

E X E R C I S E

CHEST-BACK-ABS

START TIME: _____

FINISH TIME: _____

ACTUAL TIME TARGET TIME

○ 30 ○

MONDAY

DATE: _____

CHEST – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - CHEST

Barbell Bench Press – Use a weight you can control. Focus on perfect form.

Dumbbell Bench Press – Keep your head on the bench and lower the weight slowly.

Dumbbell Fly – Keep your arms above the level of the bench. Don't stretch too far.

BACK – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - BACK

Wide Grip Pulldown – Don't lean back too far. Pull the bar towards your collarbone.

One-Arm Row – Keep your back parallel to the bench.

Seated Row – Keep your back perpendicular to the floor. Don't lean back. Full range of motion.

ABS – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		DONE!	

TRAINING TIPS - ABS

Floor Crunches – Try holding a small weight on you chest for sets of 10 and 5.

Leg Raises – Tuck your hands under your hips. Try adding some ankle weights for more resistance.

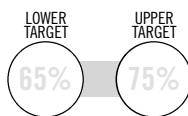
Bicycle – For best results keep your toes pointing parallel to the floor.

AEROBIC TRAINING

TUESDAY

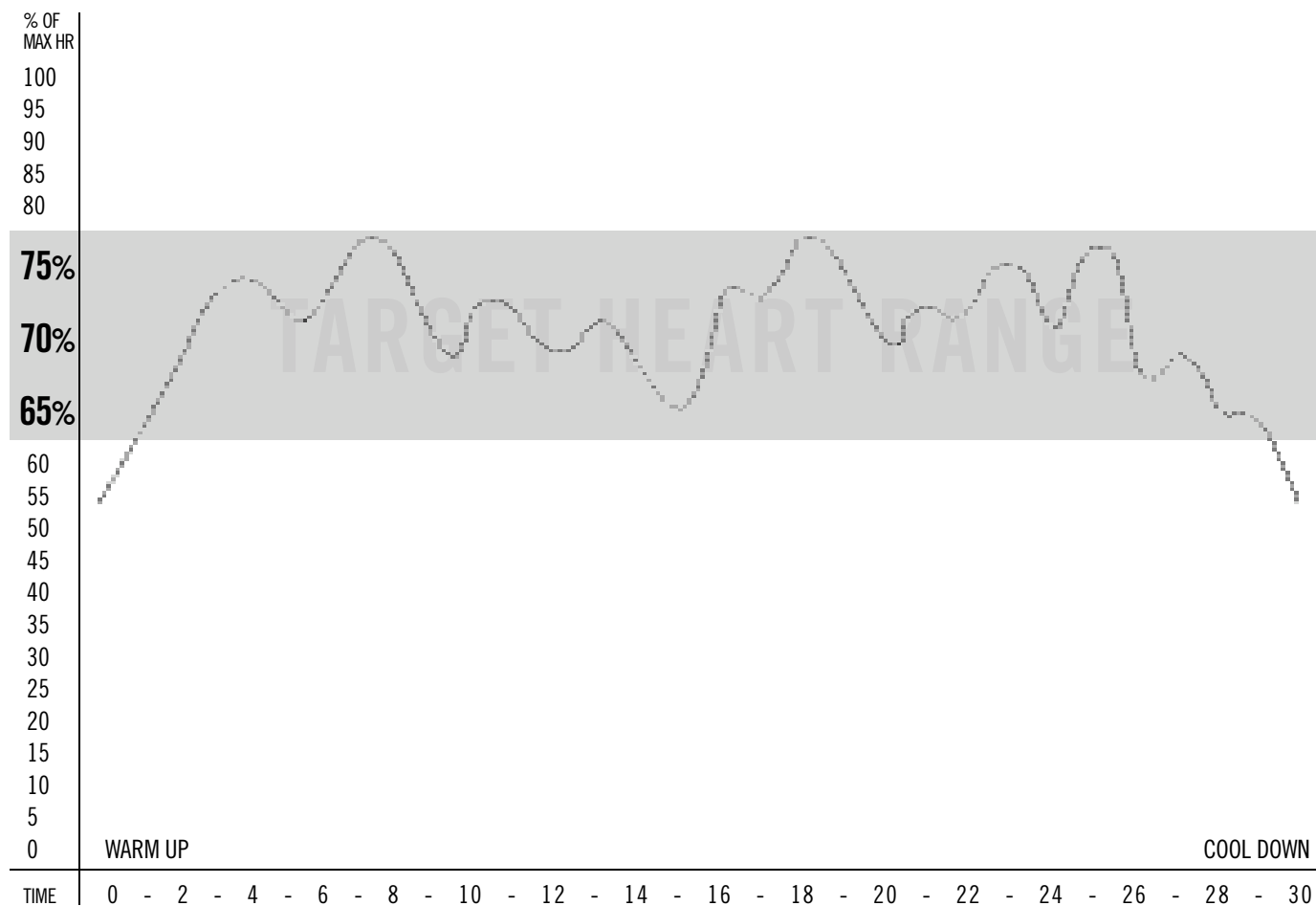
START TIME: _____

FINISH TIME: _____



DATE: _____

TARGET HEART RANGE DIAGRAM



AEROBIC TRAINING – TARGET **30** MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____

INFORMATION

Simply keep your heart rate between your lower and upper target numbers throughout your 30 minute aerobic workout.

Lower Target Calculation: $(220 - \text{AGE}) \times .65$

Upper Target Calculation: $(220 - \text{AGE}) \times .75$

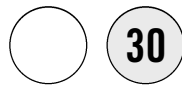
Or, use the Target Heart Rate Calculator at www.kinetixliving.com

QUADS-HAMS-CALVES

START TIME: _____

FINISH TIME: _____

ACTUAL TIME TARGET TIME



WEDNESDAY

DATE: _____

QUADRICEPS – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - QUADRICEPS

Barbell Squat – Keep your back straight, chin up and shoulders square. Don't lean forward too much.

Dumbbell Squat – Feet shoulder width apart. Lower until thighs are parallel with the floor then return to start.

Leg Extension – Full range of motion! All the way up and all the way down. Squeeze for a beat at the top.

HAMSTRINGS – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - HAMSTRINGS

Dumbbell Lunge – Your knee should be over your foot at the bottom of each rep (not in front).

Dumbbell Deadlift – Keep your back straight (don't hunch over).

Leg Curl – Keep your hips on the bench. Hold the contraction before slowly lowering the weight.

CALVES – TARGET 10 MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		DONE!	

TRAINING TIPS - CALVES

Standing Calf Raise – Shoulders square, chin up, back straight. Stretch at the bottom. Squeeze at the top.

Seated Calf Raise – Place pads close to your knees. Stretch at the bottom. Squeeze at the top.

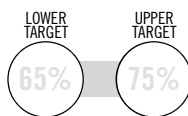
Dumbbell Calf Raise – Feet shoulder width apart. Toes turned out 45-degrees. Keep your legs straight.

AEROBIC TRAINING

THURSDAY

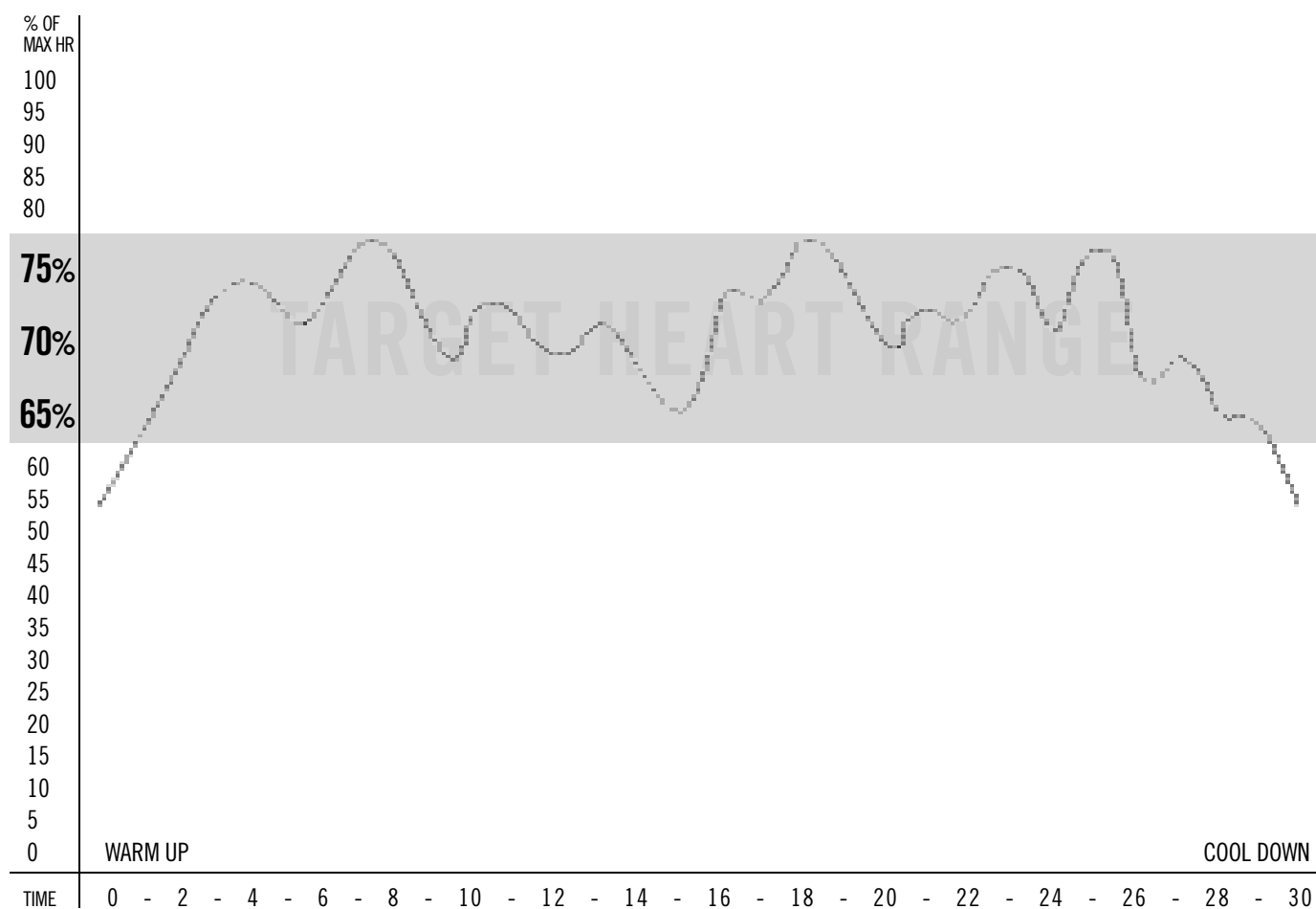
START TIME: _____

FINISH TIME: _____



DATE: _____

TARGET HEART RANGE DIAGRAM



AEROBIC TRAINING – TARGET **30** MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____

INFORMATION

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Upper Target Calculation: $(220 - \text{AGE}) \times .75$

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SHOULDERS-BI'S-TRI'S

START TIME: _____

FINISH TIME: _____

ACTUAL TIME TARGET TIME



FRIDAY

DATE: _____

SHOULDERS – TARGET **10** MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - SHOULDERS

Seated Dumbbell Press – Control the weights. Don't lock your elbows at the top. Lower the weight slowly.

Side Lateral Raise – Palms facing down. Keep your arms straight. Don't use too much weight!

Upright Row – Feet shoulder width apart. Hands shoulder width apart. Use a full range of motion.

BICEPS – TARGET **10** MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	

TRAINING TIPS - BICEPS

Barbell Curl – Hands shoulder width apart. Don't lean back. Keep your arms at your sides.

Dumbbell Curl – Keep your upper arms still. Avoid swinging the weight. Full range of motion is key.

Hammer Curl – Palms facing each other. Keep your torso still and abs tight. Nice and slow.

TRICEPS – TARGET **10** MINUTES

EXERCISE	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose one from 27 favorite exercises list)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		DONE!	

TRAINING TIPS - TRICEPS

Lying Dumbbell Extension – Keep your elbows pointed up not back. Upper arms must remain stationary.

Bench Dip – Keep your elbows tucked at your sides. Lower until upper arms are parallel to the floor.

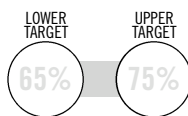
Overhead Extension – Keep your elbows close to your head and pointed straight up. Do this one slowly!

AEROBIC TRAINING

SATURDAY

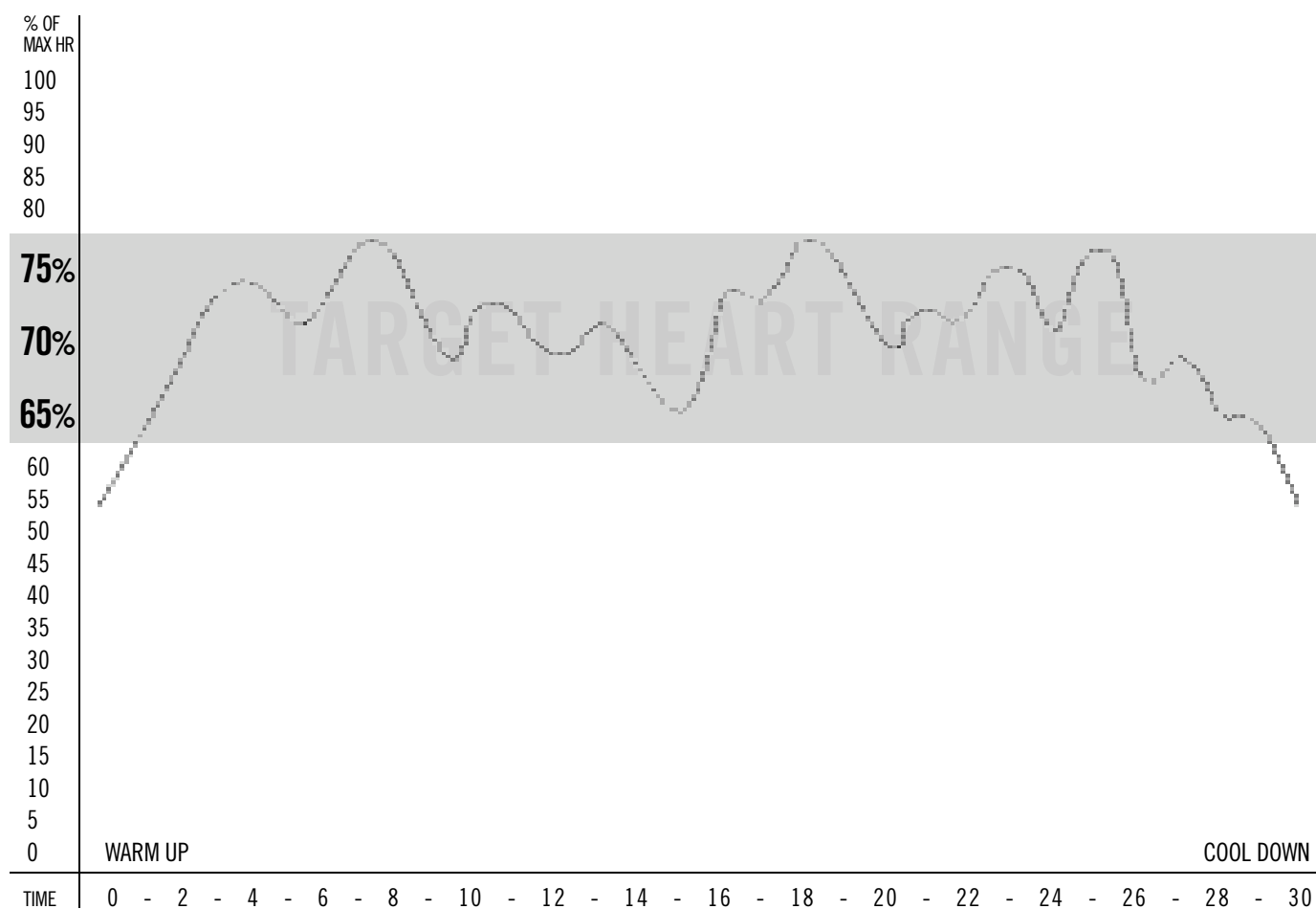
START TIME: _____

FINISH TIME: _____



DATE: _____

TARGET HEART RANGE DIAGRAM



AEROBIC TRAINING – TARGET **30** MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____

INFORMATION

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