

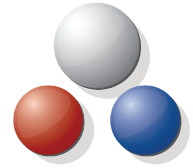
# My Workout Plan

## Training Recommendations:

**STRENGTH**  
*Frequency: 3-4X per week*  
*Time: 25-30 minutes per day*

**CARDIOVASCULAR**  
*Frequency: 3-5X per week*  
*Time: 20-30 minutes per day*

**STRETCHING**  
*Frequency: Every day*  
*Time: 2x per day, 5-10 minutes*



Fill in when you will be exercising. Base your decision on the above recommendations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____	<input type="checkbox"/> <b>STRENGTH</b> Minutes: _____ Body Parts: _____ _____
<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __	<input type="checkbox"/> <b>CARDIO</b> Zone: __ Min: __
<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.	<input checked="" type="checkbox"/> <b>STRETCH</b> 2x/day, 5-10 min.

## 1. Set Up Your Strength Training Schedule

### Decide what body parts you will train on which day.

Please note, the body parts are listed in the order you should exercise them: Always work out the largest body parts first and alternate pushing and pulling movements. The goal is to exercise one body part each week. If you are pressed for time, you can omit some of the smaller body parts (biceps, triceps and calves) since working out other muscles groups (back, chest and legs) automatically target these areas.

#### Total Body Workout

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Chest          | <input type="checkbox"/> Abdominals |
| <input type="checkbox"/> Back           | <input type="checkbox"/> Obliques   |
| <input type="checkbox"/> Legs           | <input type="checkbox"/> Lower Back |
| <input type="checkbox"/> Hamstrings     | <input type="checkbox"/> Hips       |
| <input type="checkbox"/> Shoulders      | <input type="checkbox"/> Buttocks   |
| <input type="checkbox"/> Biceps/Triceps | <input type="checkbox"/> Calves     |

#### 2 days per week

- | DAY 1                               |                                    | DAY 2                                   |                                     |
|-------------------------------------|------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> Chest      | <input type="checkbox"/> Legs      | <input type="checkbox"/> Back           | <input type="checkbox"/> Hamstrings |
| <input type="checkbox"/> Back       | <input type="checkbox"/> Shoulders | <input type="checkbox"/> Biceps/Triceps | <input type="checkbox"/> Hips       |
| <input type="checkbox"/> Abdominals | <input type="checkbox"/> Hips      | <input type="checkbox"/> Abdominals     | <input type="checkbox"/> Buttocks   |
| <input type="checkbox"/> Obliques   | <input type="checkbox"/> Buttocks  | <input type="checkbox"/> Obliques       | <input type="checkbox"/> Calves     |
| <input type="checkbox"/> Lower Back | <input type="checkbox"/> Calves    | <input type="checkbox"/> Lower Back     |                                     |

#### 3 days per week

- | DAY 1                               | DAY 2                               | DAY 3                                   |
|-------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Chest      | <input type="checkbox"/> Legs       | <input type="checkbox"/> Biceps/Triceps |
| <input type="checkbox"/> Back       | <input type="checkbox"/> Hamstrings | <input type="checkbox"/> Shoulders      |
| <input type="checkbox"/> Abdominals | <input type="checkbox"/> Hips       | <input type="checkbox"/> Abdominals     |
| <input type="checkbox"/> Obliques   | <input type="checkbox"/> Buttocks   | <input type="checkbox"/> Obliques       |
| <input type="checkbox"/> Lower Back | <input type="checkbox"/> Calves     | <input type="checkbox"/> Lower Back     |

## 2. Plan Your Cardiovascular Program

The human body adapts to imposed demands and will soon adapt to the same cardiovascular routine over time. This requires you to continuously switch cardiovascular zones to keep your body guessing. Fitness zones can be applied to any cardiovascular machine simply by comparing the work out intensity level to walking, running or sprinting.

Zone	Example:	Intensity:	Progress with:	Zone Sequence
<b>ZONE 1</b>	Walk or fast walk	Light	Time or incline	5 10-50 min 5
<b>ZONE 2</b>	Light jog or running	Moderately intense	Speed or incline	5 1 5 1 5 1 2
<b>ZONE 3</b>	Sprinting	High intensity	Speed or incline	5 2 1 1 1 2 1 1 1 2 1 1 5

### CARDIOVASCULAR TRAINING ZONES

#### What is your maximum fitness ability while exercising on a treadmill?

Your fitness level determines your cardiovascular training zone.

#### LIGHT JOG OR RUNNING (ZONE 2)

Each time you perform your cardiovascular training, alternate between zone 1 and zone 2. For example, if you perform a cardiovascular workout five days a week, switch back and forth from zone 1 and 2 for each workout. To progress to zone 3, your cardiovascular capacity can be improved by increasing the speed, the time you spend training or increase the incline level/intensity. A person doing cardiovascular exercise monday through friday would work out in the following zones:

#### LIGHT JOG OR RUNNING (ZONE 2)

Each time you perform your cardiovascular training, alternate between zone 1 and zone 2. For example, if you perform a cardiovascular workout five days a week, switch back and forth from zone 1 and 2 for each workout. To progress to zone 3, your cardiovascular capacity can be improved by increasing the speed, the time you spend training or increase the incline level/intensity. A person doing cardiovascular exercise monday through friday would work out in the following zones:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zone 1	Zone 2	Zone 1	Zone 2	Zone 1	Day off	Day off

#### SPRINTING (ZONE 3)

Each time you perform your cardiovascular training, switch back and forth from zone to zone without skipping over a zone. For example, if someone works out seven days per week, they should alternate their cardiovascular training zones in the following sequence:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zone 1	Zone 2	Zone 3	Zone 2	Zone 1	Zone 2	Zone 3