

CfC - Beginning level monthly training program

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1	30 min low-intensity cardio (HR < 90 bpm) + Resistance workout	45 min cardio - moderate intensity (HR 90 - 115 bpm)	5,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	5,000+ steps	45 min cardio w/2 x 2 min @ 130 bpm HR	5,000+ steps
Week 2	30 min low-intensity cardio (HR < 90 bpm) + Resistance workout	45 min cardio - moderate intensity (HR 90 - 115 bpm)	5,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	5,000+ steps	45 min cardio w/2 x 2 min @ 130 bpm HR	5,000+ steps
Week 3	30 min low-intensity cardio (HR < 90 bpm) + Resistance workout	45 min cardio - moderate intensity (HR 90 - 115 bpm)	5,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	5,000+ steps	45 min cardio w/2 x 2 min @ 130 bpm HR	5,000+ steps
Week 4	30 min low-intensity cardio (HR < 90 bpm) + Resistance workout	45 min cardio - moderate intensity (HR 90 - 115 bpm)	5,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	5,000+ steps	45 min cardio w/2 x 2 min @ 130 bpm HR	5,000+ steps

Key Points:

Red - Cardio & weight workout

Yellow - off / recovery day

Blue - Interval cardio day

Workout days can be shifted, however keep sequence the same. At end of month continue on program or progress to next level.

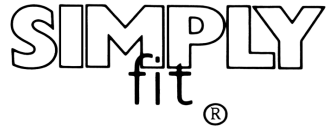
Incorporate 15 minutes of total-body flexibility training (stretching) **after** each workout on M/T/Th/&Sat.

Start using pedometer and work up to 5,000+ steps per day on non-cardio workout days.

Monday - incorporate resistance workout below along with cardio workout.

Thursday - incorporate recovery resistance workout along with cardio workout.

Saturday - incorporate 2 x 2 minute intervals during cardio workout at HR of 130 bpm. Make sure to allow minimum for 10 minutes warm-up prior to and cool-down post interval.



NUTRITION AND EXERCISE CONSULTING

Step one program:

WEEKLY RESISTANCE TRAINING PROGRAM

Monday: Push groups: **Shoulder press** 12-10-8, **Laterals** 15-12-8, **Push Ups** 15-12-10, **Flies** 15-12-8, **Triceps kickback** 12-10-8.

Pull groups: **D.B. row** 12-10-8, **Rear laterals** 12-10-8, **D.B. curl** 12-10-8, **Crunch** 3 x 10-15

Thursday:

CHEST	Push Up / D.B. fly	2 x 8-12
BACK	Pullover / D.B. row	2 x 8-12
SHOULDERS	Partial clean / Front raise	2 x 8-10
ARMS	D.B. curl / Kickback	2 x 8-10
ABDOMINALS	Crunch / Pelvic thrust	3 x 10/10

Exercises can be substituted at any time, however the total sets and repetitions should remain the same. The amount of weight lifted on Thursday supersets (one set for each exercise on one body part immediately followed by the second exercise without rest) should be ~80% of your max weight for the given number of reps. Rest between each superset and between body parts.