

8 Week Cycle

Week One			
	Cardio	Walk/Run	Weights
M	20	/	Upper Body
T	20	/	Lower Body
W	25	/	Off
R	20	/	Upper Body
F	20	/	Lower Body

Week Five			
	Cardio	Walk/Run	Weights
M	35	/	upper body
T	35	/	lower body
W	40	/	off
R	35	/	upper body
F	35	/	lower body

Week Two			
	Cardio	Walk/Run	Weights
M	25	/	upper body
T	25	/	lower body
W	30	/	off
R	25	/	upper body
F	25	/	lower body

Week Six			
	Cardio	Walk/Run	Weights
M	35	/	upper body
T	35	/	lower body
W	40	/	off
R	35	/	upper body
F	40	/	lower body

Week Three			
	Cardio	Walk/Run	Weights
M	30	/	upper body
T	30	/	lower body
W	35	/	off
R	30	/	upper body
F	30	/	lower body

Week Seven			
	Cardio	Walk/Run	Weights
M	40	/	upper body
T	35	/	lower body
W	40	/	off
R	35	/	upper body
F	40	/	lower body

Week Four			
	Cardio	Walk/Run	Weights
M	35	/	upper body
T	35	/	lower body
W	38	/	off
R	35	/	upper body
F	35	/	lower body

Week Eight			
	Cardio	Walk/Run	Weights
M	40	/	upper body
T	40	/	lower body
W	45	/	off
R	40	/	upper body
F	45	/	lower body

*Remember always run at least 20 min!!!

Start/end of cycle 20 min speed: ____/____

Start/end of cycle bench: ____/____

Start/end of cycle squat: ____/____

Start/end of cycle dead: ____/____

Start/end of cycle:

	Measurements	Weight:	/
Chest:	/	Body Fat:	/
Waist:	/	Muscle M:	/
Hips:	/		
Thighs:	/		
Calves:	/		
Biceps:	/		
Neck:	/		

Weights

Upper Body

Machine	Reps	Sets	Weight	Working
Bench				Middle Chest
Pull Up				Upper Back/Lats
Incline Bench				Top Chest
Flies				Chest/Shoulders
Decline Bench				Bottom Chest
Pull Down				Lats
Shoulder Press				Shoulders
T bar Pull				Lats
Shrugs				Traps
Bar Curl				Bicep
Cable pull down				Triceps
Crunches				upper abs
Leg Raises				lower abs
Push ups				Triceps

Lower Body

Machine	Reps	Sets	Weight	Working
Squat				Butt, Thighs, Hams
Deadlift (1x/week!)				Lower Back
Leg Press				Quads
Leg Curl				Hamstrings
Leg Extension				Quads
Lunges				Butt, Thighs, Hams
Seated Calf Raise				calves

Notes on Working Out

Rest	<p>Your body needs time to rest after lifting weights. Upper body and lower body give a days rest. Lower back a week. Abs... you can work everyday!</p> <p>Give yourself 30 seconds to a minute rest in between sets. This will give your muscles the rest they need to hit the next set. The heavier the weight... the longer the rest needed.</p>
Sets & Reps	<p>On all exercises do three sets of 6 reps to start. When the weight is easy move up to 3 sets of 6 rep, 6 rep, and then 8 rep. Then 6 rep, 8 rep, 8 rep, then 8 rep, 8 rep, 8 rep. This will do two things. One it will push you and help you improve, therefore helping your muscles and strength go up. And two... you will not level off. A lot of people get into an exercise routine and accomplish a little bit, then can't seem to make any progress past a certain point. Our goal is to get you to your desired end goal. With each cycle you are constantly pushing yourself a little harder and getting a little closer to the end goal.</p>
Moving Weight	<p>Make sure you are doing each exercise nice and smoothly. Be aware of the muscle that you are trying to work. If you don't feel the muscle you are trying to work you are probably doing the exercise wrong or the wrong exercise for your body to work that part. Flex, squeeze, or pinch the muscle you are going to work before you actually move the weight. This will help you concentrate on the specific muscle you want to improve.</p>