

Choose Your Level	Burn Phase					Refuel
	Day 1		Day 2	Day 3		Day 4
Beginner* You are brand new to exercise or have not exercised in over 6 months.	Cardio 15 minutes Interval Training	Weights 10 minutes Full Body Workout	Cardio 15 minutes Moderate Intensity	Cardio Same as Day 1	Weights Same as Day 1	Light Cardio 15 minutes Work at 50% effort
Intermediate* You have been exercising on and off (3 times per week or less), but you need a new challenge.	Cardio 30 minutes Interval Training	Weights 15 minutes Full Body Workout	Cardio 30 minutes Moderate Intensity	Weights Same as Day 1	Cardio Same as Day 1	Light Cardio 30 minutes Work at 50% effort
Advanced* You have been exercising (at least 4 days per week), but you need a new challenge.	Cardio 45 minutes Interval Training	Weights 20 minutes Full Body Workout	Cardio 45 minutes Moderate Intensity	Weights Same as Day 1	Cardio Same as Day 1	Light Cardio 45 minutes Work at 50% effort

NOTE: The workout for days 1 and 3 are identical. Repeat the four day cycle.

Workout Descriptions

Cardio: a workout where you increase your cardiovascular heart rate for a specific period of time.

(1) **Interval Training** (Days 1 & 3)

- Minute 1 = easy intensity (50% effort)
- Minute 2 = moderate intensity (70% effort)
- Minute 3 = high intensity (100% effort) This minute is the KEY to your workout! Push it as high as you can maintain only for one minute. You should be breathing very heavily, but not gasping out of control.
- Repeat (Keep repeating this 3 minute cycle for the duration of your workout.)
 Beginner = 5 cycles, Intermediate = 10 cycles, Advanced = 15 cycles

(2) **Moderate Cardio** (Day 2)

- Work at 70% effort throughout the entire workout. Check your intensity by taking the “talk test.” If you can easily carry on a full conversation with someone, you are not working hard enough. If you can speak a few sentences and then you need to pause to catch your breath, you are working at the right intensity. If you cannot say anything and you cannot catch your breath, you are working too hard.

(3) **Light Cardio** (Day 4)

- Keep your body in motion, yet keep it light. Work at 50% effort for the duration of your workout.

***Note: When you begin a new exercise program your body tends to retain water, so the scale may not change immediately. Just be diligent and patient; you'll see a difference before you know it!**

Weights: a workout where you use weights or resistance against a muscle group that forces it to grow.

Full Body Workout (Days 1 & 3)

- (1) Chest and Back (3) Shoulders (5) Abdominals
 (2) Biceps and Triceps (4) Legs (Upper and Lower)

◆ **Feeling the “burn”:** This is critical to your results. As you lift and lower the weight, you will begin to feel intense heat in the muscle. When you feel that “burn”, do two more repetitions. If you don’t experience the “fire” in the muscle by the time you have completed the number of repetitions (read below to see how many repetitions you are aiming for), you are not using heavy enough weight and won’t get the results you want to see. If you feel the “fire” after only 2 or 3 repetitions, you are using too heavy of a weight. After a few workouts, you will find that your same weights do not give you the burn anymore. At this point, it is time to increase your weights by a few pounds.

◆ **For muscle toning:** Choose a weight that causes you to feel the “burn” somewhere between 10 and 12 repetitions.

◆ **For muscle growth:** Choose a weight that causes you to feel the “burn” somewhere between 6 and 8 repetitions.

◆ **Number of Sets:** 2 sets of 12 repetitions (or 8 repetitions for muscle growth) for each muscle group. Between set 1 and 2, only allow for a 15 to 30 second break. Ask a fitness professional or look on-line for exercise instructions.

◆ **Weight lifting and weight loss:** Weight lifting isn’t just for those who want to gain muscle! It is an important key to weight management. As you alternate between cardio and weight lifting, you will be shedding fat and sculpting muscle.

*Before beginning any exercise program, you should consult your physician.

NOTE: Cardio workouts can be done by walking, jogging, treadmill, jump rope, exercise machines, exercise videos, etc. For weighted workouts, use hand weights, exercise bands, machines, or household items (cans, gallon jugs, etc.)