

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 (pyramid)
- 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>

Circuit - 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

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

LOWER BODY

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 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 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

