

Training - Daily Progress Report

Beginner 1

Date:	Weight	Start Time:
Day ____ of Week ____	% PBF	End Time:
Level 1 All Body		Total Time

Muscle Grp	Exercise	Set s	Rep s	W	Rest Min	Recommendations
Cardio	Personal Choice					Zone 2-Can use all equipment. Read below. Track time. Speed, Incline etc. Check HR
AB	Russian Twists					Floor/Bench/Cube weighted ball/Lift knees to chest/Tap Floor
Legs	Ball Wall Squat					
	Leg Press Machine	3				2 positions (Feet together/apart)
	Leg Extension	3				Machine Hold 1-2 tempo/or Resistance Band
	Ab/Adductor	3				With Resistance Band (TFL)
Upper	Modified push up	3				Shoulder width/wider
	Chest Press	3				Machine/Weight
	Chest Fly/Pec	3				Machine/Weight
Shoulder	Upright Row KB	3				Weight
	Front Lateral Raises	3				Weight
Back	Seated Row	3				Machine
Bicep	Standing DB Curl	3				Weight/Add weight if reps are easy
	Standing DB Hammer Curl	3				Weight
Tricep	Pull Down (Rope)	3				Machine
	Prone Kickbacks	3				Weight

	Sauna/Hydro Bed					Muscle soreness. If you have arthritis-try prior you may be surprised about the results.
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1. You can break up this work out to 1 longer session or 2 short sessions.
2. Cardio needs to be done prior (10-15 min.) &/or after a workout. Before warms the temp & heart rate to prepare you for the work out. (Minimum)
3. If you decide to split workouts-ADD *step ups* in between to keep HR higher. Check periodically.
4. Follow the cardio chart increasing to Zone 2 after warm up. 60-70% of your resting HR. If you can have a normal conversation, push harder for 1-2 minutes. Not a casual walk in the park.
5. Recommend to eat prior (1-2) hrs prior. Peanut Butter Banana Sand or Oatmeal.
6. Stay hydrated. Bring water with you. Add LMNT if you are ever feeling dehydrated.
7. Try to work out at the same time if possible.
8. How you eat is 60-70% of your success to a healthier lifestyle.

If you need more information or would like to sign up for individualized, small group & nutrition please reach out. Follow me on Facebook for more recipes, health & work out tips.

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