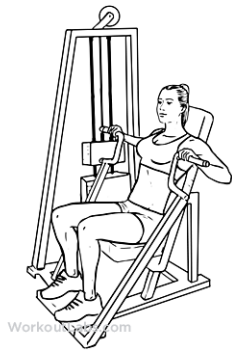


Training Program - Weightloss: Weeks 1-4

DAY1 Cardio/Chest/Shoulder/Abs

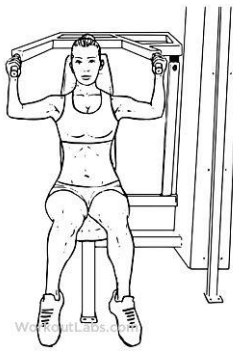
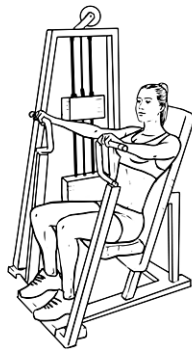
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	500-meter Row, Resistance level 8	1	2
Fat Loss	Treadmill	Brisk Walk	5min - 5% Incline 5.5km/hr	1	5
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 3 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	17

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Chest	Machine Chest Press		3	12	30 sec				
Shoulders	Machine Shoulder Press		3	12	30 sec				
Chest	Smith Machine Chest Press		3	12	30 sec				
Shoulders	Front + Side Dumbell Raise		3	Superset 10 each exercise	30 sec				
Chest	Machine Flys		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				



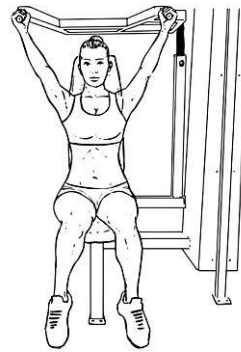
WorkoutLabs.com

Machine Chest Press

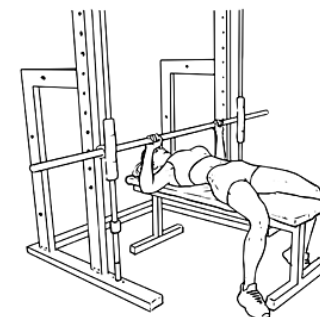


WorkoutLabs.com

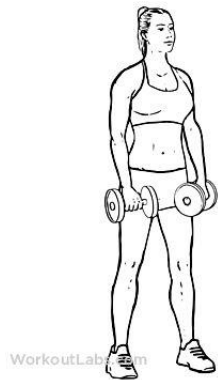
Machine Shoulder Press



WorkoutLabs.com

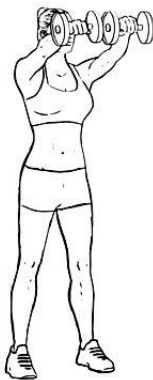


Smith Machine Chest Press



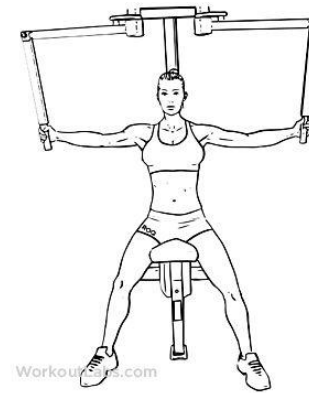
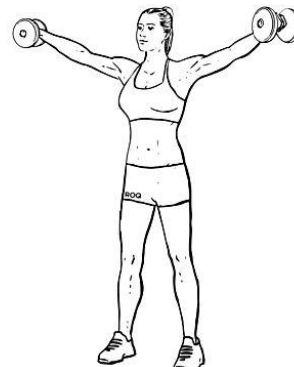
WorkoutLabs.com

Front Dumbbell Raise



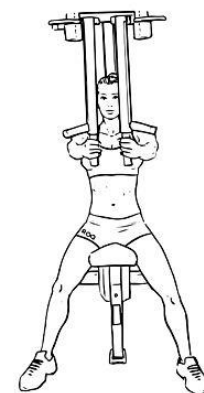
WorkoutLabs.com

Side Dumbbell Raise



WorkoutLabs.com

Machine Flys

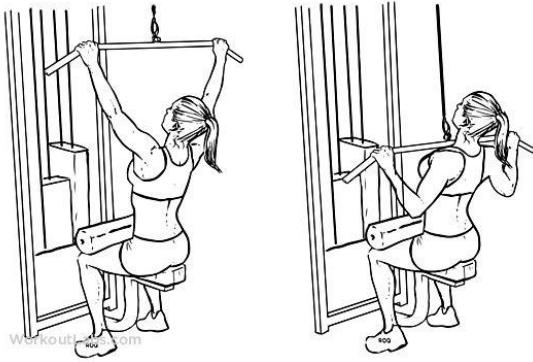


Day 2 **Cardio-
Back/Arms**

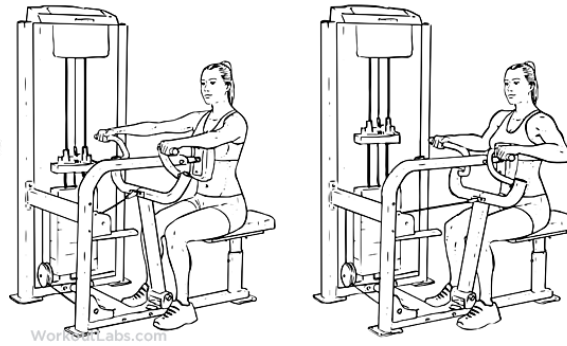
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	500-meter Row, Resistance level 8	1	2
Fat Loss	Treadmill	Brisk Walk	5min - 5% Incline 5.5km/hr	1	5
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 3 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	17

	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				
Triceps	Rope Push-down		3	12	30 sec				
Biceps	Machine Bicep Curl		3	12	30 sec				
		Total	20						

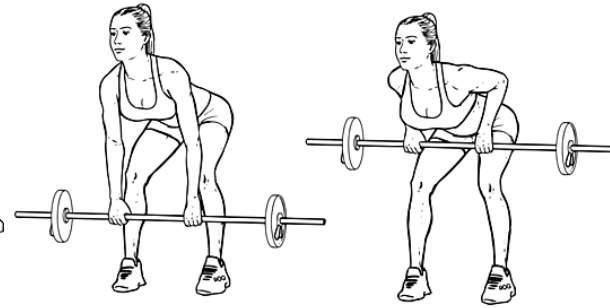
Lat Pull Down



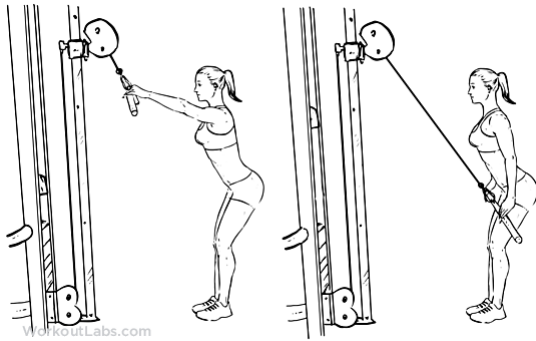
Machine Seated Row



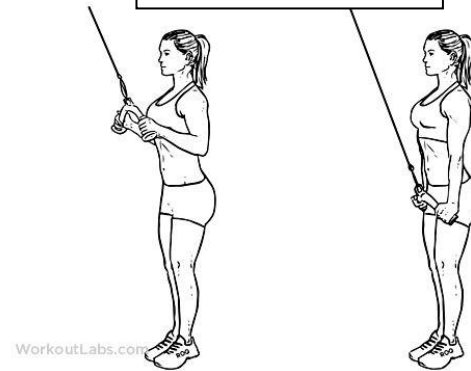
Bent Over Row



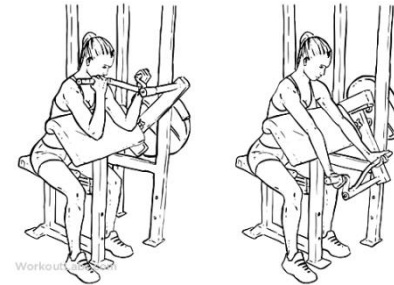
Straight Arm Push Down



Rope Push-down



Machine Bicep Curl

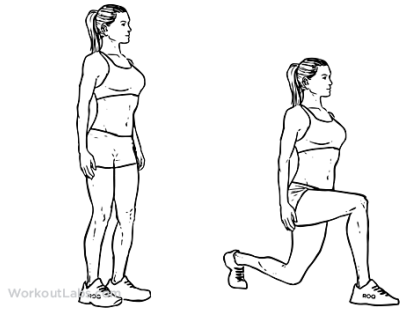


DAY3 Cardio-Legs

	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	500-meter Row, Resistance level 8	1	2
Fat Loss	Treadmill	Brisk Walk	5min - 5% Incline 5.5km/hr	1	5
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 3 - 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	17

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Legs	Walking Lunges		1	1:30min	1min				
Legs	Goblet Squats		3	15	1min				
Legs	Leg Press		3	12	1min				
Legs	Bulgarian Split Lunge		2	10 each leg	30 sec				
Legs	Leg Extension		3	12	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				

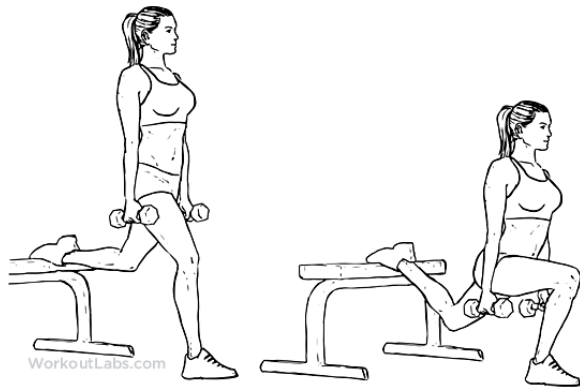
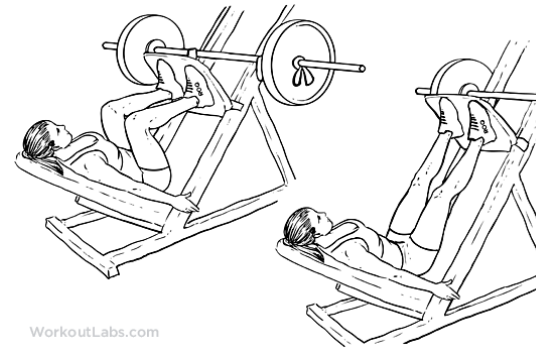
Walking Lunges



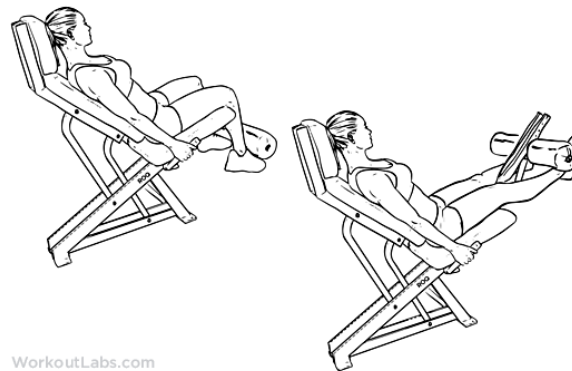
Goblet Squats



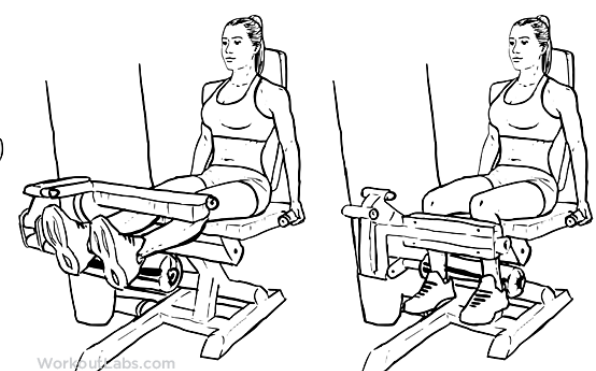
Leg Press



Bulgarian Split Lunges



Machine Leg Extension



Machine Leg Curl

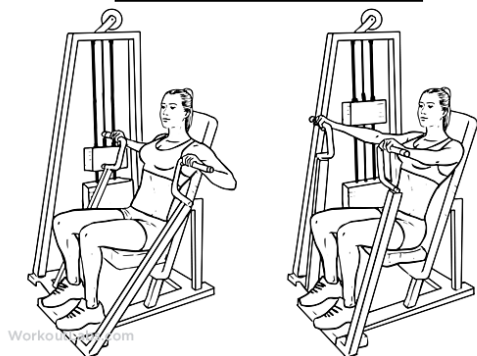
Optional Extra Day 4:

DAY4 Cardio/Chest & Arms

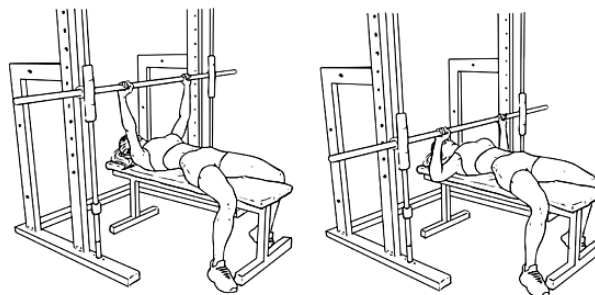
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	500-meter Row, Resistance level 8	1	2
Fat Loss	Treadmill	Brisk Walk	5min - 5% Incline 5.5km/hr	1	5
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 3 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	17

	Exercise Name	Machine Number	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
Chest	Machine Chest Press		3	12	45 sec				
Chest	Smith Machine Chest Press		3	12	45 sec				
Back	Lat Pull-Down		3	12	45 sec				
Back	Seated Row		3	12	45 sec				
Biceps	Cable Curls		3	12	sec				
Triceps	Cable Kickback		3	12 each side	30 sec				

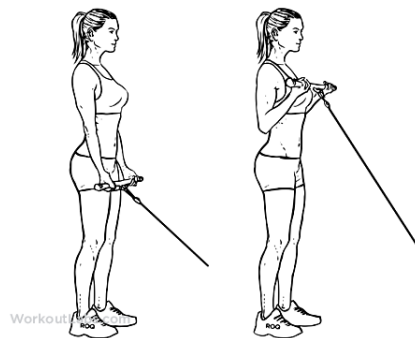
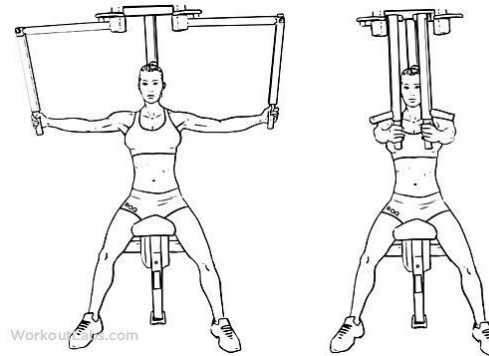
Machine Chest Press



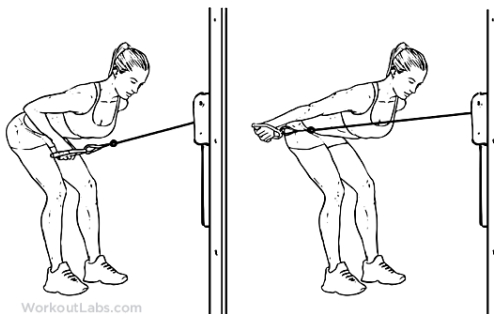
Smith Machine Chest Press



Machine Flys



Bar Cable Curls



Cable Kickback

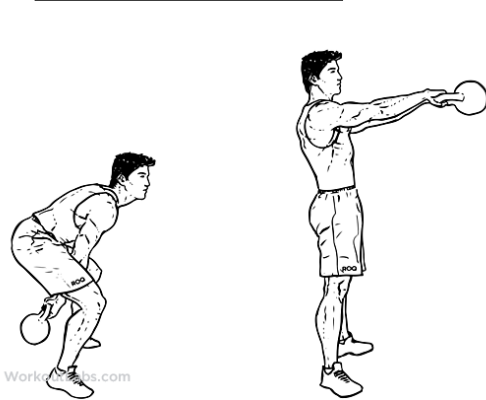
Optional Extra Day 5:

DAYS Cardio/Full Body

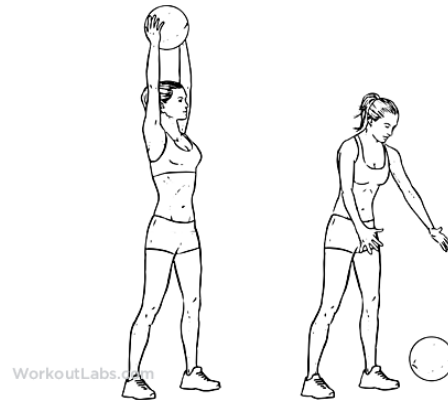
	Exercise Name	Exercise	Details	Sets	Time in Minutes
Interval	Rowing Machine	Interval training	500-meter Row, Resistance level 8	1	2
Fat Loss	Treadmill	Brisk Walk	5min - 5% Incline 5.5km/hr	1	5
Fat Loss/Endurance	X-Trainer	Medium Pace	5min - Level 3 - 40RPM	1	5
Cool Down	Treadmill	Cool-down - End of entire workout	5min - 5.5km/hr	1	5
*Cardio workout can be substituted for 30min HIIT style Class				Total	17

	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	Goblet Squat	N/A	3	15	30 sec				
Back/Arms	TRX Row	N/A	3	12	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				

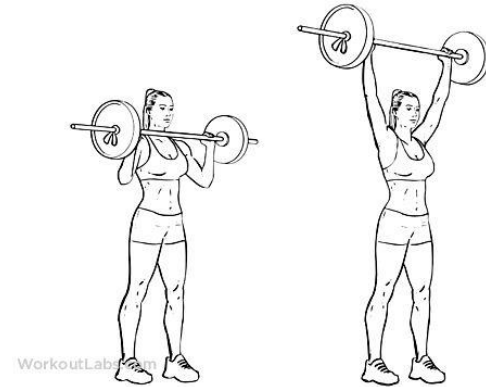
KB Swing



Medicine Ball Slam



Push Press



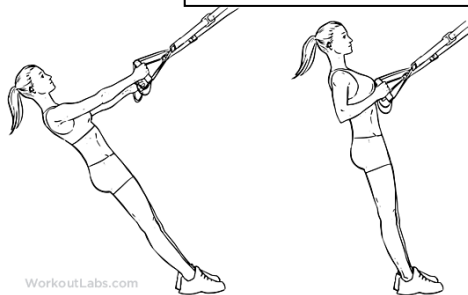
Ball Woodchop



KB Lunge Press



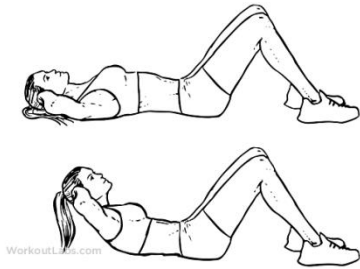
Goblet Squat



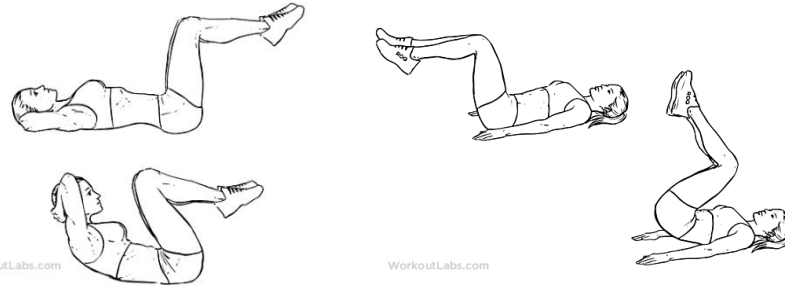
TRX Row

Abdominal/Core Exercises

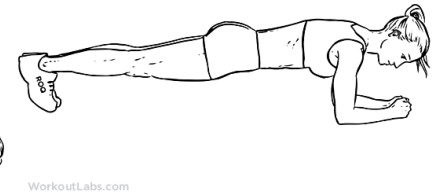
Crunches



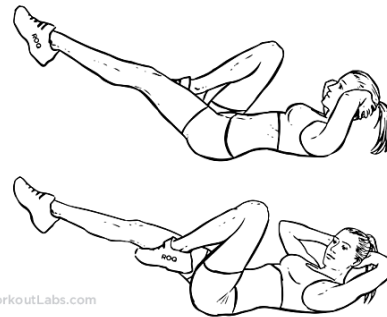
90 Degree Crunch



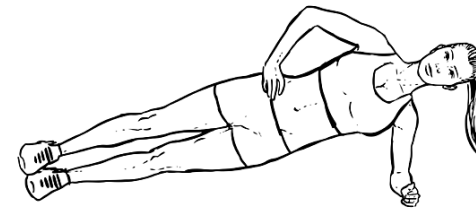
Plank



Cacoons



Bicycle



Side Plank



Military Plank