

Waiver, Release, and Assumption of Risk Form

I, _____, have volunteered to participate in a fitness program provided to me by Gunnar Andersen. I recognize that the program may involve strenuous physical activity including but not limited to muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this fitness program. I acknowledge that my enrollment and subsequent participation is purely voluntary and is in no way mandated. I hereby release and discharge, now and forever, any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this fitness program including any injuries resulting there from. THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT BELONGING TO THE FACILITY AT WHICH I TRAIN OR TO MYSELF THAT MAY MALFUNCTION OR BREAK; (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT; (3) NEGLIGENT INSTRUCTION OR SUPERVISION.

I, _____, have been informed of and understand that any fitness program is a potentially hazardous activity. I have been informed of and understand that fitness activities involve a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding, and appreciation of the dangers involved. I hereby agree to expressly assume and accept full responsibility for any and all risks of injury, regardless of severity, or death. I have been advised that an examination by a physician should be completed prior to beginning a fitness program, or initiating a substantial change in the amount of regular physical activity performed.

If I, _____, have chosen not to obtain a physician's consent prior to beginning this fitness program, I hereby agree that I am doing so solely at my own risk. I acknowledge and agree that I assume the risks associated with any and all fitness related activities in which I participate.

I, _____ ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS FORM IN ITS ENTIRETY AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST GUNNAR ANDERSEN.

This form is an important legal document that explains the risks you are assuming by beginning a fitness program. It is critical that you have read and understand this document completely. If you do not understand any part of this document, it is your responsibility to ask for clarification prior to signing it.

Participant's signature _____

Date _____

Print name _____

Trainer's signature _____

Date _____

Print name _____

Witness signature _____

Date _____

Print name _____

Workout Split	
Sunday	Rest & stretch
Monday	Upper 1 + 30 minutes of light cardio*
Tuesday	Lower 1 + 20 minutes of HIIT cardio** + 5 minutes abs*** of choice
Wednesday	Rest & stretch
Thursday	Upper 2 + 30 minutes of light cardio
Friday	Lower 2 + 20 minutes of HIIT cardio
Saturday	Rest & Stretch or accessory lifts (accessory lifts done during Weeks 3, 5, 6, 8, 9, 10 & 12)

*Light cardio – recumbent or spin bike, elliptical or arc trainer, or stair master are the preferred methods

**HIIT cardio – can be done on spin bike with intense intervals followed by rest intervals. Can also be done jumping rope, sprinting, etc. YouTube is a great resource for HIIT training ideas.

***Because of the number of compound lifts you are doing, you don't really have to do abs. The best abdominal exercises can be done with a stability ball. There are a number of good exercises in this video:

<https://www.youtube.com/watch?v=chsjiu5pFjM>

Name:

Accessory Lifts													
Exercise	Equipment	Week 3		Week 5		Week 6		Week 8		Week 9		Week 10	
		R	W	R	W	R	W	R	W	R	W	R	W
Chest Flyes	Machine	12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
Back Flyes	Machine	12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
Concentration curls	Dumbbell	12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
Tricep pushdown	Cable + Rope	12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
Bicep Curls	Cable	12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
		12	12	12	12	12	12	12	12	12	12	12	12
<i>Workout notes</i>													

Cardio Notes

Name:

Lower Body 2, Weeks 9 - 12

Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		R	W	R	W	R	W	R	W
Front Squat	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Reverse Lunges	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Calf Raises	Choice	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Deadlift	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Step Ups	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Hamstring curls	Machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Leg extension	Machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	

Workout notes

Cardio Notes

Lower Body 2, Weeks 5 - 8									
Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		R	W	R	W	R	W	R	W
Front Squat	Barbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Reverse Lunges	Dumbbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Calf Raises	Choice	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Deadlift	Barbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Step Ups	Dumbbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Hamstring curls	Machine	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Leg extension	Machine	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	

Workout notes

Cardio Notes

Name:

Lower Body 2, Weeks 1 - 4									
Exercise	Equipment	Week 1		Week 2		Week 3		Week 4	
		R	W	R	W	R	W	R	W
Front Squat	Barbell	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	
Reverse Lunges	Dumbbell	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	
Calf Raises	Choice	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Deadlift	Barbell	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	
Step Ups	Dumbbell	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	
Hamstring curls	Machine	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	
Leg extension	Machine	12		12		12		12	
		10		10		10		10	
		10		10		10		10	
		12		12		12		12	

Workout notes

Cardio Notes

Name:

Upper Body 2, Weeks 9 - 12									
Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		R	W	R	W	R	W	R	W
Dumbbell Bench Press	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Reverse Barbell Rows	Barbell	4		4		4		4	
		4		4		4		4	
		5		5		5		5	
Alternating Front Raises	Dumbbell	5		5		5		5	
		5		5		5		5	
		4		4		4		4	
Incline Bench	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Wide Seated Rows	Cable	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Lat Pulldown	Cable or machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Military Press	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Decline Pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Two-arm dumbbell row	Dumbbell	4		4		4		4	
		4		4		4		4	
		8		8		8		8	
Rear-delt flies	Dumbbell	8		8		8		8	
		8		8		8		8	
		8		8		8		8	
Regular pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Regular pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes

Name:

Upper Body 2, Weeks 5 - 8									
Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		R	W	R	W	R	W	R	W
Dumbbell Bench Press	Dumbbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Reverse Barbell Rows	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Alternating Front Raises	Dumbbell	8		8		8		8	
		8		8		8		8	
		8		8		8		8	
Incline Bench	Dumbbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Wide Seated Rows	Cable	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Lat Pulldown	Cable or machine	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Military Press	Dumbbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Decline Pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Two-arm dumbbell row	Dumbbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Rear-delt flies	Dumbbell	10		10		10		10	
		10		10		10		10	
		10		10		10		10	
Regular pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Regular pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes

Name:

Upper Body 2, Weeks 1 - 4									
Exercise	Equipment	Week 1		Week 2		Week 3		Week 4	
		R	W	R	W	R	W	R	W
Dumbbell Bench Press	Dumbbell	12		12		12		12	
		10		10		10		10	
		12		12		12		12	
Reverse Barbell Rows	Barbell	12		12		12		12	
		10		10		10		10	
		12		12		12		12	
Alternating Front Raises	Dumbbell	12		12		12		12	
		12		12		12		12	
		12		12		12		12	
Incline Bench	Dumbbell	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Wide Seated Rows	Cable	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Lat Pulldown	Cable or machine	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Military Press	Dumbbell	10		10		10		10	
		12		12		12		12	
		ME		ME		ME		ME	
Decline Pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		12		12		12		12	
Two-arm dumbbell row	Dumbbell	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Rear-delt flies	Dumbbell	12		12		12		12	
		12		12		12		12	
		ME		ME		ME		ME	
Regular pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Regular pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes

Name:

Lower Body 1, Weeks 9 - 12									
Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		R	W	R	W	R	W	R	W
Back Squat	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Walking Lunges	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Calf Raises	Choice	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Romanian Deadlift	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Rear-elevated squat	Smith or Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Hamstring curls	Machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Leg extension	Machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
		4		4		4		4	

Workout notes

Cardio Notes

Waiver, Release, and Assumption of Risk Form

I, _____, have volunteered to participate in a fitness program provided to me by Gunnar Andersen. I recognize that the program may involve strenuous physical activity including but not limited to muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this fitness program. I acknowledge that my enrollment and subsequent participation is purely voluntary and is in no way mandated. I hereby release and discharge, now and forever, any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this fitness program including any injuries resulting there from. THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT BELONGING TO THE FACILITY AT WHICH I TRAIN OR TO MYSELF THAT MAY MALFUNCTION OR BREAK; (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT; (3) NEGLIGENT INSTRUCTION OR SUPERVISION.

I, _____, have been informed of and understand that any fitness program is a potentially hazardous activity. I have been informed of and understand that fitness activities involve a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding, and appreciation of the dangers involved. I hereby agree to expressly assume and accept full responsibility for any and all risks of injury, regardless of severity, or death. I have been advised that an examination by a physician should be completed prior to beginning a fitness program, or initiating a substantial change in the amount of regular physical activity performed.

If I, _____, have chosen not to obtain a physician's consent prior to beginning this fitness program, I hereby agree that I am doing so solely at my own risk. I acknowledge and agree that I assume the risks associated with any and all fitness related activities in which I participate.

I, _____ ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS FORM IN ITS ENTIRETY AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST GUNNAR ANDERSEN.

This form is an important legal document that explains the risks you are assuming by beginning a fitness program. It is critical that you have read and understand this document completely. If you do not understand any part of this document, it is your responsibility to ask for clarification prior to signing it.

Participant's signature _____

Date _____

Print name _____

Trainer's signature _____

Date _____

Print name _____

Witness signature _____

Date _____

Print name _____

Name:

Lower Body 1, Weeks 5 - 8

Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		R	W	R	W	R	W	R	W
Back Squat	Barbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Walking Lunges	Dumbbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Calf Raises	Choice	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Romanian Deadlift	Barbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Rear-elevated squat	Smith or Dumbbell	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Hamstring curls	Machine	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	
Leg extension	Machine	8		8		8		8	
		6		6		6		6	
		6		6		6		6	
		8		8		8		8	

Workout notes

Cardio Notes

Name:

Upper Body 1, Weeks 9 - 12									
Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		R	W	R	W	R	W	R	W
Bench Press	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Barbell Rows	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Lateral Raises	Dumbbell	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
Incline Bench	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Seated Rows	Cable or machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Lat Pulldown	Cable or machine	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Shoulder Press	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Decline Bench	Barbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
One-arm DB row	Dumbbell	4		4		4		4	
		4		4		4		4	
		4		4		4		4	
Shoulder Flyes	Dumbbell	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
Wide pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Wide pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes

Name:

Upper Body 1, Weeks 1 - 4

Exercise	Equipment	Week 1		Week 2		Week 3		Week 4	
		R	W	R	W	R	W	R	W
Bench Press	Barbell	12		12		12		12	
		10		10		10		10	
		12		12		12		12	
Barbell Rows	Barbell	12		12		12		12	
		10		10		10		10	
		12		12		12		12	
Lateral Raises	Dumbbell	12		12		12		12	
		12		12		12		12	
		12		12		12		12	
Incline Bench	Barbell	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Seated Rows	Cable or machine	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Lat Pulldown	Cable or machine	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Shoulder Press	Barbell	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
Decline Bench	Barbell	10		10		10		10	
		12		12		12		12	
		12		12		12		12	
One-arm DB row	Dumbbell	12		12		12		12	
		10		10		10		10	
		12		12		12		12	
Shoulder Flyes	Dumbbell	12		12		12		12	
		12		12		12		12	
		12		12		12		12	
Wide pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Wide pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes

Name:

Upper Body 1, Weeks 5 - 8

Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		R	W	R	W	R	W	R	W
Bench Press	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Barbell Rows	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Lateral Raises	Dumbbell	8		8		8		8	
		8		8		8		8	
		8		8		8		8	
Incline Bench	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Seated Rows	Cable or machine	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Lat Pulldown	Cable or machine	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Shoulder Press	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Decline Bench	Barbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
One-arm DB row	Dumbbell	8		8		8		8	
		6		6		6		6	
		8		8		8		8	
Shoulder Flyes	Dumbbell	8		8		8		8	
		8		8		8		8	
		8		8		8		8	
Wide pushups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	
Wide pullups	Bodyweight	ME		ME		ME		ME	
		ME		ME		ME		ME	
		ME		ME		ME		ME	

Workout notes

Cardio Notes