



<b>*NEW PROGRAM</b>	<b>May 5, 2011</b>
<b>Monday:</b>	Strength training lower body/ cardio 30 minutes moderate intensity
<b>Tuesday:</b>	Cardio 35-40 minutes moderate intensity
<b>Wednesday:</b>	Strength training upper body
<b>Thursday:</b>	Cardio high intensity interval training (I will explain further)
<b>Friday:</b>	Strength training combination upper and lower body circuit/ cardio moderate intensity 30 minutes

### **STRENGTH TRAINING**

Work with challenging weight so the last rep of every exercise is difficult to get or not possible to get. Sets and reps are designated after each exercise below. For example: 3x10 means 3 sets of 10 reps.

If you surpass the recommended reps, raise the weight to the next highest increment. For example, if 10 pounds is too light on an exercise, increase to 15 pounds. Listen to your body. One minute between sets but if you need more time, take it.

<b>MONDAY:</b>	
<b>Goblet Squat (4x 15)</b>	<a href="http://www.youtube.com/watch?v=0rb0yT4zII4">http://www.youtube.com/watch?v=0rb0yT4zII4</a>
<b>Dumbbell Walking Lunges (3x 20 steps)</b> 20 steps in one direction and then 20 steps return to start. Long strides!	<a href="http://www.youtube.com/watch?v=RAbs8yQfk1s">http://www.youtube.com/watch?v=RAbs8yQfk1s</a>
<b>Dumbbell Hamstring Curl (3x10)</b>	<a href="http://www.youtube.com/watch?v=UfCpfxb36s8">http://www.youtube.com/watch?v=UfCpfxb36s8</a>
<b>Iron Cross Squat (1x30)</b>	<a href="http://www.youtube.com/watch?v=-ydCmJKcB4E">http://www.youtube.com/watch?v=-ydCmJKcB4E</a>
<b>Frog Crunch with Hips Elevated (3x 15)</b>	<a href="http://www.youtube.com/watch?v=F6y1TDK3RNc">http://www.youtube.com/watch?v=F6y1TDK3RNc</a>
<b>Reverse Crunch (3 sets as many as possible).</b> Short range of motion	<a href="http://www.youtube.com/watch?v=WITvnfOr6_Q&amp;feature=related">http://www.youtube.com/watch?v=WITvnfOr6_Q&amp;feature=related</a>

### **STRENGTH TRAINING PROGRESSION**

Week 1 - As written above

Week 2 - Attempt to add a rep to each set

Week 3 - Attempt to add another rep to each set

### **CARDIO PROGRESSION**

I will decide the increase or intensity change each week