



Set 1					
		Step up with 1-arm press	Step up (facing forward) with one leg onto a stable surface as you press one arm overhead.	12-15 reps on each leg	Medium
		Squat with bicep curl	At the bottom of your squat do a bicep curl	12-15 reps	Heavy
		Spider man push up	From a plank position, come into a push up. As you press up bring one knee in towards your arm.	12-15 push ups	N/A
		Ice Skaters	From a standing position, jump laterally to one side reaching your outside hand toward your foot. Then quickly jump laterally to the opposite side.	60 secs	N/A
Set 2					
		Side step up	Step up on a stable surface with one leg approaching the step from the side instead of facing forward.	12-15 reps	Heavy
		1 leg deadlift with a row	Standing on one leg lower weights down toward your feet; with back parallel to floor row weights to your side.	12-15 reps on each leg	Medium
		Bicycles	Lie on your back with your knees bent in the air. Take your hands behind your head and then rotate your left elbow toward your right knee and then switch sides.	15 reps on each side	N/A
		Ice Skaters	From a standing position, jump laterally to one side reaching your outside hand toward your foot. Then quickly jump laterally to the opposite side.	60 secs	N/A

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Set 1				
1	Squat with over head press	From a standing position with weights in your hands by your shoulders, squat by bending your knees and hips. As you stand up press your hands overhead.	12-15 reps	Heavy
2	Walking lunges with a twist	Taking a weight or ball in your hands, as you step into your lunge, twist your upper body with arms extended in front of you over your bent leg.	12-15 reps on each leg	Medium
3	Alternate bicep curl	From a standing position, with your arms at your side, bend one arm at a time into a bicep curl.	12-15 reps on each arm.	Medium
4	Mountain climbers	From a plank position bring one knee in towards your chest and then switch legs.	60 secs	N/A
Set 2				
1	Alternate bent over row	From a standing position, bend over so that your knees are slightly bent and your back is flat and parallel to the floor. Extend one arm down towards the floor and then bring you elbows into your sides. Alternate arms.	12-15 reps on each arm.	Heavy
2	Wide Leg Dead Lift	Stand with your legs straight and slightly wider then shoulder width, with weights in your hands. Start in a standing position and lower your arms down towards the floor as you keep your back flat. Return to standing.	12-15 reps	Heavy
3	Side plank with rotation	From a side plank position place a weight in your top arm. Bring the weight to the floor as you rotate the upper body toward the floor, then lift the weigh toward the ceiling.	12-15 reps on each side.	light
4	Mountain climbers	From a plank position bring one knee in towards your chest and then switch legs.	60 secs	N/A

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	1	Incline chest press to standing shoulder press	Lying on a incline bench with weights in your hands, extend your arms to a chest press. Then stand up and press your arms above your head to a shoulder press.	12-15 reps	Heavy
	2	Walking lunges with Bicep curl	Lunge, as you step forward one leg in front of each other as if you were walking. As you lift out of the lunge add a bicep curl.	12-15 reps on each leg	Medium
	3	1 arm bent over row	Kneeling one leg on a flat surface , extend your arm down toward the floor and then lift the arm with your elbow to your side.	12- 15 reps on each arm	Heavy
	4	Burpees (squat thrust)	From a standing position, lower your arms down to the floor, jump back to a plank position, then jump forward back to a standing position.	60 secs	N/A
<b>Set 2</b>					
		1 leg squat with a bicep curl	From a standing position, take one leg either off the floor or just bring your one heel off the floor placing your weight just on one leg. Bend your knees and hips into a squat position. Return back to standing position as you bend your elbows into a curl.	12-15 reps on each leg	Medium
		Wood chops	From a standing position, with either a weight or a ball in your hand. Squat down and bring the weight outside your right foot. Then stand as you bring the weight over your left shoulder using your abdominals to rotate.	12-15 reps on each side.	Medium
		Burpees (squat thrust)	From a standing position, lower your arms down to the floor, jump back to a plank position, then jump forward back to a standing position.	60 secs	Light

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## Interval Training Treadmill Workout

Time	Speed	Incline
0-5 mins	6.5	2
5-10 mins	7	1
10-13 mins	3.2	10
13-14 mins	5.3	10
14-17 mins	7.0	3
17-20 mins	3.3	10
20-21 mins	5.5	5
21-24 mins	1.2	10
24-27 mins	3.4	8
27-28 mins	5.7	10
28-30 mins	1.2	10



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Time (mins)	Speed	Incline
0-2	3.8	3
2-4 mins	4.5	4
4-6 mins	4.0	3
6-8 mins	4.8	2
8-10 mins	5.0	1
10-10:45	2	5
10:45-11:15	6	5
11:15-12	2	5
12-12:30	7	5
12:30- 13:15	2	5
13:15-13:45	7	5
13:45-14:30	2	5
14:30-15	7.1	5
15-15:45	2	5
15:45-16:15	7.2	5
16:15-17	2	5
17-7:30	7.3	5
17:30-18:15	2	5
18:15-18:45	7.4	5
18:45-19:30	2	5
19:30-20	7.5	5

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