

Shades Mill – 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 resources section of The Buff Mom TV.

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. A healthy diet is also important. For more information please see your registration package or the resources section of The Buff Mom TV.

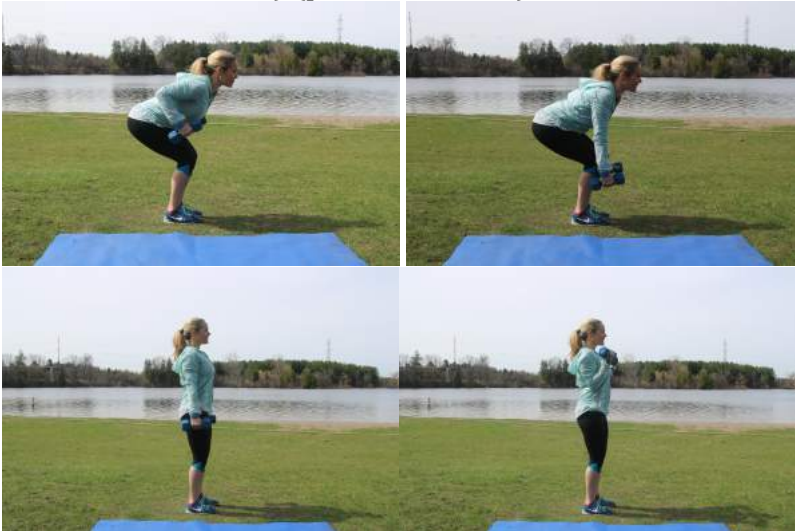
Intensity – 12 to 15 reps of each move, unless indicated. Twenty to 25 reps for lower body. Please use a weight that challenges you by the final few repetitions. (Heavy weight for larger muscle groups, lighter weights for smaller muscle groups. For example you will be able to lift more with your lower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

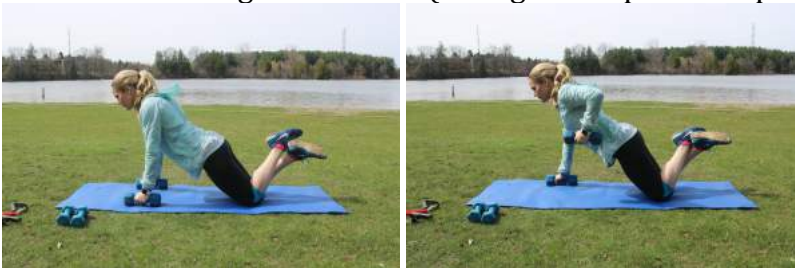
Time – 30 to 45 minutes. Please remember to warm up for five to 10 minutes before you start and end with a cool down and stretch. See videos on website for more details.

Circuit #1: Back, Core and Hips

1. Row and Curls – 4 Bent-over Rows, stand, 2 slow biceps curls (4 counts up, 4 counts down) (perform for :45)



2. Alternating Plank Rows (or beginner option is a plank) – 12 to 15 full reps



3. Side Plank-L, Side Plank-R (hold for :30 a side)



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: Shoulders and Legs (In the range of 15 to 20 reps per exercise)

1. Shoulder Press Combo (4 reps both arms, 4 reps left arm, 4 reps right arm, 4 reps alternating) – 16 reps in total



2. Reverse Lunges – 15 to 20 reps, weights at sides



3. Deadlifts with upright row – 15 to 20 reps



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, Legs and Abs

1. Band Squats – 25 reps



2. Pushups – 12 reps



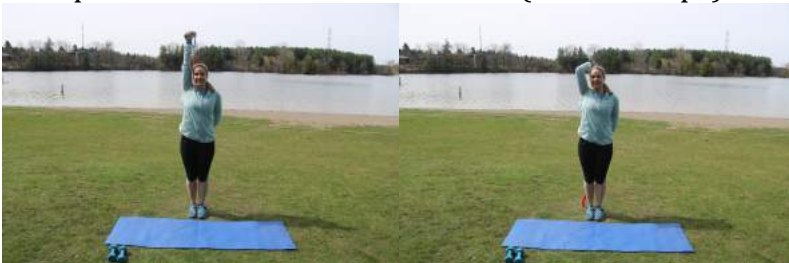
3. Bicycle Crunch – 25 reps



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:

Triceps Band Overhead Extension – L (12 to 15 reps)



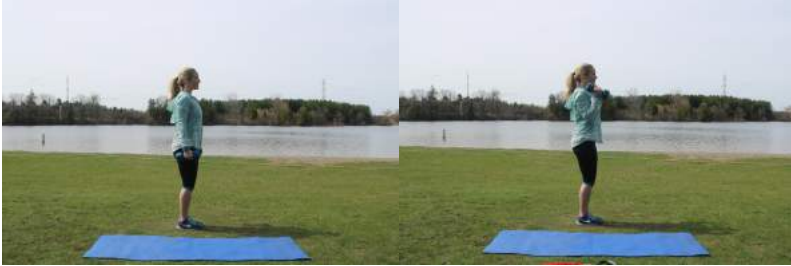
Triceps Kickbacks – both arms, light hand weights – 15 to 20 reps



Triceps Band Overhead Extension – R (12 to 15 reps) (see photo above)

Triceps Kickbacks – both arms, light hand weights – 15 to 20 reps (see photo above)

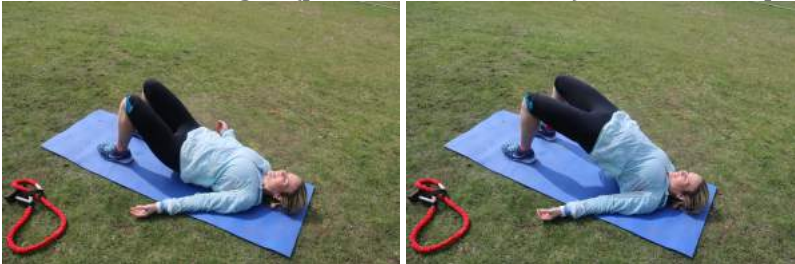
Hammer Curls – both arms, 15 to 20 reps



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, Glutes and Low Back

1. Glute Bridges (push into shoulders) – 15 to 20 reps



2. Glute Crossovers (15 reps each side, keep hips square)



3. Reverse Crunches – 15 to 30 reps



4. Supermans – low back - :30 to :45 seconds

