

Training Program - Weightloss: Weeks 1-4

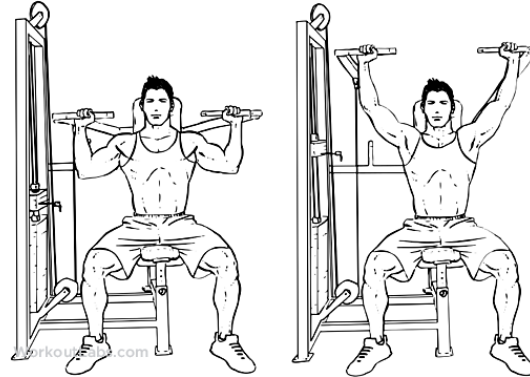
DAY1 Cardio/Chest/Shoulder/Abs

	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	1000-meter Row, Resistance level 10	1	5
Fat Loss	Treadmill	Brisk Walk	10min - 7% Incline 5.5km/hr	1	10
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 6 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	25

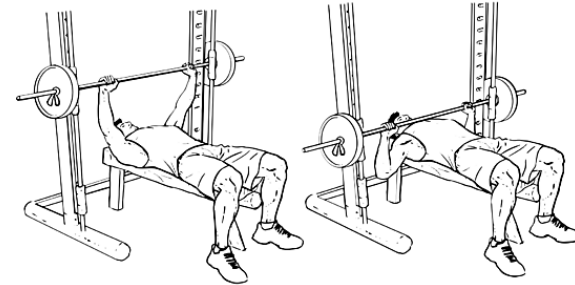
	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Chest	Machine Chest Press		4	10-12	30 sec				
Shoulders	Machine Shoulder Press		4	10-12	30 sec				
Chest	Smith Machine Chest Press		3	10-12	30 sec				
Shoulders	Front + Side Dumbell Raise		3	Superset 10 each exercise	30 sec				
Chest	Machine Flys		4	25	30 sec				
Abs Circuit - Repeat 2 Times									
Abs	Crunches		1	25	10 sec				
Abs	90 Degree Crunch		1	10	10 sec				
Abs	Reverse Crunch		1	10	10 sec				
Abs	Cacoons		1	10	10 sec				
Abs	Elbow to knee		1	20	10 sec				



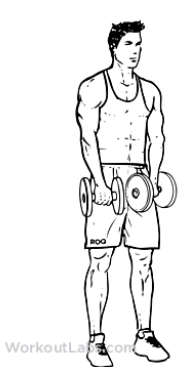
Machine Chest Press



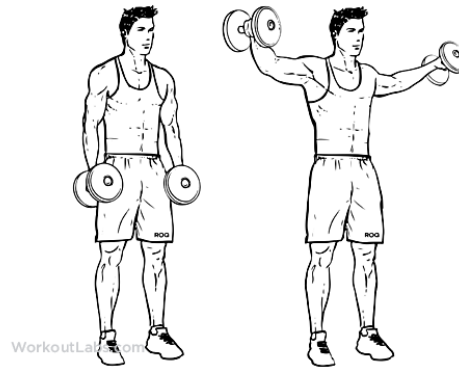
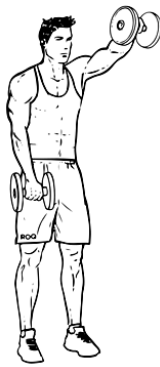
Machine Shoulder Press



Smith Machine Chest Press



Front Dumbbell Raise



Side Dumbbell Raise



Machine Flys

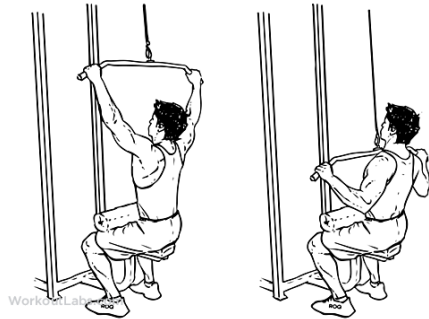


Day 2 **Cardio-
Back/Arms**

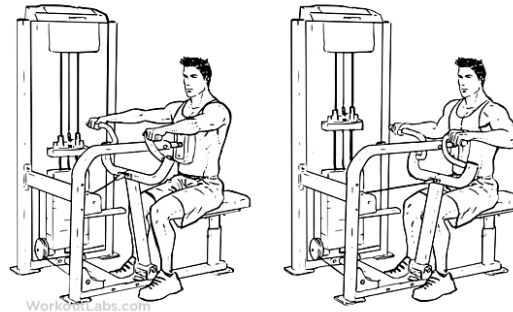
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	1000-meter Row, Resistance level 10	1	5
Fat Loss	Treadmill	Brisk Walk	10min - 7% Incline 5.5km/hr	1	10
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 6 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	25

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Back	Lat- Pull down		4	12	30 sec				
Back	Machine Seated Row		4	12	30 sec				
Back	Bent Over Row		3	12	30 sec				
Back	Straight Arm Push-down		3	12	30 sec				
Biceps	Standing Barbell Curls		3	12	30 sec				
Triceps	Rope Push-down		3	12	30 sec				
Biceps	Machine Bicep Curl		3	12	30 sec				
Triceps	Bench Dips		3	12	30 sec				
		Total	26						

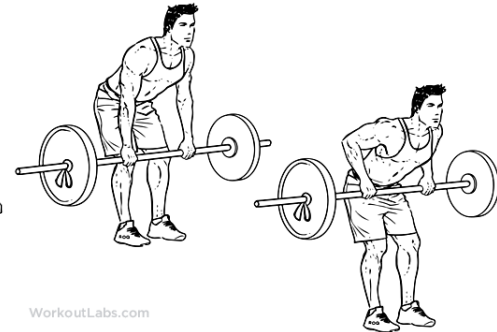
Lat Pull Down



Machine Seated Row



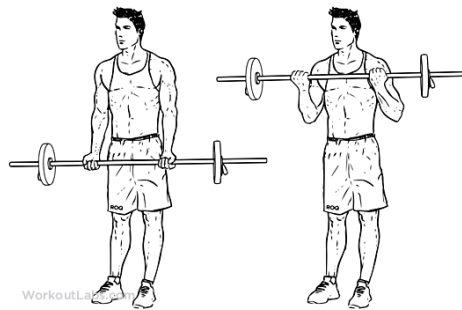
Bent Over Row



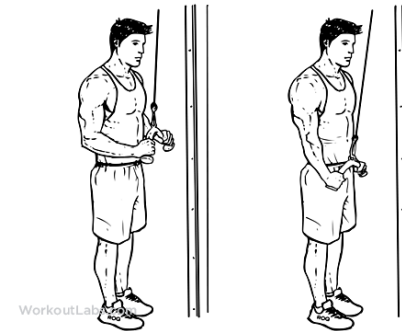
Straight Arm Push Down



Barbell Curls



Rope Push-down



Machine Bicep Curl



Bench Dips

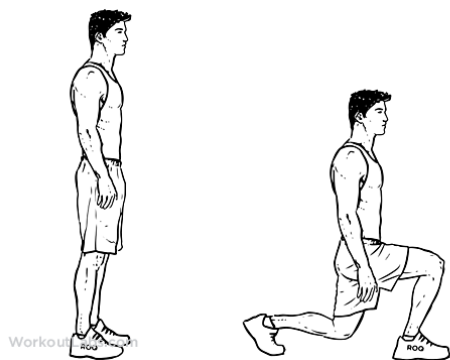


DAY3 **Cardio-Legs**

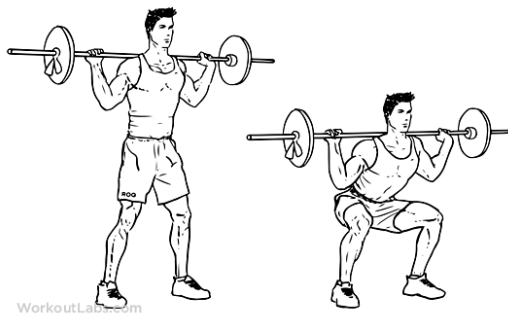
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	1000-meter Row, Resistance level 10	1	5
Fat Loss	Treadmill	Brisk Walk	10min - 7% Incline 5.5km/hr	1	10
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 6 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
<i>*Cardio workout can be substituted for 30min HIIT style Class</i>				Total	25

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Legs	Walking Lunges		1	3min	1min				
Legs	Goblet Squats		4	15	45 sec				
Legs	Leg Press		4	12	1min				
Legs	Bulgarian Split Lunge		3	10 each leg	30 sec				
Legs	Leg Extension		3	15	30 sec				
Legs	Leg Curls		3	12	30 sec				
Abs Circuit - Repeat 2 Times									
Abs	Crunches		1	25	10 sec				
Abs	90 Degree Crunch		1	10	10 sec				
Abs	Reverse Crunch		1	10	10 sec				
Abs	Cacoons		1	10	10 sec				
Abs	Elbow to knee		1	20	10 sec				

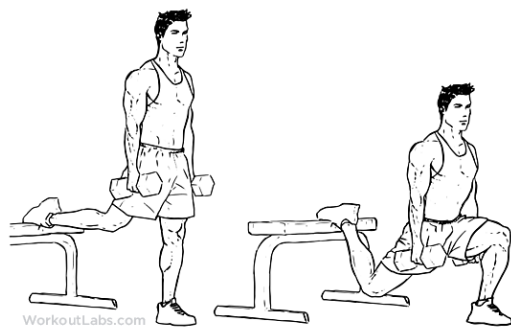
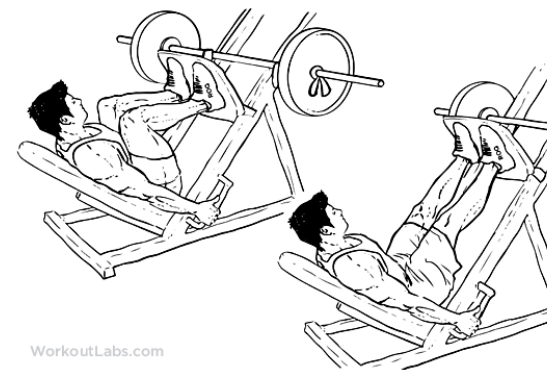
Walking Lunges



Goblet Squats



Leg Press



Bulgarian Split Lunges

Machine Leg Extension

Machine Leg Curl

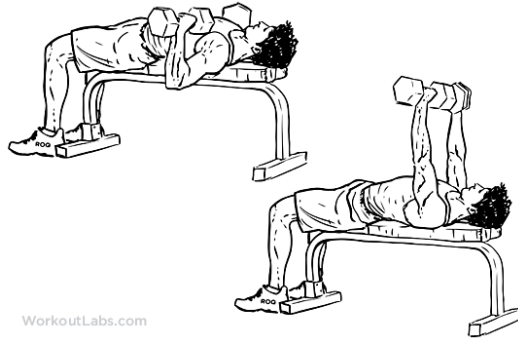
Optional Extra Day 4:

DAY4 Cardio/Chest & Arms

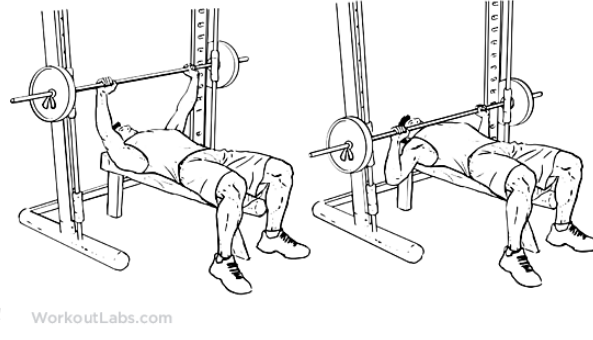
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	1000-meter Row, Resistance level 10	1	5
Fat Loss	Treadmill	Brisk Walk	10min - 7% Incline 5.5km/hr	1	10
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 6 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	25

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Chest	Dumbbell Chest Press		3	12	30 sec				
Chest	Smith Machine Chest Press		3	12	30 sec				
Chest	Dumbbell Chest Flys		3	15	30 sec				
Biceps	Hammer Curls		3	12	30 sec				
Biceps	Cable Curls		3	12	30 sec				
Triceps	Overhead Press		3	12	30 sec				
Triceps	Dumbbell Kickback		3	12 each side	30 sec				
Abs Circuit - Repeat 2 Times									
Abs	Plank		1	1min	10 sec				
Abs	Military Plank		1	40 sec	10 sec				
Abs	Left Side Plank		1	30 sec	10 sec				
Abs	Right Side Plank		1	30 sec	10 sec				
Abs	Cacoons		1	10	10 sec				

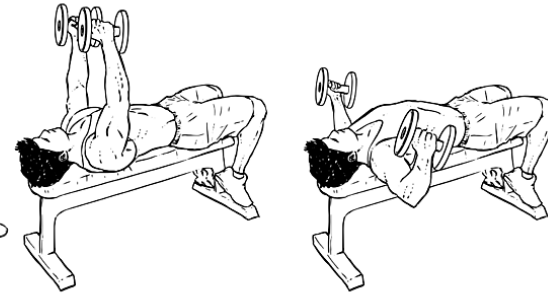
Dumbbell Chest Press



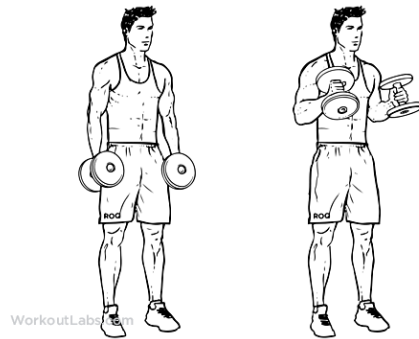
Smith Machine Chest Press



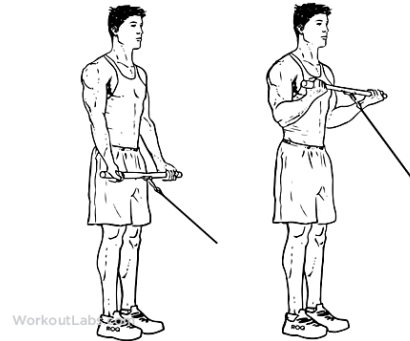
Dumbbell Chest Flys



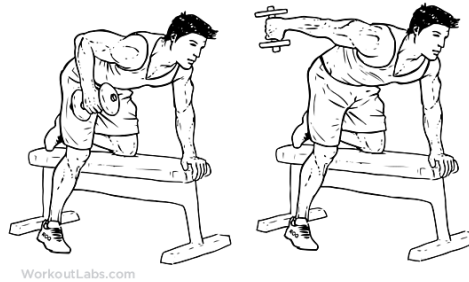
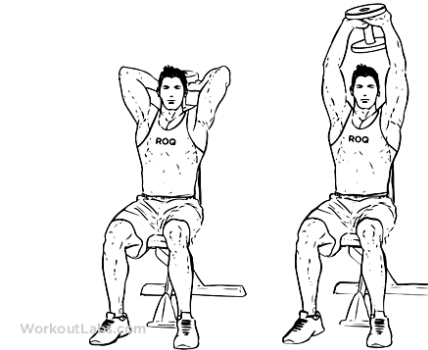
Hammer Curls



Bar Cable Curls



DB Tricep Press



DB Kickback

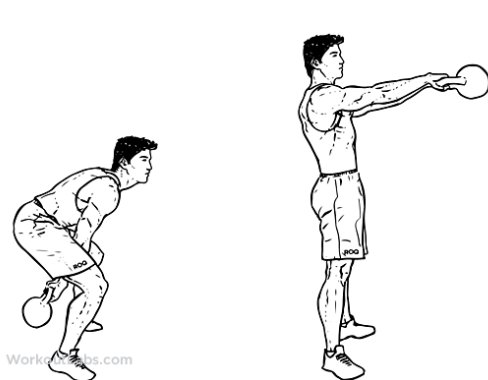
Optional Extra Day 5:

DAYS Cardio/Full Body

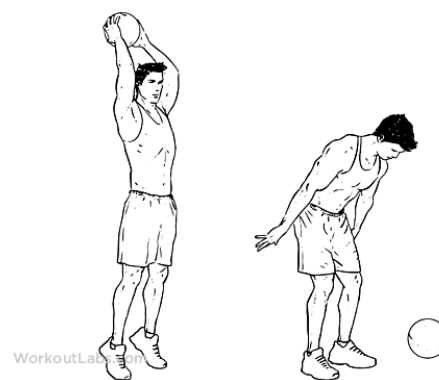
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	1000-meter Row, Resistance level 10	1	5
Fat Loss	Treadmill	Brisk Walk	10min - 7% Incline 5.5km/hr	1	10
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 6 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	25

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Legs/Back	KB Swing	N/A	3	20	30 sec				
Chest/Core	Medicine Ball Slam	N/A	3	20	30 sec				
Shoulders	Push-Press	N/A	3	10	30 sec				
Core/Arms	Ball Wood Chop	N/A	3	10 each side	30 sec				
Legs	Lunge KB Press	N/A	3	10 each side	30 sec				
Legs	Prisoner Squat	N/A	3	15	30 sec				
Back/Arms	TRX Row	N/A	3	12	30 sec				

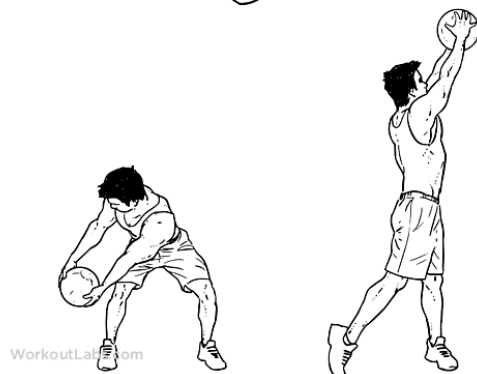
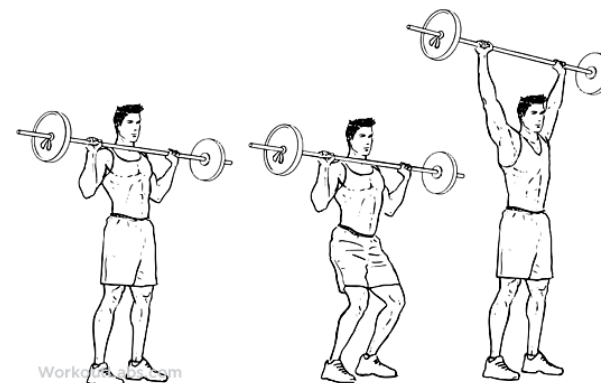
KB Swing



Medicine Ball Slam



Push Press



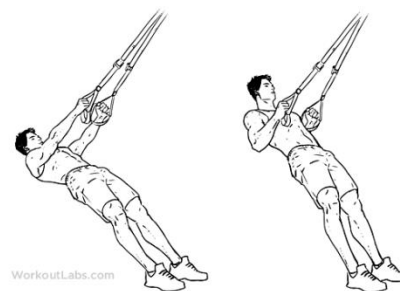
Ball Woodchop



Walking Lunges



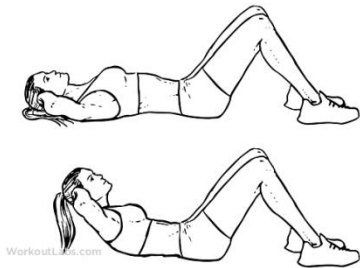
Goblet Squat



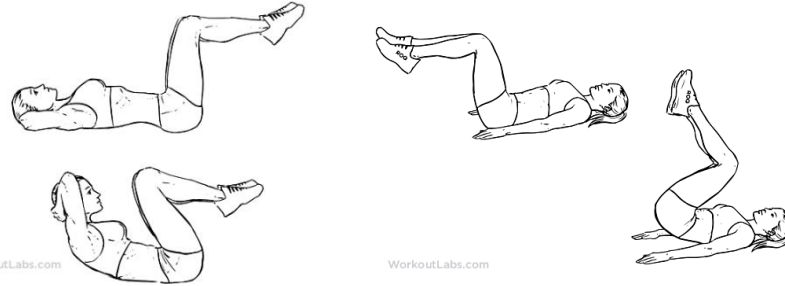
TRX Row

Abdominal/Core Exercises

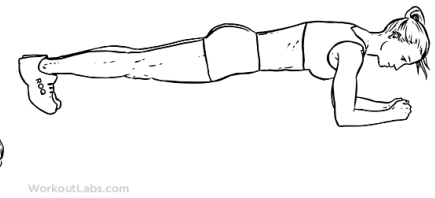
Crunches



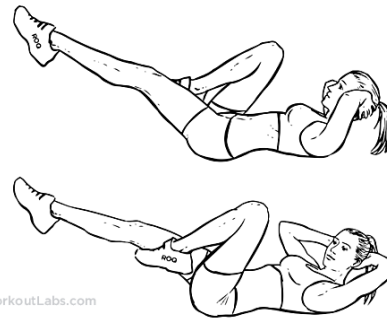
90 Degree Crunch



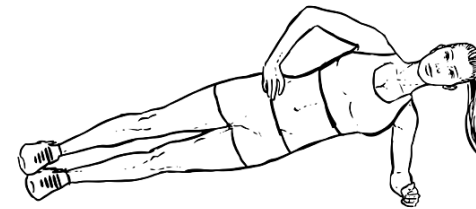
Plank



Cacoons



Bicycle



Side Plank

U



Military Plank