

# GUNFIT

## 4-WEEK FIX

**Program Description:** Never been in a gym? Never stepped off of the cardio deck and into the free weights section? Scared and have no idea what to do or how to do it? Fear not, the 4-week fix is here to help you lay the foundation for a healthy and fit lifestyle for both you and your family. Designed to introduce you to the gym and basic movement patterns, this routine will give you the knowledge, confidence, and most importantly, physical strength, to then dive head-first into more challenging fitness programs.

What are you waiting for? **Today** is the day you commit. **Today** is the day you take your health, fitness, and happiness to new heights and begin to truly love the skin you're in.

### Workout Split

- Week 1
  - Monday – Day 1
  - Tuesday – Stretch & Foam Roll
  - Wednesday – Day 2
  - Thursday – Stretch & Foam Roll
  - Friday – Day 3
  - Saturday – Stretch & Foam Roll
  - Sunday – Rest
- Week 2
  - Monday – Day 1
  - Tuesday – Stretch & Foam Roll
  - Wednesday – Day 2
  - Thursday – Stretch & Foam Roll
  - Friday – Day 3
  - Saturday – Stretch & Foam Roll
  - Sunday – Rest
- Week 3
  - Monday – Day 1
  - Tuesday – Day 2
  - Wednesday – Stretch & Foam Roll
  - Thursday – Day 3
  - Friday – Day 4
  - Saturday – Stretch & Foam Roller
  - Sunday – Rest
- Week 4
  - Monday – Day 1
  - Tuesday – Day 2
  - Wednesday – Stretch & Foam Roll
  - Thursday – Day 3
  - Friday – Day 4
  - Saturday – Stretch & Foam Roller
  - Sunday – Rest

\*On a dietary note, I *recommend* putting yourself into a small to moderate caloric deficit for this workout program so that you can improve your body composition - See attached dietary advice sheet to calculate your calorie intake to establish a caloric deficit.\*

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## 4-WEEK FIX

Week 1, Day 1 – Upper Body + 10 Minutes Cardio		
Exercise	Reps	Weight
Machine Chest Press	25/20	
Machine Rows	25/20	
Dumbbell Lateral Raise	25/20	
Machine Bicep Curls	25/20	
Machine Tricep Extensions	25/20	
Max Effort Plank	1 set	Time:
10 Minutes Elliptical	Completed?	

Week 1, Day 2 – Lower Body + 15 Minutes Cardio		
Exercise	Reps	Weight
Machine Leg Press	25/20	
Machine Leg Curls	25/20	
Machine Leg Extensions	25/20	
Machine Standing Calf Raises	25/20	
15 Minutes Elliptical	Completed?	

Week 1, Day 3 – Full Body + 20 Minutes Cardio		
Exercise	Reps	Weight
Machine Chest Press	25/20	
Machine Rows	25/20	
Machine Lat Pulldown	25/20	
Machine Shoulder Press	25/20	
Smith Machine Squats	25/20	
Abductor/Adductor Machine	25/20, 2 sets each of each	
Max Effort Plank	1 set	Time:
20 Minutes Elliptical	Completed?	

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## 4-WEEK FIX

Week 2, Day 1 – Upper Body + 10 Minutes Cardio		
Exercise	Reps	Weight
Machine Chest Press	25/20/15	
Machine Rows	25/20/15	
Dumbbell Lateral Raise	25/20/15	
Machine Bicep Curls	25/20/15	
Machine Tricep Extensions	25/20/15	
Max Effort Plank	2 sets	Time: Time:
10 Minutes Elliptical	Completed?	

Week 2, Day 2 – Lower Body + 15 Minutes Cardio		
Exercise	Reps	Weight
Machine Leg Press	25/20/15	
Machine Leg Curls	25/20/15	
Machine Leg Extensions	25/20/15	
Machine Standing Calf Raises	25/20/15	
15 Minutes Elliptical	Completed?	

Week 2, Day 3 – Full Body + 20 Minutes Cardio		
Exercise	Reps	Weight
Machine Chest Press	25/20/15	
Machine Rows	25/20/15	
Machine Lat Pulldown	25/20/15	
Machine Shoulder Press	25/20/15	
Smith Machine Squats	25/20	
Abductor/Adductor Machine	25/20/15 2 sets each of each	
Max Effort Plank	2 sets	Time: Time:

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20 Minutes Elliptical	Completed?	
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Week 3, Day 1 – Upper Body + 25 Minutes Cardio		
Exercise	Reps	Weight
Bench Press	25/20/15	
One-Arm Dumbbell Row	25/20/15	
Dumbbell Shoulder Press	25/20/15	
Dumbbell Curls	25/20/15	
Tricep Rope Pushdown	25/20/15	
Max Effort Plank	2 sets	Time: Time:
25 Minutes Elliptical	Completed?	

Week 3, Day 2 – Lower Body + 30 Minutes Cardio		
Exercise	Reps	Weight
Dumbbell Squats to Bench	25/20/15	
Straight Bar Deadlifts	25/20/15	
Bodyweight Walking Lunges	25/20/15 ea side	X
Dumbbell Calf Raises	25/20/15	
25 Air Squats	1 set	
30 Minutes Elliptical	Completed?	

Week 3, Day 3 – Upper Body + 25 Minutes Cardio		
Exercise	Reps	Weight
Smith Machine Incline Press	25/20/15	
Straight Bar Rows	25/20/15	
Dumbbell Shoulder Flyes	25/20/15	
Straight Bar Curls	25/20/15	
Dumbbell Tricep Kickbacks	25/20/15	
25 Minutes Elliptical	Completed?	

Week 3, Day 4 – Lower Body + 30 Minutes Cardio		
Exercise	Reps	Weight
Barbell Squats	25/20/15	
Dumbbell RDL	25/20/15	
Machine Leg Extensions	25/20/15	
Machine Leg Curls	25/20/15	
Machine Standing Calf Raises	25/20/15	
30 Minutes Elliptical	Completed?	

# GUNNFIT

## 4-WEEK FIX

Week 4, Day 1 – Upper Body + 30 Minutes Cardio		
Exercise	Reps	Weight
Bench Press	12/10/8	
One-Arm Dumbbell Row	12/10/8	
Dumbbell Shoulder Press	12/10/8	
Dumbbell Curls	12/10/8	
Tricep Rope Pushdown	12/10/8	
Max Effort Plank	2 sets	Time: Time:
30 Minutes Elliptical	Completed?	

Week 4, Day 2 – Lower Body + 45 Minutes Cardio		
Exercise	Reps	Weight
Dumbbell Squats to Bench	12/10/8	
Straight Bar Deadlifts	12/10/8	
Dumbbell Walking Lunges	12/10/8	
Dumbbell Calf Raises	12/10/8	
25 Air Squats	2 sets	
45 Minutes Elliptical	Completed?	

Week 4, Day 3 – Upper Body + 50 Minutes Cardio		
Exercise	Reps	Weight
Smith Machine Incline Press	12/10/8	
Straight Bar Rows	12/10/8	
Dumbbell Shoulder Flyes	12/10/8	
Straight Bar Curls	12/10/8	
Dumbbell Tricep Kickbacks	12/10/8	
25 Minutes Elliptical	Completed?	

Week 4, Day 4 – Lower Body + 60 Minutes Cardio		
Exercise	Reps	Weight
Barbell Squats	12/10/8	
Dumbbell RDL	12/10/8	
Machine Leg Extensions	12/10/8	
Machine Leg Curls	12/10/8	
Machine Standing Calf Raises	12/10/8	
60 Minutes Elliptical	Completed?	