Workout Plan

This is a 35 day (5 week) program for initial weight loss and pretty intense toning. I am giving you the work out plan. Just be smart about nutrition, so just keep it balanced and eat right. I can give you advice on supplements, but they are not necessary.

WEDNESDAY
(Try to use free weights)

Bench Press	1x15(Warm Up Set)
	4x8-12
Dumbbell Presses	3x8-10
Bent-Over Rows	3x8
Lat Machine Pull downs	3x8-10
Dumbbell Curls	3x10
Triceps Pushdowns	3x10

MONDAYS AND FRIDAYS
(Try to use free weights)

Squats	1x20(Warm Up Set)
	3x10-15
Leg Presses	3x10-15
Flat-Back Dead lifts	2x10-12
Leg Extensions	2-3x10-15
Leg Curls	2-3x10-15
Donkey Calf Raises	3x15
Hyper-extensions	2-3x10-20

AEROBICS

AEROBICS: Approx. 30-40 minutes each time.

On Tuesdays, Thursdays, Saturdays and Sundays, pick one of either the Stairmaster, Lifecycle or other stationary bike, recumbent bike or some steady-state aerobics like spinning, step aerobics or other classes, Tae-Bo, biking, jogging or power-walking. Do just one form for the whole time period. Go at least 30 and preferably 40 minutes.

ABS

Work Out #1

This is a non-stop ab routine for 5 minutes. You can choose any ab exercises as long as they are non-stop & high intensity. Do each exercise for 30 reps, then switch.

Crunches
Bicycles
V-Ups (laying flat on back)
Stabilization also know as the Plank
Sit-Ups
Flutter Flies (laying flat on bring both legs and arms off ground back and kicking feet approx. into a V-shape 6" off the ground.)
Alternating V-Ups (same as V-ups, but opposite arm and leg.)

Work Out #2

Weighted/Incline Sit-ups: With a count of 5 seconds on both up and down. 2 X 15-20 Reps.

Hanging Bent Knee: Find a bar to hang from, then pull your knee's parallel to your pelvis. 2 X 30 Reps.

Back Extensions: Find the back extension chair. 2 X 10-12 Reps.
1.) Face down on the chair
2.) Do a sit-up toward the ground.
3.) Hold at top for a count of 5 seconds; add weight (5 +lbs.) as necessary.

Do abs on the weight training days, or if you're ambitious try everyday or every other day.