

Selecting /Creating a workout that is right for you

- 1) To determine the best type of program for you should first identify your goals.
 Weight loss, toning, firming and/or cardio improvement - Endurance based program
 Balanced muscle development, weight loss, etc. - Hypertrophic (Weight) Training
 Increased muscle mass (primary goal)

- 2) Identify the muscle group(s) that wish to improve. Additionally identify the antagonistic muscle group for each muscle group that you are seeking to improve. (i.e. bicep/tricep). It is important to exercise both muscle groups to ensure that one group does not over develop causing an increased risk of muscle strain/tear t other neglected muscle group.

- 3) If have not trained in the weight room before or have been away for a very long time, it is recommended that you follow the following program. After identifying exercises that will develop the desired muscle groups (step 2), begin with 3 sets of 12-15 repetitions with 1-3 minutes rest in between each set. The third set should be difficult but should not cause strain. Complete all 3 sets before moving on to the next exercise. Follow this routine for 2 weeks. Alternate days (Mon,Wed, Fri or Tue,Thu,Sat).

- 4) Upon completion of this initial period of preparation you may then begin a program from those listed in (step 1). For endurance based training 3 sets of 15-20 reps limiting rest to 0-30 secs (less time between sets increases workout intensity). For Hypertrophic training 3 sets of 10 with 30-120 secs rest. For building muscle mass 7 sets of 3 reps with 3-5 minutes rest.

- 5) As a final note, you may and probably should, consider a hybrid workout that may incorporate a mix of all 3 types of training. Below is an example of a program that includes several different types of training that are complete every session. (Mon,Wed, Fri).

Hypertropic (weight) Training Demo

Bench Press	3x10		
Pec Deck	3x10	}	superset
Lat Pull Down	3x10		
Bent Row	3x10	}	compund set
Reverse Fly	3x10		
Leg Press	3x10	}	compund set
Calf Ext	3x10		
Curls	3x10	}	superset
Dips	3x10		
Lat Raise (shoulder)	3x10	}	compund set
Front Raise (shoulder)	3x10		
Situp	3x50	}	compund set
Leg Raise	3x15		

Cardio Elliptical 5 min

Med	4x7	}	Advanced benchpress
Light	as listed		
Heavy	5x5		