

Name: AVERAGE MALE - relatively healthy with no serious joint problems

Experience: BEGINNER - consistently exercising for less than 6 months

Goals: LOSE FAT - less than 30 pounds

BUILD MUSCLE - particularly in the chest, arms, and abs

IMPROVE HEALTH - decrease risk of disease, improve function, feel better

Monday

Warm-Up (5-10 minutes)

Strength Training (30-40 minutes)

Bench Press 2-3 x 12 + warm-up (that's 2-3 sets of 12 reps plus a light warm-up set)

Deadlift 2-3 x 12 + warm-up

Squat Press 2-3 x 12 + warm-up

Inverted Row 2-3 sets to fatigue

2-3 sets of ab movement based on ability

* rest 90 seconds to 3 minutes between sets, depending on difficulty

Cardio (10-20 minutes)

High Intensity Interval Training (H.I.I.T)

or

High Intensity Resistance Training (H.I.R.T)

Prehab (5-10 minutes)

Post-Workout Meal/Shake (the sooner the better but at least within 30 minutes of completing cardio)

Tuesday (optional but recommended)

Cardio (20-30 but up to 60 min)

Low Intensity Cardio

Prehab (10-20 minutes)

Wednesday

Warm-Up (5-10 minutes)

Cardio (20-50min)

High Intensity Interval Training (H.I.I.T)

and/or

High Intensity Resistance Training (H.I.R.T)

Prehab (5-10 minutes)

Post-Workout Meal/Shake

Thursday (optional but recommended)

Cardio (20-30 but up to 60 min)

Low Intensity Cardio

Prehab (10-20 minutes)

Friday

Warm-Up (5-10 minutes)

Strength Training (40-50 minutes)

Bench Press 2-3 x 10 + warm-up

Deadlift 2-3 x 10 + warm-up

Push Press 2-3 x 10 + warm-up

Barbell Squat 2-3 x 10 + warm-up

Inverted Row 2-3 sets to fatigue

* rest 90 seconds to 3 minutes between sets, depending on difficulty

Ab + Arm Circuit (2-3 alternating sets, resting 30-60 seconds between sets)

Ab Move 1

Skull Crusher

Lateral Raise

Ab Move 2

Barbell Curl

Prehab (5-10 minutes)

Post-Workout Meal/Shake

Saturday/Sunday (optional)

Cardio (20-30 but up to 60 min)

Low or Moderate Intensity Cardio

or

Other Activity

Prehab (10-20 minutes)