



Name: Joe Smith

# Training Schedule

From: Feb. 1-7, 2009

Sunday	
Exercise Type	Time/Target HR Range
Elliptical	0-5 min/HR 142-156, 5-15 min/HR 170-182, 15-20 min/HR 156-170
Action / Exercise	Sets x Reps x Weight
Bench Press	1x15x135lbs, 3x8x175lbs
Plate Front Delt	3x8x25lbs
1-Arm Row	3x8x45lbs
Straight Legged Deadlift	3x10x45lbs
Lat Pull Down	3x10x105lbs
Barbell Curl	3x8x45lbs
Skiier Crunch	2x20

Monday	
Exercise Type	Time/Target HR Range
NO AEROBIC WORKOUT	
Action / Exercise	Sets x Reps x Weight
NO RESISTANCE TRAINING WORKOUT	

Tuesday	
Exercise Type	Time/Target HR Range
Elliptical	0-5 min/HR 142-156, 5-15 min/HR 170-182, 15-20 min/HR 156-170
Action / Exercise	Sets x Reps x Weight
Lateral Raise	3x30x3lbs each side
Front Raise	3x30x3lbs each side
Explosive Lunge Walk	3x12 steps (2 min rest)
Scapula Push-Up	3x20
Dumbbell Squat	3x10x45/45lbs
Hammer Curls	3x8x25lbs
Skiier Crunch	2x20

Wednesday	
Exercise Type	Time/Target HR Range
NO AEROBIC WORKOUT	
Action / Exercise	Sets x Reps x Weight
NO RESISTANCE TRAINING WORKOUT	

Thursday	
Exercise Type	Time/Target HR Range
Elliptical	0-5 min/HR 142-156, 5-15 min/HR 170-182, 15-20 min/HR 156-170
Action / Exercise	Sets x Reps x Weight
Bench Press	1x15x135lbs, 3x8x175lbs
Plate Front Delt	3x8x25lbs
1-Arm Row	3x8x45lbs
Straight Legged Deadlift	3x10x45lbs
Lat Pull Down	3x10x105lbs
Barbell Curl	3x8x45lbs
Skiier Crunch	2x20

Friday	
Exercise Type	Time/Target HR Range
Elliptical	0-5 min/HR 142-156, 5-15 min/HR 170-182, 15-20 min/HR 156-170
Action / Exercise	Sets x Reps x Weight
Lateral Raise	3x30x3lbs each side
Front Raise	3x30x3lbs each side
Explosive Lunge Walk	3x12 steps (2 min rest)
Scapula Push-Up	3x20
Dumbbell Squat	3x10x45/45lbs
Hammer Curls	3x8x25lbs
Skiier Crunch	2x20

Saturday	
Exercise Type	Time/Target HR Range
NO AEROBIC WORKOUT	
Action / Exercise	Sets x Reps x Weight
Regular Push-ups	3x30
Plate Front Delt	3x8x25lbs
1-Arm Row	3x8x45lbs
Straight Legged Deadlift	3x10x55lbs
Lat Pull Down	3x10x105lbs
Barbell Curl	3x8x55lbs
Skiier Crunch	2x20

## Training Notes:

- REST 3 MINUTES BETWEEN EACH SET, AND 2 MINUTES BETWEEN EACH EXERCISE FOR ALL EXERCISES.

\*The "Dumbbell Squats" are done with the prescribed weight in each hand.

- Remember to be explosive during the movements

Concentrate on maintaining form during the exercises.

Record effort levels after doing elliptical training.

PLEASE MAKE NOTE OF CHANGES TO REPS AND SET. WORKOUTS MAY SEEM THE SAME, BUT ARE ACTUALLY DIFFERENT.

SAMPLE WORKOUT

February 2009: Week 4