

Workout Schedule

Name: _____

Personal Trainer: _____

Program Start Date: _____

Week 1: 2 sets x 15 reps ☐ Completed

Week 2: 3 sets x 12 reps ☐ Completed

Week 3: 2 sets x 20 reps ☐ Completed

Week 4: 3 sets x 15 reps ☐ Completed

Notes



TRAINING PROGRAM:

CONDITIONING CIRCUIT PHASE 1 of 3

Everyday life requires a certain amount of strength, balance, and cardiovascular capacity. By devoting the workout time necessary to elevate your heart rate while strengthening your core and toning your muscles, you will experience greater success and enjoy your daily activities even more. Each phase of this three-part training program will build on the solid foundation established here in Phase 1.



Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



Warm-up: Foam Roll Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



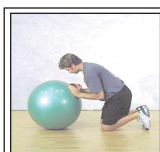
Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Five minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



Warm-up: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



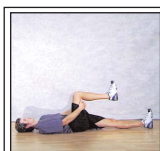
Warm-up: Stability Ball Flexibility / Lat Stretch

The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 30 seconds per calf.



Warm-up: Floor Flexibility / Hamstring 90/90 Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Strength: FreeMotion Chest Seated Two Arm Chest Press

The Seated Two Arm Chest Press works the chest muscles as well as the muscles in the trunk and spine. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



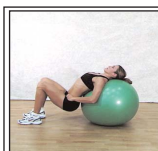
Strength: Stability Ball Crunch Stability Ball

This exercise primarily targets the abdominal muscles while incorporating the muscles of the trunk and spine. Perform 2 sets of 15 reps during Week 1 and increase sets and reps to match your conditioning.



Strength: FreeMotion Row Seated Two Arm Row

The Seated Two Arm Row will help to strengthen your large back muscles in addition to your shoulders, arms and core. Begin with 2 sets of 15 reps and progress weekly.



Strength: Stability Ball Stability Ball Bridge

The Stability Ball Bridge requires you to engage your entire body in order to stabilize on the ball. The movement will work your thighs, hips, back and abs. Start with 2 sets of 15 reps and increase both as you are ready.



Strength: FreeMotion Shoulder Seated Two Arm Shoulder Press

The Seated Two Arm Shoulder Press focuses on the shoulder muscles and also incorporates other muscles of the torso. Start with 2 sets of 15 reps and increase as weeks progress.



Strength: Stability Ball Stability Ball Cobra

The Stability Ball Cobra requires you to utilize back extension muscles, important for good posture, also incorporates other core muscles. Start with light weights and increase as the reps and sets become easy.



Strength: FreeMotion Lift Two Arm Cable Squats

The Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 2 sets of 15 and increase weight as the exercises become easier.



Strength: FreeMotion Step Side Step-Up to Balance

The Side Step-Up Balance stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. Start with 2 sets of 15 and increase the height of the step and weight on the stack as you become more fit.



Cool Down: NordicTrack Incline Trainer or Treadmill Cardio

Five minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.



Cool Down: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side during the cool down.