



Making Changes-Use this workout if you have been exercising for more than 6 months but less than 1 year

				Week One				Week Two			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Dumbbell Chest Press or Decline Push-Up	Chest, Triceps	3	8-12								
Or, Push-Up with Rotation	Chest, Triceps	3	8-12								
Reverse Push-Up or Bent Over Row	Back, Biceps	3	8-12								
Clock Lunge or One-Legged Squat	Legs, Hips	3	8-12†								
Skull Crushers	Triceps	3	8-12†								
Stiff-Legged Deadlifts	Hamstrings	3	8-12								
Bicep Concentration Curl	Biceps	3	8-12†								
Side Steps with Bands	Thighs	3	8-12†								
Bicycle Crunch	Abdominals	3	15	—		—		—		—	
Plank	Abdominals	3	Hold for 30 seconds								
Alternate Arm Leg Extension (Birdog)	Abdominals, Low Back	3	8-12 reps each way	—		—		—		—	

Repeat this workout 3 times per week, restin 48 hours between workouts. Include at least 5 or more days of cardio per week. Do the exercises in the order listed.