

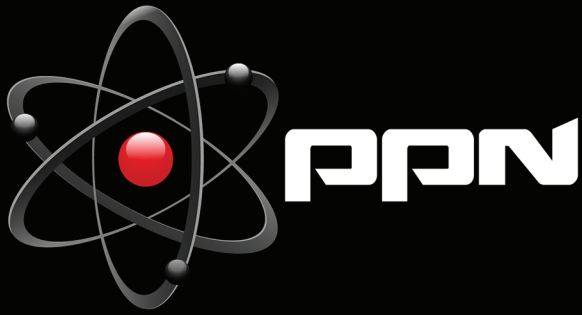
SAMPLE WEIGHT PROGRAM NOVICE

Total Body Workout Beginner

Day 1:	Total Body
Day 2:	Rest
Day 3:	Cardio Only
Day 4:	Total Body
Day 5:	Rest
Day 6:	Cardio Only
Day 7:	Rest
Day 8:	Repeat

Cardio:

Start with 2-3 days x 15-20 minutes at a Low to Moderate Intensity.



SAMPLE WEIGHT PROGRAM NOVICE

TOTAL BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Press Machine or Squats (w/ a Chair or Bench)	1-2	10
Dumbbell Overhead Press or Overhead Press Machine	1-2	10
Seated Calf Raise	1-2	10
Seated Row Machine or Dumbbell Rows	1-2	10
Adductor Machine	1-2	10
Vertical Press Machine or Flat Bench D.B Press	1-2	10
Triceps Extension Machine or Dips on a Chair or Bench	1-2	10
Seated/Standing Dumbbell Curls or Bicep Curl Machine	1-2	10

Abdominals

Crunches (Hips Flexed)	1-2	As Many As Possible
Low Back Extension	1	6-10 Reps