

Day 1 – Shoulders/Bicep/Tricep

[illegible]

Day 2 – Chest & Back

[illegible]

Day 3 – Legs

Exercise	Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Warm up:											
<u>Squats In Smith Machine</u> 3 sets of 15 reps											
<u>Stability Ball Hamstring Curl</u> 3 sets of 15 reps											
<u>Side to Side Speed Squats on Bosu</u> 3 sets of 15 reps											
<u>Leg Press</u> 3 sets of 15 reps											
<u>Single Leg Romanian Dead lift w/ Kettle bell</u> 3 sets of 15 reps											
<u>Rubber Band Walk Sideways</u> 3 sets of 15 reps											
<u>Calf Raise Machine</u> 3 sets of 15 reps											
<u>Jet Seat Stralght Leg Lifts</u> 3 sets to 20 reps											
<u>Wide Leg Situp</u> 3 sets of 15 reps											
<u>Oblique V-Ups</u> 3 sets of 15 reps each side											
<u>Cool down</u>											

Notes:

Nutrition

Nutrition is extremely important with all workout plans as it can hinder or enhance your workout. You will be training at an intense level so we want to ensure that you are getting the proper amount of energy from the right sources. The goal with this eating plan is to maintain healthy eating habits without eating too much and putting on excess fat. The goal is to slightly increase the number of calories that you are eating so that we are able to make some significant strength and size gains without getting too big and bulky.

Questions:

How much water do you drink on a daily basis?

Goal- You should be consuming 2- 3 litres of water daily, this will aid in weight loss as it will help to flush out toxins.

How many beverages containing caffeine do you consume daily?

Goal- Limit to one or two a day. Caffeine is fine in moderation but remember that it dehydrates you so for every cup of a caffeine beverage you want to add an extra cup of water to your daily intake.

Do you drink Pop or fruit juice on a regular basis?

Goal- You want to eliminate these from your diet as they contain empty calories and they are wasted calories.

Do you eat 4-5 small meals a day?

Goal- To eat small meals on a regular basis as this will help keep blood sugar levels from spiking and dropping. This keeps your metabolism functioning at a higher level allowing you have a full supply of energy throughout the day. Do not allow yourself to get starving hungry, as this will only result in over eating on the next meal, and at this time we will sometimes binge on unhealthy foods.

Do you eat a night time?

Goal- Eating healthy foods at night time is not a bad idea. This will help to get some extra calories into your body. Just make sure that you are eating healthy foods and not junk food.

Do you eat whole grains?

Eating whole grains will help keep blood sugar levels even, white breads cause an immediate spike in blood sugar and this is no good. Whole grains provide the body with more energy and these are important to have these in your diet as they are a source of carbohydrates that are your main source of energy when exercising.

“Consistency is the key to success!”

