

6 WEEK F\\T GUIDE

*CARDIO EXAMPLES & RULES:

- Steady state cardio- treadmill, bike, stair master, row machine or elliptical. Keeping heart rate consistent throughout, to where its slightly harder to hold a conversation. If you can't maintain a steady HR try a different piece of cardio or slow down your pace.
- Interval cardio- walk run intervals, stair master intervals, jump roping intervals, row machine intervals, bike intervals. Spike your heart rate for 20sec-1min and then recover for 1-3min...depending on how long you stayed in the high interval.

*GENERAL NOTES FOR THE WEEK:

- It's very important that you do a proper warm up, 10-15 minutes, before you start any workout or program. This does the body good in many different ways. For example, letting our body know what's about to happen, which can prevent any injuries. Also one of my favorite, a warmed up body is a better fat burning machine.
- Now after your workout, a proper cool down is one of the most beneficial things you can do for your body. Whether you're stretching or foam rolling, I'd spend around 10-15min at least attending to the tight and/or sore muscles. Doing this will help lengthen the muscles, speed up the soreness and my favorite, increases range of motion & body posture.

Workouts:

UPPER BODY (1)

Alternating Shoulder Press.
Bicep Curls
Tricep Kickbacks
Push Ups
Back Rows
Side/Front Shoulder Raise
Wall Tricep Extensions

LOWER BODY (1)

Reverse Lunge
Jump Squat
Hip Raise
Lateral Lunge
Goblet Squat
Ass O Tax
Flutter Kicks

UPPER BODY (2)

Band or Towel Lat Pull Down
Overhead Tricep Ext
Reverse Flys
Squat-Clean-Press
Chest Fly
Renegade Row
DB(1) 1/2 Sit Up & Press

LOWER BODY (2)

Stationary Lunge
Hip Thrusters
Side Clam Raises
Lateral Skaters
Curtsy Lunge
Step Ups
Alternating Leg Raise-Jackknife

FULL BODY BLAST (1)

Squat & Bicep Curl
Back Row & Tricep Kickback Combo
Stationary Lunge & Side/Front Shoulder Raise Combo
Hip Raise & Tricep Extension Combo
Burpees
Walking Lunge w/ a Twist

FULL BODY BLAST (2)

Push Up - Mountain Climber Combo
Staggered Deadlift - Stationary Lunge Combo
Man Maker
Inchworm Tricep Plank Raise Combo
Lateral Lunge - Single Arm Curl & Press Combo
Turkish Get Up

Bonus: AB BLASTERS (BEGINNER)

*7 minute
*30sec each exercise
*2 rounds
-Reverse Crunches
-Crunches
-Side Plank Raises(30&30sec)
-Bicycles
-Penguins
-Plank Alternating Lateral Toe Taps

(ADVANCED)

*7 minutes
*1min each exercise
*1 round
-Straight Leg Circles(1&1min)
-1/2 Sit Ups
-Side Plank Tuck Unders(1&1min)
-Banana Boat Rolls
-Alternating Leg Raise Jackknife
Combo

WEEK 1

MONDAY:

20minutes cardio steady state

- Use any piece of cardio equipment or the outdoors that'll get your Heart Rate elevated. You should be able to hold a conversation during this style of cardio... but also be able to break a sweat at the same time.

TUESDAY:

30 minute upper body blast (1)

- 3 sets, 10 reps, 45sec-1min break in between sets

WEDNESDAY:

20 minutes cardio steady state

THURSDAY:

30 minute lower body blast (1)

- 3 sets, 10 reps, 45sec-1min break in between sets

FRIDAY:

20 minutes interval cardio

- This is best done on your favorite cardio machine because it's easier to keep track and fluctuate speeds/intensities.

SATURDAY:

30 minute full body blast (1)

- 3 sets, 10 reps, 45sec-1min break in between sets

Sunday: 30min-1 hour of recovery, with stretching, foam rolling, yoga and/or long steady state cardio. We do this AT LEAST one time a week to repair and recover the muscles properly. This also can help with posture, blood flow, soreness and stress.

WEEK 2:

Monday: 25 minutes cardio steady state

Tuesday: 35 minute upper body blast (2)

- 3 sets, 12 reps, 45sec-1min break in between sets

Wednesday: 25 minutes cardio steady state

Thursday: 35 minute lower body blast (2)

- 3 sets, 12 reps, 45sec-1min break in between sets

Friday: 25 minutes interval cardio

Saturday: 35 minute full body FIIT BLASTER

- 3 sets, 12 reps, 45sec-1min break in between sets

Sunday: recover with stretching, yoga or long steady state cardio

WEEK 3:

Monday: 30 minutes cardio steady state & bonus

Tuesday: 40 minute upper body blast (1)

- 4 sets, 10 reps, 45sec-1min break in between sets

Wednesday: 30 minutes cardio steady state & abs

Thursday: 40 minute lower body blast (2)

- 4 sets, 10 reps, 45sec-1min break in between sets

Friday: 30 minutes interval cardio & yoga flow

Saturday: 40 minute full body blast (1)

- 4 sets, 10 reps, 45sec-1min break in between sets

Sunday: recover with stretching, yoga or long steady state cardio

WEEK 4:

Monday: 35 minutes cardio steady state & bonus

Tuesday: 45 minute upper body blast (2)

- 4 sets, 12 reps, 45sec-1min break in between sets

Wednesday: 35 minutes cardio steady state & bonus

Thursday: 45 minute lower body blast (1)

- 4 sets, 12 reps, 45sec-1min break in between sets

Friday: 35 minutes interval cardio & yoga flow

Saturday: 45 minute full body blast

- 4 sets, 12 reps, 45sec-1min break in between sets

Sunday: recover with stretching, yoga or long steady state cardio

WEEK 5: progress report

Monday: 20 minutes cardio steady state

Tuesday: 30 minute upper body blast (2)

- 3 sets, 15 reps, 45sec-1min break in between sets

Wednesday: 20 minutes cardio steady state

Thursday: 30 minute lower body blast (1)

- 3 sets, 15 reps, 45sec-1min break in between sets

Friday: 20 minutes interval cardio & yoga flow

Saturday: 30 minute full body blast (2)

- 3 sets, 15 reps, 45sec-1min break in between sets

Sunday: recover with stretching, yoga or long steady state cardio

WEEK 6: the beginning of being F\T

Monday: 35 minutes cardio steady state

Tuesday: 50 minutes upper body blast (1)

- 3 sets, 15 reps, 45-1min break in between sets

Wednesday: 35 minutes interval cardio & recover

Thursday: 50 minutes lower body blast (1)

- 3 sets, 15 reps, 45-1min break in between sets

Friday: 35 minutes interval cardio & yoga flow

Saturday: 50 minute full body blast

- 3 sets, 15reps, 45-1min break in between sets

Sunday: recover with stretching, yoga or long steady state cardio