core stability and enable you to perform activities of daily living and sport with ease.

Guidelines:

- ❖ **The sets and rest times are detailed below: Weeks 5-8**
 - I encourage you to wear a pair of headphones attached to an mp3 player which tells you when to 'switch' to the next exercise when you are performing the functional exercises (weeks 5-8).
 - You will perform each exercise for 1 minute and 15 seconds, which you will be prompted to switch at that time.
 - I encourage you to master the exercises before you wear your headset.
- ❖ **Perform this workout 3x/week (non-consecutive days).**



Cardio Program/Calories Expended Log

Week 1

- Goal 1—Expend 300 cal/week
- Goal 2—Expend 500 cal/week
- Goal 3—Expend 900 cal/week

Week 2

- Goal 1—Expend 400 cal/week
- Goal 2—Expend 800 cal/week
- Goal 3—Expend 1000 cal/week

Week 3

- Goal 1—Expend 500 cal/week
- Goal 2—Expend 900 cal/week
- Goal 3—Expend 1200 cal/week

Week 4

- Goal 1—Expend 500 cal/week
- Goal 2—Expend 900 cal/week
- Goal 3—Expend 1200 cal/week

Instructions:

1. Set goal (1, 2, or 3 (see above)) based on appropriate fitness level (if you are a beginner to exercise, you may want to choose goal 1. If you have exercise experience choose goal 2 or 3).
2. Record the type of exercise you perform in the "Exercise" column (i.e., Treadmill, Stationary Bike, etc.). Record the date at the top of each row. Record the calories burned in the date column.
3. There are 5 columns that represent the maximum number of days you exercise per week. Beginners are encouraged to train only 3 days/week, therefore, only 3 columns are needed.
4. At the bottom of each column, add up the total number of calories expended (burned). See bottom of page for example. Enter this number when you submit your total calories for the week.

Exercise									Total Calories
↑									↑
Total Calories Burned for week									↑

Example:

Exercise	12/3/03	12/5/03	12/7/03	Total Calories
Treadmill	150	150	200	500
↑				↑
Total Calories Burned for week				500



Here is an example of how to fill out the exercise grid (this is the beginner version, utilizing 3 columns or 3 days per week).
Week 4/Goal 1: To burn 500 calories. Mission Accomplished.

Week 5

Goal 1—Expend 600 cal/week
 Goal 2—Expend 1000 cal/week
 Goal 3—Expend 1500 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 6

Goal 1—Expend 700 cal/week
 Goal 2—Expend 1200 cal/week
 Goal 3—Expend 1700 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 7

Goal 1—Expend 750 cal/week
 Goal 2—Expend 1300 cal/week
 Goal 3—Expend 1800 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 8

Goal 1—Expend 800 cal/week
 Goal 2—Expend 1500 cal/week
 Goal 3—Expend 2000 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 9

Goal 1—Expend 800 cal/week
 Goal 2—Expend 1550 cal/week
 Goal 3—Expend 2000 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 10

Goal 1—Expend 850 cal/week
 Goal 2—Expend 1600 cal/week
 Goal 3—Expend 2025 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 11

Goal 1—Expend 900 cal/week
 Goal 2—Expend 1650 cal/week
 Goal 3—Expend 2050 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Week 12

Goal 1—Expend 1000 cal/week
 Goal 2—Expend 1700 cal/week
 Goal 3—Expend 2075 cal/week

Exercise		Total Calories	Total Calories	Total Calories	Total Calories
Total Calories Burned for week		↑			↑

Calorie Comparisons: 3 days vs. 5 days

Week 1

- Goal 1—Expend 300 cal/week {100cal x 3 days or 60 cal x 5days}
- Goal 2—Expend 500 cal/week {166cal x 3 days or 100 cal x 5 days}
- Goal 3—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}

Week 3

- Goal 1—Expend 500 cal/week {167 cal x 3 days or 100 cal x 5 days}
- Goal 2—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
- Goal 3—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}

Week 5

- Goal 1—Expend 600 cal/week {200 cal x 3 days or 120 cal x 5 days}
- Goal 2—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}
- Goal 3—Expend 1500 cal/week {500 cal x 3 days or 300 cal x 5 days}

Week 7

- Goal 1—Expend 750 cal/week {250 cal x 3 days or 150 cal x 5 days}
- Goal 2—Expend 1300 cal/week {433 cal x 3 days or 200 cal x 5 days}
- Goal 3—Expend 1800 cal/week {500 cal x 3 days or 260 cal x 5 days}

Week 9

- Goal 1—Expend 800 cal/week {267 cal x 3 days or 160 cal x 5days}
- Goal 2—Expend 1550 cal/week {516 cal x 3 days or 310 cal x 5 days}
- Goal 3—Expend 2000 cal/week {666 cal x 3 days or 400 cal x 5 days}

Week 11

- Goal 1—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
- Goal 2—Expend 1650 cal/week {550 cal x 3 days or 330 cal x 5 days}
- Goal 3—Expend 2050 cal/week {683 cal x 3 days or 410 cal x 5 days}

Pace Conversions for walking/running:

2.0 mph=30 minute mile	4.0 mph=15 minute mile	6.0 mph=10 minute mile
2.5 mph=24 minute mile	4.5 mph=13 minute mile	6.5 mph=9 minute mile
3.0 mph=20 minute mile	5.0 mph=12 minute mile	7.0 mph=8 min/30 sec mile
3.5 mph=17 minute mile	5.5 mph=11 minute mile	7.5 mph=8 min mile

Week 2

- Goal 1—Expend 400 cal/week {133 cal x 3 days or 80 cal x 5 days}
- Goal 2—Expend 800 cal/week {266 cal x 3 days or 160 cal x 5 days}
- Goal 3—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}

Week 4

- Goal 1—Expend 500 cal/week {167 cal x 3 days or 100 cal x 5 days}
- Goal 2—Expend 900 cal/week {300 cal x 3 days or 180 cal x 5 days}
- Goal 3—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}

Week 6

- Goal 1—Expend 700 cal/week {233 cal x 3 days or 140 cal x 5 days}
- Goal 2—Expend 1200 cal/week {440 cal x 3 days or 240 cal x 5 days}
- Goal 3—Expend 1700 cal/week {566 cal x 3 days or 340 cal x 5 days}

Week 8

- Goal 1—Expend 800 cal/week {267 cal x 3 days or 160 cal x 5 days}
- Goal 2—Expend 1500 cal/week {500 cal x 3 days or 300 cal x 5 days}
- Goal 3—Expend 2000 cal/week {666 cal x 3 days or 400 cal x 5 days}

Week 10

- Goal 1—Expend 850 cal/week {283 cal x 3 days or 170 cal x 5 days}
- Goal 2—Expend 1600 cal/week {533cal x 3 days or 320 cal x 5 days}
- Goal 3—Expend 2025 cal/week {675 cal x 3 days or 405 cal x 5 days}

Week 12

- Goal 1—Expend 1000 cal/week {333 cal x 3 days or 200 cal x 5 days}
- Goal 2—Expend 1700 cal/week {566 cal x 3 days or 340 cal x 5 days}
- Goal 3—Expend 2075 cal/week {691 cal x 3 days or 415cal x 5 days}