

**BEGINNERS - MONDAY/FRIDAY (WEIGHT DAY 1)**  
 (UPPER BODY)

			TRAINING DATE AND WEIGHT RECORDING						
MUSCLE GROUP	EXERCISE	REPS							
BEGINNERS	Chest	Seated chest press machine	15						
			12						
		10							
		8							
		Push ups	Double dropset						
	Back	Lat pull down	15						
			12						
			10						
			8						
		Low pulley row	Double dropset						
Shoulders	Machine shoulder press	15							
		12							
		10							
		8							
	Dumbell lateral raises	Double dropset							
Biceps	Standing dumbell curls	15							
		12							
		10							
		8							
	EZ bar curls	Double dropset							
Triceps	Tricep press downs	15							
		12							
		10							
		8							
	Bench dips	Double dropset							

**BEGINNERS - WEDNESDAY (WEIGHT DAY 2)**  
 (LOWER BODY)

			TRAINING DATE AND WEIGHT RECORDING					
MUSCLE GROUP	EXERCISE	REPS						
<b>BEGINNERS</b>	Quads	45 degree leg press	15					
			15					
			12					
			10					
	Leg extensions	Double dropset						
	Hamstrings	Lying leg curls	15					
15								
12								
10								
One leg hip lifts	Double dropset							
Calves	Standing calve raises	15						
		15						
		12						
		10						
	Seated calve raises	Double dropset						

**BEGINNERS - TUESDAY/THURSDAY**  
 (CARDIO + STOMACH)

			TRAINING DATE AND WEIGHT RECORDING						
MUSCLE GROUP	EXERCISE	REPS							
<b>BEGINNERS</b>	Stomach (Repeat the exercises in listed order 2-3 times)	Vacuums - standing	5 x 5 seconds						
		Vacuums – side	5 x 5 seconds						
		Normal crunches	15						
		Twisties	15						
	Cardio	<p>Do at least 20 minutes of High Intensity Interval Training (HIIT) of your choice, such as running, spinning, rowing or step machine.</p> <p>For example, if you're running:</p> <ul style="list-style-type: none"> <li>• Walk fast for 1 minute</li> <li>• Jog for 1 minute</li> </ul> <p>Repeat the above 2 steps.</p> <p>As you get more fit, instead of walking/jogging, change it to jogging/running.</p>							



**INTERMEDIATE - WEDNESDAY (WEIGHT DAY 2)**  
 (LOWER BODY)

				TRAINING DATE AND WEIGHT RECORDING											
MUSCLE GROUP	EXERCISE	REPS MALE	REPS FEMALE												
INTERMEDIATE	Quads	Squats	20 18 12	20 18 12											
		Dumbbell lunges	15 12 10	15 12 10											
		Leg extensions	Triple dropset	Triple dropset											
	Hamstrings	Semi stiff leg deadlifts	15 12 10 8	15 12 10 8											
		Lying leg curls	Triple dropset	Triple dropset											
	Glutes (bum)	Glutes machine	15 12 10 8	15 12 10 8											
	Stomach	Vacuums - standing	8 x 5 seconds	8 x 5 seconds											
		Fingers to toes	15	15											
		Twisties	25	25											
		Side bridging	40 seconds	40 seconds											

Repeat stomach 2-3 times in above order.



**INTERMEDIATE - TUESDAY/THURSDAY**  
 (CARDIO + STOMACH)

			TRAINING DATE AND WEIGHT RECORDING						
MUSCLE GROUP	EXERCISE	REPS							
Stomach (Repeat the exercises in listed order 2-3 times)	Vacuums - lying	5 x 5 seconds							
	Side crunches	15							
	Bridging	30 - 60 seconds							
	Knee pull ins	15							
INTERMEDIATE Cardio	<p>Here s the good news! You should still not be doing cardio longer than about 30 minutes, because if you do, your body will start using muscle for fuel, slowing down your metabolism as well as your fat burning ability.</p> <p>At this stage you should still be running for about 20 minutes, but your intensity should be increasing.</p> <p>For example, if you are running, you should either:</p> <ol style="list-style-type: none"> <li>1) Shorten your intervals (instead of a 1 minute jog and then a 1 minute run, change it to a 30 second jog and then a 30 second run), or</li> <li>2) Quicken your pace (1 minute jog, then a 30 second sprint).</li> </ol>								



**ADVANCED MALE - TUESDAY (WEIGHT DAY 2)**  
 (UPPER BODY)

			TRAINING DATE AND WEIGHT RECORDING								
MUSCLE GROUP	EXERCISE	REPS									
ADVANCED - MALE	Back	Lat pull down	12								
			10								
			8								
			6								
		Low pulley row	12								
			10								
			8								
		One arm dumbbell rows	10								
		10									
		8									
	45 degree hyper extension	12									
		10									
		8									
		6									
	Biceps	EZ bar curls	12								
			12								
			10								
			8								
	Squat curls	12									
			10								
			8								
			6								

**ADVANCED MALE - WEDNESDAY (WEIGHT DAY 3)**  
 (LOWER BODY)

			TRAINING DATE AND WEIGHT RECORDING										
MUSCLE GROUP	EXERCISE	REPS											
Quads	45 degree leg press	15 12 10 8											
	One leg squats	15 12 10											
	Leg extensions	15 12 10											
Hamstrings	Lying leg curls	15 12 10 8											
	Semi stiff leg dead lifts	15 15 15											
Calves	45 degree toe press	25 20 18 15											
Glutes (bum)	Low pulley hip extension	15 12 10 8											
Stomach	Vacuums - standing	8 x 5 sec											
	Fingers to toes	15											
	Twisties	25											
	Bridging	40 sec											

Repeat stomach 2-3 times in above order.





**ADVANCED FEMALE - MONDAY/THURSDAY  
 (TRAINING DAY 1)**

			TRAINING DATE AND WEIGHT RECORDING											
MUSCLE GROUP	EXERCISE	REPS												
ADVANCED - FEMALE	Chest	Inclined dumbbell press	15											
	Cardio	Cardio	1 min flat out											
	Stomach	Fingers to toes	15											
		Inclined dumbbell press	12											
		Cardio	1 min flat out											
		Fingers to toes	15											
		Inclined dumbbell press	10											
		Cardio	1 min flat out											
		Fingers to toes	15											
		Back	Lat pull down	15										
			Cardio	1 min flat out										
	Stomach		Reverse crunches	15										
			Lat pull down	12										
			Cardio	1 min flat out										
			Reverse crunches	15										
			Lat pull down	10										
			Cardio	1 min flat out										
			Reverse crunches	15										

continued...



**ADVANCED FEMALE - TUESDAY/FRIDAY (TRAINING DAY 2)**  
 (LOWER BODY/CARDIO)

			TRAINING DATE AND WEIGHT RECORDING																	
MUSCLE GROUP	EXERCISE	REPS																		
ADVANCED - FEMALE	Quads	Dumbbell lunges	20																	
	Cardio	Cardio	1 min flat out																	
	Abs	Twisties	15																	
		Dumbbell lunges	18																	
		Cardio	1 min flat out																	
		Twisties	15																	
		Dumbbell lunges	15																	
		Cardio	1 min flat out																	
		Twisties	15																	
		Hamstrings	Lying leg curls	15																
	Cardio	Cardio	1 min flat out																	
	Abs	Fingers to toes	15																	
		Lying leg curls	15																	
		Cardio	1 min flat out																	
		Fingers to toes	15																	
		Lying leg curls	15																	
		Cardio	1 min flat out																	
		Fingers to toes	15																	

...ADVANCED FEMALE - TUESDAY/FRIDAY (TRAINING DAY 2)

			TRAINING DATE AND WEIGHT RECORDING																
MUSCLE GROUP	EXERCISE	REPS																	
INTERMEDIATE	Calves	Seated calve raises	20																
	Cardio	Cardio	1 min flat out																
	Stomach	Reverse crunches	15																
		Seated calve raises	18																
		Cardio	1 min flat out																
		Reverse crunches	15																
		Seated calve raises	15																
		Cardio	1 min flat out																
		Reverse crunches	15																
		Leg combo	Plie dumbbell squats	15															
	Cardio	Leg extensions	15																
		One leg hip lifts	15																
		Cardio	1 min flat out																
		Plie dumbbell squats	15																
Leg extensions		15																	
One leg hip lifts		15																	
Cardio	1 min flat out																		

If you feel like a little more of a challenge, only do upper body cardio (like rowing or boxing) on Training Day 2 as it alternates the blood flow from your legs to your upper body.