



FRESH IS
HEALTHY



CARDIOVASCULAR ENDURANCE

			Minutes	Activity		Minutes	Activity
Day 1		MODERATE [50-70% Max HR]			VIGOROUS [70-85% Max HR]		
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Rest Day		TOTAL			TOTAL		

RESISTANCE TRAINING



DATE		Warm Up	Push-up		Squat		Pull-up	
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GROUP	EXERCISE	SET 1	SET 2	NOTE	EXERCISE	SET 3	SET 4	NOTE
CHEST	BB Bench Press	/	/		DB Incline Fly	/	/	
LEGS	BB Squats	/	/		Walking DB Lunge	/	/	
SHOULDERS	Military Press	/	/		Ant + Post Combo	/	/	
ABS	Sit-ups	/	/		Russian Twists	/	/	
BACK	Wide Out Lat Pulls	/	/		Cable Rows	/	/	

COOL DOWN	Plank		Side Plank		NOTE	
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DATE		WARM UP	Push-up		Squat		Pull-up	
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GROUP	EXERCISE	SET 1	SET 2	NOTE	EXERCISE	SET 3	SET 4	NOTE
CHEST	Incline DB Press	/	/		DB Flies	/	/	
LEGS	Leg Extensions	/	/		Hamstring Curls	/	/	
SHOULDERS	Lateral Raises	/	/		Ant + Post Combo	/	/	
ABS	Hanging Leg Raise	/	/		Dead Bugs	/	/	
BACK	Close V Lat Pulls	/	/		Bent Over Rows	/	/	

COOL DOWN	Plank		Side Plank		NOTE	
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DATE		Warm Up	Push-up		Squat		Pull-up	
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GROUP	EXERCISE	SET 1	SET 2	NOTE	EXERCISE	SET 3	SET 4	NOTE
CHEST	DB Bench Press	/	/		Incline Cable Fly	/	/	
LEGS	Bulgarian Squat	/	/		Lunges	/	/	
SHOULDERS	Arnold Press	/	/		Ant + Post Combo	/	/	
ABS	Rope Crunch	/	/		DB Oblique Lift	/	/	
BACK	Single Cable Pull	/	/		Barbell Rows	/	/	

COOL DOWN	Plank		Side Plank		NOTE	
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