

CfC - Intermediate level monthly training program

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1	30 min low-intensity cardio (HR < 110 bpm) + RM Resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	10,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	60 min cardio w/ 2 x 5 min @ 145-160 bpm HR	10,000+ steps
Week 2	30 min low-intensity cardio (HR < 110 bpm) + RM Resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	10,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	60 min cardio w/ 2 x 5 min @ 145-160 bpm HR	10,000+ steps
Week 3	30 min low-intensity cardio (HR < 110 bpm) + RM Resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	10,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	60 min cardio w/ 2 x 5 min @ 145-160 bpm HR	10,000+ steps
Week 4	30 min low-intensity cardio (HR < 110 bpm) + RM Resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	10,000+ steps	30 min cardio (HR 90 - 115 bpm) + recovery superset resistance workout	45 - 60 min cardio - moderate intensity (HR 110 - 135 bpm)	60 min cardio w/ 2 x 5 min @ 145-160 bpm HR	10,000+ 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.

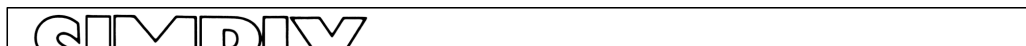
Start using pedometer and work up to 10,000+ steps per day on non-cardio workout days.

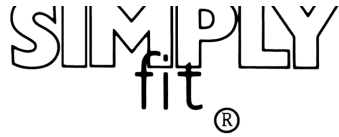
Monday - incorporate resistance workout below along with cardio workout

Thursday - incorporate recovery resistance workout along with cardio workout

Saturday - incorporate 2 x 5 minute intervals during cardio workout at HR of 145 - 160 bpm. Make sure to allow minimum for 10 minutes warm-up prior to and cool-down post interval

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NUTRITION AND EXERCISE CONSULTING

Step one RM program:

WEEKLY RESISTANCE TRAINING PROGRAM

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

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

Thursday:

CHEST	Push Up / Incline 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. On Monday's, the RM sets designate a repetition maximum set, where the exercise is performed with the heaviest weight that can be lifted properly for the given number of repetitions. The amount of weight lifted on Thursday for the supersets should be ~80% of your max weight for the given number of reps.