Woman Workout*

Intermediate - Weight Loss +Toning

Monday: Cardio + Toning

- 5 minute Warm up on treadmill
- 20 minute Jog on treadmill
- 5 minute Cool down
- 3 sets Lat pull downs
- 3 sets Incline Dumbbell press
- 3 sets Triceps kickbacks on bench
- 3 sets Bicep curls on cable machine
- 3 sets Dumbbell lateral raises

Tuesday: Off

Wednesday: Cardio + Core

- 5 minute warm up
- 20 minute Interval training on treadmill
- 5 minute Cool down
- 3 sets Back extension
- 3 sets Bicycle crunches
- 3 sets Straight leg raises on bench

Thursday: 20 minutes Stationary Bike

Friday: Cardio + Lower Body

- 5 minute Warm up on treadmill
- 10 minute Jog on treadmill
- 5 minute Cool down
- 3 sets Stability Ball Squats
- 3 sets Lateral lunges
- 3 sets Bridges
- 3 sets Seated Calf raises

Saturday: 20 minutes Stationary Bike

Sunday: Off

Advanced - Define and Strength

Monday: Cardio

- 5 minute Warm up on treadmill
- 20 minute Jog on treadmill
- 10 minute Stationary Bike
- 10 minute Elliptical trainer
- 5 minute Cool down

Tuesday: Toning Upper Body

- 8 minute Warm up on treadmill
- 3 sets Lat pulldowns
- 3 sets Dumbbell front raises
- 3 sets Bicep curls
- 3 sets Triceps pushdowns with rope
- 3 sets Dumbbell lateral raises
- 10 minute Cool down on treadmill

Wednesday: off

Thursday: Cardio

- 5 minute Warm up on treadmill
- 20 minute Jog on treadmill
- 10 minute Stationary Bike
- 10 minute Elliptical trainer
- 5 minute Cool down on treadmill

Friday: Toning Lower Body

- 10 minute Warm up on treadmill
- 3 sets Squats on Bosu ball
- 3 sets Dumbbell lunges
- 3 sets Seated Calf raises
- 3 sets Kneeling arm and alternating leg kicks
- 3 sets hamstring curl with ball
- 5 minute Cool down on treadmill

Saturday: Core

- 3 sets Plank on Stability ball
- 3 sets Kneeling rollout with ball
- 3 sets crunches on Stability ball
- 3 sets Plank with alternating legs
- 3 sets Reverse crunches
- 3 sets Back extensions

Sunday: Off

^{*}off the website: http://weightlossandtraining.com/freeworkoutroutines-women

Man Workout*

Intermediate - Build Bulk and Strength

Monday: Chest & Triceps

- 3 sets Triceps pushdowns with rope
- 4 sets Bench press
- 3 sets Seated triceps over head single dumbbell raises
- 3 sets Incline dumbbell press
- 3 sets Dumbbell flyes
- 3 sets Triceps skullcrushers

Tuesday: Cardio + Core

- 5 minute warm up
- 10 minute Interval training on treadmill
- 5 minute Cool down
- 3 sets Crunches on swiss ball
- 3 sets Plank
- 3 sets Bent knee hip raises

Wednesday: Back & Biceps

- 4 sets Lat pulldowns
- 3 sets Dumbbell bicep curls
- 3 sets cable rows
- 3 sets Barbell curls
- 3 sets Pull-ups or assisted pull-ups

Thursday: Off

Friday: Legs

- 4 sets Smith machine squats
- 3 sets Stiff legged deadlifts
- 3 sets Seated leg extensions
- 3 sets Stationary dumbbell lunges
- 3 sets Calf raises

Saturday: Shoulders

- 3 sets Dumbbell press
- 3 sets Seated bent over rear deltoid raise
- 3 sets Dumbbell shrugs
- 3 sets Dumbbell front raises

Sunday: Off

Advanced - Build Bulk and Strength

Monday: Chest

- 2 sets Bench press warm up
- 3 sets Bench press (pyrnamid)
- 3 sets Incline dumbbell press
- 3 sets Dumbbell flyes on swiss ball

Tuesday: Cardio + Core

- 5 minute warm up
- 10 minute Interval training on treadmill
- 5 minute Cool down
- 3 sets Jackknife with swiss ball
- 3 sets Kneeling rollout with swiss ball
- 3 sets Hanging leg raises
- 3 sets cable crunches

Wednesday: Back

- 3 sets Pullups
- 2 sets Deadlift warm up
- 3 sets Deadlifts
- 3 sets One arm dumbbell rows
- 3 sets Back extensions

Thursday: Legs

- 2 sets Squats warm up
- 3 sets Squats
- 3 sets Leg press
- 3 sets Dumbbell Lunges
- 3 sets Standing calf raises

Friday: Shoulders

- 3 sets Military press
- 3 sets Lateral Dumbbell raises
- 3 sets Dumbbell shrugs
- 3 sets Upright Rows
- 3 sets Standing Low Pulley Deltoid raise

Saturday: Arms

- 2 sets Barbell curls warm up
- 3 sets Barbell curls heavy

Sunday: Off

^{*}off the website: http://weightlossandtraining.com/freeworkoutroutines-men

Cicuit - full body										
EXERCISE	SETS	REPS								
Horizontal leg-press										
machine	1-3	15								
Machine row	1-3	10-12								
Wide-grip pull-down	1-3	10-12								
Pec-deck	1-3	10-12								
Lateral-raise machine	1-3	10-12								
Machine preacher curl	1-3	10-12								
Triceps press-down	1-3	10-12								
Slanted calf-raise machine	1-3	20								
Crunch	1-3	20								

UPPER BODY	UPPER BODY										
Barbell incline-bench press	2-4	10									
Seated dumbbell press	2-4	10									
Flat-bench dumbbell flye	2-4	10									
Dumbbell lateral raise	2-4	10									
Bent-over barbell row	2-4	10									
Overhead dumbbell press	2-4	10									
Close-grip pull-up	2-4	failure									

Leg extension (machine)2-415Lying leg curl (machine)2-415Standing calf raise2-415-20								
Leg press	2-4	15						
Leg extension (machine)	2-4	15						
Lying leg curl (machine)	2-4	15						
Standing calf raise	2-4	15-20						
Seated calf raise	2-4	15-20						
Hanging knee-up	2-4	15-20						

SHOULDERS									
Seated Smith machine press	2-4	8-12							
Dumbbell lateral raise	2-4	10							
Bent-over dumbbell	2-4	10							
lateral raise	2-4	10							
Barbell front raise	2-4	10							
Seated dumbbell press	2-4	failure							

20 Minutes Circuit Workout

(*choose light weights for max reps)

- 1) Bench press* or pushups max in 1:00
- 2) Squats max in 1:00
- 3) Pullups or pulldowns 1:00
- 4) Bike or jog 3:00
- 5) Military press* 1:00
- 6) Lunges 1:00 each leg
- 7) Bicep curls 1:00
- 8) Bike or jog 3:00
- 9) Tricep extensions.- 1:00
- 10) Leg ext 1:00 (or repeat squats with weights)
- 11) Leg curls 1:00 (or repeat lunges with weights)
- 12) Situps 2:00
- 13) Crunches 2:00
- 14) Stretch

BICEPS AND FOREARMS								
EXERCISE	SETS	REPS						
Standing barbell curl	2-4	10						
EZ-bar preacher curl	2-4	10						
Standing dumbbell	2-4	10						
hammer curl	2-4	10						
Reverse-grip EZ-bar curl	2-4	10						

Triathlon Training

by Stew Smith

Consider the triathlon as the ultimate cross training routine. In fact, fewer tri-athletes get injured

Below is a sample triathlon workout I made for myself a few years ago when I was training with

For the first month, I recommend the following schedule:

Swim 3 Times a Week

Two distance freestyle swims of 2000m (500m hypoxic thrown in), plus one interval swim with timed paces and increasing speeds (see below)

- 300m choice warmup
- 4 x 50s one easy, one pace on 1:15
- 1 x 300m at 65% on 6:15
- 2 x 200m at 70% on 4:30
- 3 x 100m at 75% on 2:15
- 4 x 100m at 80% on 2:15
- 1 x 200 Pull breathe 3,5 by 50s
- 3 x 100 take 4 breaths first 50, 5 the second 50 (Long smooth strokes).
- 100 cooldown
- total yards = 2400

Run 3 Times a Week

Two short runs of 6 miles, plus one long run of 10 miles (Saturday) after a 20 mile bike (triathlon slang BRICK = Bike + Run + ICK, because they are hard and should be done at great intensity and timed). You want to do the BRICKs in Bike-Run order to get accustomed to the Bike-Run transition...Work on speed from Bike to Run as well.

Bike 3 Times a Week

2 SPIN classes (if available) and / 1-3 long bike ride 20+ miles.

Lift Weights 3 Times a Week

Weights are swimming and bike specific. No leg PT is needed (yet) due to the SPIN classes and bike build up.Concentrate on arm strength for swimming and lower back strength for long bike rides. The workouts should go in the following order for the first month:

- Lat Pulldowns 3 x 15
- Rowing machine 3 x 15
- Tricep Extensions 2 x 15
- Tricep pushdowns 2 x 15
- Bicep curls 3 x 15
- Reverse Flies 3 x 15
- Roman chair lower back extensions 2 x 15
- Neck exercises (up,down,left,right) 2 x 15 (do after abs)

LW Shoulder Workout:

- Lateral raises 10
- Thumbs up lateral raises 10
- Thumbs up/down lateral raises 10
- Front raises 10
- Cross overs 10
- Reverse flies 10
- Military press 10

PT:

- Wide, Regular and Tricep pushups -- 20,20,20
- Abs of choice 250
- Lowerback exercises (swimmers 1:00 / R arm L leg lifts 1:00)
- Pullups pyramid set of pull-ups 1-10-1

Workouts	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Swimming	Yes		Yes		Yes		Make-up
Biking	Off	1 Hr	Off	1 Hr	Off	1.5 Hr	1 Hr
Running	6 mi	Off	6 mi	Off	Off	10 mi	6 mi
Weights			Yes		Yes		Yes
PT: Abs/Back	Yes		Yes				Yes
Calories	3900	3000	3500	2400	3500	3600	3900
Heart Rate Zone	140-150	140-150	140-150	140-150	140-150	140-150	140-150

WORKOUT LOG

Track your fitness and strength training progress.

	M Tu W Th F Sa Su				
DATE:					
WEIGHT:					
SLEEP (hrs):					
CALORIES:					
TIME (minutes):					

NOTES:

EXERCISES	1RM*	SETS	REPS	WT												

^{*1}RM - One Rep Max (for reference)

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT									
															1

^{*}Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate