

Mill Race – Beginner/Advanced

BEGINNER PROGRAM:

Frequency – 3 TO 4 TBM Workouts a week to experience inch-loss. These can include classes and videos. To maximize your results you can also add **2 to 3 sessions of cardio** – 20 to 25 minutes. A healthy diet is also important. For more information please see your registration package or The Buff Mom Members Area.

Intensity – 12 to 15 reps of each move, unless indicated. Please use a weight that challenges you by the final few repetitions. (Heavy weight for larger muscle groups, lighter weights for smaller muscle groups. For example you will be able to lift more with your lower body than with your triceps) Please do 20 to 25 reps of lower body, unless indicated.

Type – Circuit Training: Please move quickly from one move to the next, with a 30 second to one minute rest between circuits. Perform one to two sets.

Time – 20 to 30 minutes. Please remember to warm up for five to 10 minutes before you start and end with a cool down and stretch. See videos on website for more details.

ADVANCED PROGRAM:

Frequency – 3 TO 4 TBM Workouts a week. These can include classes and videos. **Please also add 2 to 3 sessions of cardio – 20 to 25 minutes, one session of interval training (:30 to 1:00 hard, :30 moderate, repeat for 20 minutes).** A healthy diet is also important. For more information please see your registration package or The Buff Mom Member's Area.

Intensity – 12 to 15 reps of each move, unless indicated. Twenty to 25 reps for lower body. Please use a weight that challenges you by the final few repetitions. (Heavy weight for larger muscle groups, lighter weights for smaller muscle groups. For example you will be able to lift more with your lower body than with your triceps) **Stuck at a plateau? Increase your resistance and workout frequency ... make sure you sweat! Also, pay close attention to your food ... it is 80% of the equation.**

Type – Circuit Training: Two to three sets.

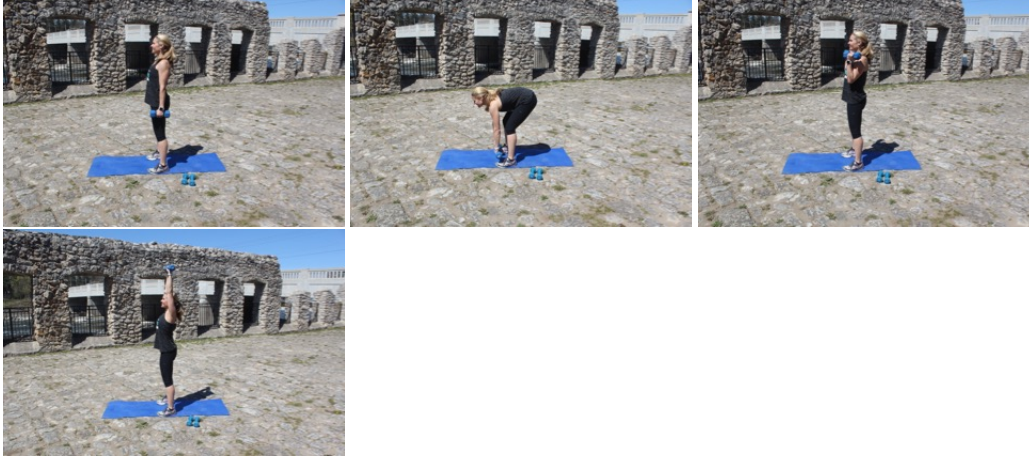
Time – 30 to 45 minutes. Please remember to warm up for five to 10 minutes before you start and end with a cool down and stretch. See videos on website for more details.

Circuit #1: Arms (12 to 15 reps, SLOW, 1 to 2 sets)

1. Bent Over Rows



2. Deadlift with Shoulder Press



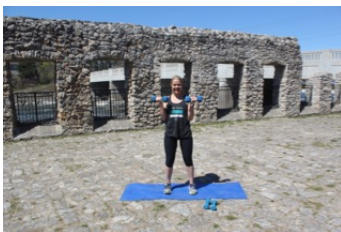
3. Plank Rows



4. Dumbbell Squat Thrusts, with Shoulder Press



5. Biceps Curls



CARDIO BLOCK: Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

Circuit #2: Legs

1. Prisoner Lunges – slow, 25 reps



2. Single Leg Deadlift – left, :30 to :45



- 3. Prisoner Lunges (see photo above)
- 4. Single Leg Deadlift – right (see photo above)

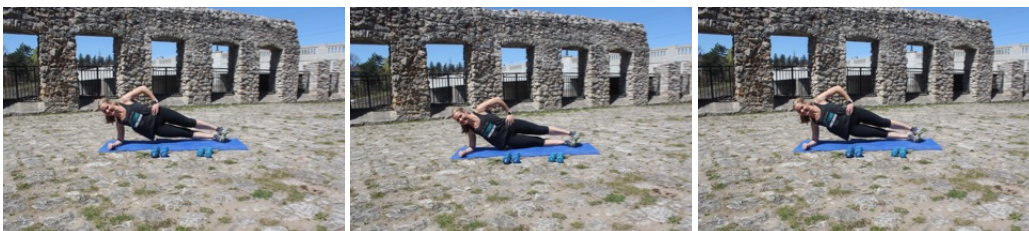
CARDIO BLOCK: Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

Circuit #3: Chest and Triceps

1. Walkout Pushups, :30



2. Side Planks with hip drop, :30 to :45



3. Walkout Pushups (see photo above)
4. Side Planks (see photo above)
5. Triceps Dips, :30



CARDIO BLOCK: Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

Circuit #4 Arms (12 to 15 reps)

1. Single Arm Dumbbell Swings – halfway- L



2. Single Arm Dumbbell Overhead Press



3. Front Squat with Weights at Chest



4. Single Arm Dumbbell Swings – halfway- R (see photo above)
5. Single Arm Dumbbell Overhead Press – R (see photo above)
6. Front Squat with Weights at Chest (see photo above)

CARDIO BLOCK: Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

Abs/Core (:30 to :45 a move)

- Standing Oblique Crunches – R



- Standing Oblique Crunches – L (see photo above)
- Reverse Crunch



- Hip Crossover



COOLDOWN/STRETCH/SMALL STEPS

Notes: