

Workout #1 - Upper Body

Exercise	Sets	Reps
Incline Dumbbell Press	3	12, 10, 8
Bent-Over Barbell Row	3	12, 10, 8
Smith Machine Shoulder Press	3	12, 10, 8
Alternate Dumbbell Curl	3	12, 10, 8
Lying Triceps Extension	3	12, 10, 8
Lying Leg Raise	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #2 - Lower Body

Exercise	Sets	Reps
Goblet Squat	3	12, 10, 8
Stiff Leg Deadlift	3	12, 10, 8
Leg Press	3	12, 10, 8
Walking Lunge	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Crunches	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #3 - Upper Body

Exercise	Sets	Reps
Wide Grip Lat Pull Down	3	12, 10, 8
Flat Bench Press	3	12, 10, 8
Lateral Raise	3	12, 10, 8
Hammer Dumbbell Curl	3	12, 10, 8
Straight Bar Tricep Extension	3	12, 10, 8
Abdominal Air Bike	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		

Workout #4 - Lower Body

Exercise	Sets	Reps
Squat	3	12, 10, 8
Deadlift	3	12, 10, 8
Dumbbell Step Up	3	12, 10, 8
Abductor Machine	3	12, 10, 8
Adductor Machine	3	12, 10, 8
Seated Calf Raise	3	12, 10, 8
Exercise Ball Crunch	3	12, 12, 12
Do 20 - 30 minutes of Zone 2 cardio		