

PERSONAL INFO:

Name:

Height:

Weight:

Age:

Fitness Goals: reduce body fat %

START DATE:

GOAL DATE:

CARDIO:

Frequency:

Intensity:

Type: Elliptical Trainer/ Treadmill

Time:

STRENGTH TRAINING:

Full body circuit 4 days/week (leave 1 day recovery between days)

Weekly plan m t w th fr sat sun

Weights

Cardio

Variations

Within the week

From week to week

Key Instructions:

Pick 2 exercises from each category. Change the variations for the week and change the variations from week to week.

EXERCISE

REPS

SETS

LEGS

Stationary Lunges

Walking Lunges

Machine Leg Press

Machine Leg Curls

Side Lunges

Wall Squats with Fit Ball

Calf Raises

CHEST

Machine Chest Press

Incline Press

Flat bench Flyes

Incline Flyes

Push-ups floor/ball

BACK

Lat Pull-down wide grip/close grip

Machine Seated Rows

Single bent over DB Rows

Lateral Shoulder Raises

Front Shoulder Raises

Machine Shoulder Press

BICEPS

Bicep Curls straight bar/dumb bell

Hammer Curls

Concentration Curls

TRICEPS

Overhead Tricep Extensions

Kickbacks

Bench Tricep Dips

ABS

SB Crunch

Oblique Curls

Reverse SB Crunch

STRETCH:

EXERCISE

REPS

SETS

Bench Dip

Targeted Muscle: Triceps

Starting Position: Sit on a bench and grip the front edge with hands shoulder-width apart. Extend the legs straight in front of the body with the heels on the floor. Move forward until the hips are off the bench.



Action: Slowly lower the hips toward the floor, then press up to full arm extension without locking the elbows.



Common Errors:

Error: Descending too deeply

Correction: Descend only until the upper arm is parallel to the floor; this protects the anterior shoulder capsule.

Error: Lowering too fast

Correction: Slowly count to four while lowering the body.

Error: Shoulders internally rotating and rounding forward during descent

Correction: Slightly retract the scapulae to keep the anterior shoulder girdle in good neutral alignment.

Error: Elbows flared outward

Correction: Keep elbows angled rearward.

Error: Hips move increasingly farther away from the edge of the bench

Correction: Position the legs so the hips can remain very close to the bench throughout the movement.

Variations:

- Begin with bent knees with the feet directly beneath the knees to reduce workload.
- Place a weight securely on the upper-thigh area to increase workload.

Equipment Variation: Feet can be placed on a second bench. This increases intensity by increasing the effects of gravity and overall workload.



NOTES: