

## 1. Fitness Plan

Things got rough and you got focused to work, success in life and fell off your routine – back to it! Establish a routine, with balance and commitment first.

Form Daily, 1 hour to start the day

Target Establish motion & begin routine, balanced spread across muscle groups & activity

Idea 7-days a week, doing something

Flow ?

Sched Mon Upper

Tues Lower

Thurs Torso & Balance

Fri ?

Sat ?

@plan ?

### Equipment:

- Incline bench
- Dumbbells (50lbs)
- Jump Rope
- Ab Roller Whee
- Bosu Ball

### Cardio:

- Elliptical (Bowflex Max)
- Bike (Diamondback)
- Walks, Jogs

### Control:

- Balance Ball

## 2. Sets

Each day has 30-min cardio, 45-min lift. Cardio selected as wanted – a work in progress starting next!

### 1. Upper I ([ref](#))

- |   |         |
|---|---------|
| a. One-Arm Dumbbell Row                       | 4x6, 10 |
| b. Flat-Bench Dumbbell Press                  | 4x6, 10 |
| c. Seated Overhead Dumbbell Press             | 4x8, 12 |
| d. Dumbbell Shrug                             | 3x8     |
| e. Seated One-Arm Overhead Dumbbell Extension | 2x10    |
| f. Alternating Dumbbell Curl                  | 2x10    |
| g. Dumbbell Wrist Curl                        | 2x12    |

### 2. Lower I

- a. Forward Lunge
- b. Goblet Sumo Squat
- c. Elevated Reverse Lunge
- d. Calf Raise
- e. Romanian Deadlift
- f. DB Calf Jump

### 3. Torso & Balance

- a. ... Bosu Ball
- b. Jump Rope (twice a week 5 m)

### 4. Upper II

- a.

### 5. Lower II

- a.

### 6. Full Body

- a. ?

### 7. Cardio

- a. Fun Lift Set
- b. High-Intensity Cardio
- c. Walk or Jog outside