



Getting Started Part II-Use this workout if you are just getting started, or have been exercising for less than 6 months

				Week Five					Week Six				
Exercise	Muscle Group	Sets	Target Reps	Session One		Session Two		How I Felt	Session One		Session Two		How I Felt
				Weight	Reps	Weight	Reps		Weight	Reps	Weight	Reps	
Push-Up or Ball Push Up	Chest, Triceps	3	8-12	— *		— *			— *		— *		
Bent-Over Row	Back, Biceps	3	8-12										
Chair Squat	Legs, Hips	3	8-12										
Shoulder Lateral Raise	Shoulders	3	8-12										
Tricep Dips	Triceps	3	8-12										
Bicep Concentration Curl	Biceps	3	8-12†										
Crunch on Ball	Abdominals	3	15	—		—			—		—		
Bird-Dog (Alternate Arm-Leg Extension)	Abdominals, Low Back	3	30 Second hold on each side	—		—			—		—		

				Week Seven					Week Eight				
Exercise	Muscle Group	Sets	Target Reps	Session One		Session Two		How I Felt	Session One		Session Two		How I Felt
				Weight	Reps	Weight	Reps		Weight	Reps	Weight	Reps	
Push-Up or Ball Push Up	Chest, Triceps	3	8-12	— *		— *			— *		— *		
Bent-Over Row	Back, Biceps	3	8-12										
Chair Squat	Legs, Hips	3	8-12										
Shoulder Lateral Raise	Shoulders	3	8-12										
Tricep Dips	Triceps	3	8-12										
Bicep Concentration Curl	Biceps	3	8-12†										
Crunch on Ball	Abdominals	3	15	—		—			—		—		
Bird-Dog (Alternate Arm-Leg Extension)	Abdominals, Low Back	3	30 Second hold on each side	—		—			—		—		

† Repeat on other side	* Body Weight	For all: Rest 30-60 seconds between sets	
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