

## Cardio workout

Elliptical machine - 45 minutes set at desired intensity level

## Leg workout

Chest	Wt.	Goal	Wt.	Goal	Wt.	Goal	Wt.	Goal
Pushups (As many as you can)	Minimum 15	Min 15						
Incline Dumbbell Chest Flyes	20	15	20	15	20	15	20	15
Machine Chest Press	?	8	?	8	?	8		
D-Bell Tricep Kickbacks	10	15	10	15	10	15		

### Note:

**Pushups** - as many as you can each set.

**Incline chest flyes** - are performed on a bench set at an angle. Lead with the elbows, and keep them out nice and wide.

**Machine Chest Press** – Select a weight that makes it a challenging for 8 reps.

**Tricep kickbacks** – will be performed in a bent over position with one hand and one knee on the bench, lock elbow to the side, extend the arm so the dumbbell goes up and back, squeeze hard for a count and then come down slowly.

## Back workout

Shoulders	Wt.	Goal	Wt.	Goal	Wt.	Goal	Wt.	Goal
Dumbbell Front Raise	5	20	5	20	5	20	5	20
Dumbbell Side Raise	5	20	5	20	5	20	5	20
Barbell Upright Rows	?	20	?	20	?	20		
Machine Shoulder Press	30-40	12	?	10	?	8	?	8

### Note:

**Barbell upright rows** – If barbells have a fixed weight on them, select a weight that is about 20-25 pounds. If there isn't a barbell that has a selected weight, grab a bar with no weight and perform the exercise by using wide grip, stand up, lead with your elbows and pull the bar straight up your body.

**Machine shoulder press** – find a machine for shoulder press, set the weight at 30-40 pounds for first set, and then adjust accordingly for the rest of the sets.