



Beginner/Intermediate

Week 1

Machines and Dumbbells

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	4 minutes of Cardio				
	Day 1	Squats			
		Overhead Press			
	Day 2/3	Squats			
		Overhead Press			
CYCLE 2	4 minutes of Cardio				
	Day 1	Lunges			
		Lat Pull or Seated Row			
	Day 2/3	Lunges			
		Lat Pull or Seated Row			
CORE WORK	2 sets of 15 Crunches Bicycles				
CYCLE 3	4 minutes of Cardio				
	Day 1	Leg Extension			
		Bicep Curl			
	Day 2/3	Leg Extension			
		Bicep Curl			
CYCLE 4	4 minutes of Cardio				
	Day 1	Leg Curl			
		Chest Press			
	Day 2/3	Leg Curl			
		Chest Press			
CORE WORK	2 sets of 15 Crunches Bicycles				

STRETCH

of workouts _____ Cal. burned _____ Weight Loss/Gain _____

Week 2

Machines and Dumbbells

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	4 minutes of Cardio				
	Day 1	Squats			
		Overhead Press			
	Day 2/3	Squats			
		Overhead Press			
CYCLE 2	4 minutes of Cardio				
	Day 1	Lunges			
		Lat Pull or Seated Row			
	Day 2/3	Lunges			
		Lat Pull or Seated Row			
CORE WORK	2 sets of 15 Crunches Bicycles				
CYCLE 3	4 minutes of Cardio				
	Day 1	Leg Extension			
		Bicep Curl			
	Day 2/3	Leg Extension			
		Bicep Curl			
CYCLE 4	4 minutes of Cardio				
	Day 1	Leg Curl			
		Chest Press			
	Day 2/3	Leg Curl			
		Chest Press			
CORE WORK	2 sets of 15 Crunches Bicycles				

STRETCH

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 1

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 2

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 3

Bars/Bands

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	4 minutes of Cardio				
	Day 1	Plie Squats			
		Chest Fly			
	Day 2/3	Plie Squats			
		Chest Fly			
CYCLE 2	4 minutes of Cardio				
	Day 1	Walking Lunges			
		Tricep Extension			
	Day 2/3	Walking Lunges			
		Tricep Extension			
CORE WORK	2 sets of 15 Stability Ball Crunch Pushups 1 minute Plank				
CYCLE 3	4 minutes of Cardio				
	Day 1	Side Lunges			
		Reverse Fly			
	Day 2/3	Side Lunges			
		Reverse Fly			
CYCLE 4	4 minutes of Cardio				
	Day 1	Deadlift			
		Lateral Raise			
	Day 2/3	Deadlift			
		Lateral Raise			
CORE WORK	2 sets of 15 Stability Ball Crunch Pushups 1 minute Plank				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____

Week 4

Bars/Bands

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	4 minutes of Cardio				
	Day 1	Plie Squats			
		Chest Fly			
	Day 2/3	Plie Squats			
		Chest Fly			
CYCLE 2	4 minutes of Cardio				
	Day 1	Walking Lunges			
		Tricep Extension			
	Day 2/3	Walking Lunges			
		Tricep Extension			
CORE WORK	2 sets of 15 Stability Ball Crunch Pushups 1 minute Plank				
CYCLE 3	4 minutes of Cardio				
	Day 1	Side Lunges			
		Reverse Fly			
	Day 2/3	Side Lunges			
		Reverse Fly			
CYCLE 4	4 minutes of Cardio				
	Day 1	Deadlift			
		Lateral Raise			
	Day 2/3	Deadlift			
		Lateral Raise			
CORE WORK	2 sets of 15 Stability Ball Crunch Pushups 1 minute Plank				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 3

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 4

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 5

Medicine And Stability Balls

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	5 minutes Cardio				
	Day 1	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
	Day 2/3	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
CYCLE 2	4 minutes Cardio				
	Day 1	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			
	Day 2/3	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 3	3 minutes Cardio				
	Day 1	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
	Day 2/3	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
CYCLE 4	2 minutes Cardio				
	Day 1	1 min Deadlifts			
		1 min Lateral Raises			
		1 min Deadlifts			
	Day 2/3	1 min Lateral Raises			
CYCLE 5	1 minute Cardio				
	Day 1	1 min Squat with Overhead Press			
	Day 2/3	1 min Squat with Overhead Press			
CORE WORK	2 sets of 15-20 Pushups				
	STRETCH				

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 5

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 6

Medicine And Stability Balls

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	5 minutes Cardio				
	Day 1	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
	Day 2/3	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
CYCLE 2	4 minutes Cardio				
	Day 1	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			
	Day 2/3	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 3	3 minutes Cardio				
	Day 1	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
	Day 2/3	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
CYCLE 4	2 minutes Cardio				
	Day 1	1 min Deadlifts			
		1 min Lateral Raises			
	Day 2/3	1 min Deadlifts			
		1 min Lateral Raises			
CYCLE 5	1 minute Cardio				
	Day 1	1 min Squat with Overhead Press			
	Day 2/3	1 min Squat with Overhead Press			
CORE WORK	2 sets of 15-20 Pushups				
	STRETCH				

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 6

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 7

Medicine And Stability Balls

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	5 minutes Cardio				
	Day 1	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
	Day 2/3	1 min Squat			
		1 min Overhead Press			
		1 min Alternating Lunges			
		1 min Bicep Curls			
		1 min Bicycles			
CYCLE 2	4 minutes Cardio				
	Day 1	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			
	Day 2/3	1 min Side Lunge Right Leg			
		1 min Chest Fly			
		1 min Side Lunge Left Leg			
		1 min Plank			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 3	3 minutes Cardio				
	Day 1	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
	Day 2/3	1 min Walking Lunges			
		1 min Reverse Fly			
		1 min Plie Squats			
CYCLE 4	2 minutes Cardio				
	Day 1	1 min Deadlifts			
		1 min Lateral Raises			
		1 min Deadlifts			
	Day 2/3	1 min Lateral Raises			
CYCLE 5	1 minute Cardio				
	Day 1	1 min Squat with Overhead Press			
	Day 2/3	1 min Squat with Overhead Press			
CORE WORK	2 sets of 15-20 Pushups				
	STRETCH				

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 7

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 8

Balance

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	3 minutes of Cardio				
	Day 1	1 min Squat			
		1 min Overhead Press			
		1 min Squat with Overhead Press			
	Day 2/3	1 min Squat			
		1 min Overhead Press			
		1 min Squat with Overhead Press			
CYCLE 2	3 minutes of Cardio				
	Day 1	1 min Deadlift			
		1 min Bicep Curl			
		1 min Deadlift with Bicep Curl			
	Day 2/3	1 min Deadlift			
		1 min Bicep Curl			
		1 min Deadlift with Bicep Curl			
CYCLE 3	3 minutes of Cardio				
	Day 1	1 min Plie Squats			
		1 min Upright Row			
		1 min Plie Squats with Upright Row			
	Day 2/3	1 min Plie Squats			
		1 min Upright Row			
		1 min Plie Squats with Upright Row			

		<i>Exercise</i>	<i>Equipment</i>	<i>Set 1: Reps/Wt</i>	<i>Set 2: Reps/Wt</i>
CYCLE 4	3 minutes of Cardio				
	Day 1	1 min Lunges			
		1 min Lateral Raises			
		1 min Lunges with Lateral Raise			
	Day 2/3	1 min Lunges			
		1 min Lateral Raises			
		1 min Lunges with Lateral Raise			
CYCLE 5	3 minutes of Cardio				
	Day 1	1 min Side Lunges			
		1 min Overhead Tricep Extension			
		1 min Side Lunges with Tricep Extension			
	Day 2/3	1 min Side Lunges			
		1 min Overhead Tricep Extension			
		1 min Side Lunges with Tricep Extension			
CORE WORK	2 sets of 15-20 Ball Transfers/Pushups				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 8

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 9

Balance

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	3 minutes of Cardio				
	Day 1	1 min Squat			
		1 min Overhead Press			
		1 min Squat with Overhead Press			
	Day 2/3	1 min Squat			
		1 min Overhead Press			
		1 min Squat with Overhead Press			
CYCLE 2	3 minutes of Cardio				
	Day 1	1 min Deadlift			
		1 min Bicep Curl			
		1 min Deadlift with Bicep Curl			
	Day 2/3	1 min Deadlift			
		1 min Bicep Curl			
		1 min Deadlift with Bicep Curl			
CYCLE 3	3 minutes of Cardio				
	Day 1	1 min Plie Squats			
		1 min Upright Row			
		1 min Plie Squats with Upright Row			
	Day 2/3	1 min Plie Squats			
		1 min Upright Row			
		1 min Plie Squats with Upright Row			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 4	3 minutes of Cardio				
	Day 1	1 min Lunges			
		1 min Lateral Raises			
		1 min Lunges with Lateral Raise			
	Day 2/3	1 min Lunges			
		1 min Lateral Raises			
		1 min Lunges with Lateral Raise			
CYCLE 5	3 minutes of Cardio				
	Day 1	1 min Side Lunges			
		1 min Overhead Tricep Extension			
		1 min Side Lunges with Tricep Extension			
	Day 2/3	1 min Side Lunges			
		1 min Overhead Tricep Extension			
		1 min Side Lunges with Tricep Extension			
CORE WORK	2 sets of 15-20 Ball Transfers/Pushups				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 9

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 10

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg			
		1 min Pushups			
		1 min Step Ups Left Leg			
	Day 2/3	1 min Step Ups Right Leg			
		1 min Pushups			
		1 min Step Ups Left Leg			
CYCLE 2	2 minutes Cardio				
	Day 1	1 min Split Lunges Right Leg			
		1 min Split Lunges Left Leg			
	Day 2/3	1 min Split Lunges Right Leg			
		1 min Split Lunges Left Leg			
CYCLE 3	1 minute Cardio				
	Day 1	1 min Madonna Arms			
	Day 2/3	1 min Madonna Arms			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 4	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg			
	Day 2/3	1 min Step Ups Right Leg			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg			
CYCLE 5	2 minutes Cardio				
	Day 1	1 min Side Lunges Right Leg			
		1 min Side Lunges Left Leg			
	Day 2/3	1 min Side Lunges Right Leg			
		1 min Side Lunges Left Leg			
CYCLE 6	1 minute Cardio				
	Day 1	1 min Tricep Dips			
	Day 2/3	1 min Tricep Dips			
CORE WORK	Do The Below For 1 min Each:				
	Plank, Superman, Side Plank (Right And Left)				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 10

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 11

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg with Overhead Press			
		1 min Pushups			
		1 min Step Ups Left Leg with Overhead Press			
	Day 2/3	1 min Step Ups Right Leg with Overhead Press			
		1 min Pushups			
		1 min Step Ups Left Leg with Overhead Press			
CYCLE 2	2 minutes Cardio				
	Day 1	1 min Split Lunges Right Leg with Lateral Raise			
		1 min Split Lunges Left Leg with Lateral Raise			
	Day 2/3	1 min Split Lunges Right Leg with Lateral Raise			
		1 min Split Lunges Left Leg with Lateral Raise			
CYCLE 3	1 minute Cardio				
	Day 1	1 min Madonna Arms			
	Day 2/3	1 min Madonna Arms			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 4	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg with Bicep Curl			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg With Bicep Curl			
	Day 2/3	1 min Step Ups Right Leg with Bicep Curl			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg With Bicep Curl			
CYCLE 5	2 minutes Cardio				
	Day 1	1 min Side Lunges Right Leg with Tricep Extension			
		1 min Side Lunges Left Leg with Tricep Extension			
	Day 2/3	1 min Side Lunges Right Leg with Tricep Extension			
		1 min Side Lunges Left Leg with Tricep Extension			
CYCLE 6	1 minute Cardio				
	Day 1	1 min Tricep Dips			
	Day 2/3	1 min Tricep Dips			
CORE WORK	Do The Below For 1 min Each:				
	Plank, Superman, Side Plank (Right And Left)				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 11

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Beginner/Intermediate

Week 12

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 1	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg with Overhead Press			
		1 min Pushups			
		1 min Step Ups Left Leg with Overhead Press			
	Day 2/3	1 min Step Ups Right Leg with Overhead Press			
		1 min Pushups			
		1 min Step Ups Left Leg with Overhead Press			
CYCLE 2	2 minutes Cardio				
	Day 1	1 min Split Lunges Right Leg with Lateral Raise			
		1 min Split Lunges Left Leg with Lateral Raise			
	Day 2/3	1 min Split Lunges Right Leg with Lateral Raise			
		1 min Split Lunges Left Leg with Lateral Raise			
CYCLE 3	1 minute Cardio				
	Day 1	1 min Madonna Arms			
	Day 2/3	1 min Madonna Arms			

		Exercise	Equipment	Set 1: Reps/Wt	Set 2: Reps/Wt
CYCLE 4	3 minutes Cardio				
	Day 1	1 min Step Ups Right Leg with Bicep Curl			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg With Bicep Curl			
	Day 2/3	1 min Step Ups Right Leg with Bicep Curl			
		1 min Weighted Pullover			
		1 min Step Ups Left Leg With Bicep Curl			
CYCLE 5	2 minutes Cardio				
	Day 1	1 min Side Lunges Right Leg with Tricep Extension			
		1 min Side Lunges Left Leg with Tricep Extension			
	Day 2/3	1 min Side Lunges Right Leg with Tricep Extension			
		1 min Side Lunges Left Leg with Tricep Extension			
CYCLE 6	1 minute Cardio				
	Day 1	1 min Tricep Dips			
	Day 2/3	1 min Tricep Dips			
CORE WORK	Do The Below For 1 min Each:				
	Plank, Superman, Side Plank (Right And Left)				
STRETCH					

of workouts _____ Cal. burned _____ Weight Loss/Gain _____



Beginner/Intermediate

Week 12

minimum 3 times for a minimum 30 minutes			
Day	Cardio Exercise	Duration	Calories Burned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			