

30 Day Program- March & April 2019

Cardio: 3x's/week: 15 minute warm up + 15 minute cool down → Stair stepper, Bike, Rowing, Incline Treadmill

LEGS & GLUTES	SET 1	SET 2	SET 3	SET 4	SET 5
Squats- Front, Sumo, Goblet, Jefferson	20	10	10	10	10
Hip Thrusts	15-20	10	10	10	10
Stiff Leg Deadlifts	10	10	10		
Cable Kick Backs or Back Extensions	10	10	10		
Bulgarian Split Squats	Burn Out				
CHEST & SHOULDERS	SET 1	SET 2	SET 3	SET 4	SET 5
Chest Press	15	10-15	10-15	10	
Butterflies	15	10-15	10-15	10	
Dumbbell Press	15	10-12	10-12	10-12	
Lateral Raises	12	10-12	10-12	10-12	
Rear Delt Cable Pulls	12	12	12	12	
Around the World	Burn Out				
BACK & HIIT	SET 1	SET 2	SET 3	SET 4	SET 5
HIIT: 3 Rounds 40 Sec Active + 20 Sec Rest	Walkout to Plank to Jump Squat	Weighted Lateral Lunges	Half Burpee to Leg Cross Over	Plank Oblique Crunch w/Jump Out	Jump Criss Cross Squats
Bent Over Barbell Row	20	15	10	10	10
Cable Row	15	12-15	12-15		
Lat Pull Down	15	15	12-15		
Seated Good Mornings	12	12	12		
Lat Pushdown	Burn Out				
LEGS & GLUTES	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats	20	10	10	10	10
Step Ups or Box Jumps	20	20	20		
Hip Thrusts	10	8-10	8-10	8-10	8-10
Cable Squats	15-20	15	15		
Single Leg Hamstring Bridge	15-20	15	15		
Air Squats	Burn Out				

30 Day Program- March & April 2019

Cardio: 3x's/week: 15 minute warm up + 15 minute cool down → Stair stepper, Bike, Rowing, Incline Treadmill

ARMS & ABS	SET 1	SET 2	SET 3	SET 4	SET 5
Cable Tricep Extensions	12	12	12	10-12	
Tricep Dips	15	15	15		
Bicep Drag Curls	15	15	15		
Cable Bicep Curls	12	10-12	10-12		
Reverse Crunches	20	15-10	15-20		
Weighted V-Ups	15	15	15		
Hanging Knee Ups	15	15	15	15	
Russian Twist	Burn Out				

This plan is designed for 5 heavy lifting days with 30 minutes of cardio. The 2 other days of the week are for "active" resting, which means integrating cardio and/or some type of light exercise to stimulate the recovery from weight lifting. For instance, a 30 minute brisk walk, yoga, cycle, pilates, or swimming.

Remember, your body is smart and adapts in about 6 weeks to any new fitness program. This means as you continue past 6 weeks, you will get fewer gains every time you do that routine. This is because the body learns how to efficiently undertake a sequence of movements (and correlating effort), despite causing you the same level of exertion.

As for weight loss and cutting calories, these regimens only have a 4-6 week lifespan before they lose full constructive effect. Initially, fat stored in your body gets shifted when a new type of exercise is undertaken and your body soon learns what you're up to; Therefore, it will try to hold onto its weight and this is where you stall. You'll continue to exert the same amount of energy, your smartwatch will tell you you're burning the same calories, but the weight will stop dropping off. Therefore, if you decide to cut calories, I wouldn't cut them for an extended amount of time. My limit is 6 weeks or the lifespan of the program I'm completing.