

## GYM WORKOUTS

Cardio/ Strength

12-Week – Spilt Routine Workouts



Cardio Intensity Explained	Easy	Medium	Hard
Choose your cardio: Treadmill, Computer Bike, Spin Bike, Step Machine, Rowing Machine, Elliptical X-Trainer. Adjust the machine or increase your action (speed) to match the recommended perceived intensity.	Your all-day effort. Breathing & HR are well controlled. About 100-120 HR.	You're working but still well in control. I light sweat. About 120-140 HR.	You're now breathing strongly. A shorter interval effort. About 140+ HR.

Strength Loading Explained	Easy	Medium	Hard
I recommend starting each movement with five super easy light reps. Consider the listed perceived recommended loads for each movement. This is your 'starting' load. Typically, with strength gains, you'll lift more as the program progresses – e.g. start easy – medium – hard.	You can finish the listed reps/sets comfortably holding your best form.	You are now pressing the last few reps of each set, only just maintaining your best form.	The last few reps are now a definite challenge. Tap out if your best proper form breaks down.

Weeks 1-4											
Monday, Thursday						Wednesday, Saturday					
1	Cardio	20 minutes: 2 easy/ 2 Medium = 4 mins x 5 = 20 mins. You can choose more than one discipline.				1	Cardio	20 minutes: 2 easy/ 2 Medium/ 1 Hard = 5 mins x 4 = 20 mins. You can choose more than one discipline.			
#	Movement	Reps	Sets	Rest	Load	#	Movement	Reps	Sets	Rest	Load
1	BB Front Squats	10	2	30 sec	Easy	1	Lat Pull Down	12	3	45 secs	Med
2	45' Leg Press	15	2	45	Med	2	Seated Row	12	3	45	Med
3	Calf Press – Stairs/ Box (Singles)	10/10	2	0	Med	3	BB Shoulder Press – Standing	10	3	45	Med
4	Bench Press	12	3	45	Med	4	DB Lateral Side Raises - Standing	10	3	45	Med
5	Incline Flyes	10	3	45	Med	5	Standing Tricep Cable Press - Rope	10	3	45	Med
6	EZY bar Standing Arm Curls	10	3	45	Med	6	Tricep Box Dips	12	3	45	Med
7	Plate Rotations	20	3	15	Easy	7	Plate Ladders	20	2	15	Easy

**Weeks 5-8**

Monday, Thursday						Wednesday, Saturday					
1	Cardio	20 minutes: 1 easy/ 2 Medium/ 2 hard = 5 mins x 4 = 20 mins. You can choose more than one discipline.				1	Cardio	20 minutes: 1 easy/ 3 Medium/ 1 hard = 5 mins x 4 = 20 mins. You can choose more than one discipline.			
#	Movement	Reps	Sets	Rest	Load	#	Movement	Reps	Sets	Rest	Load
1	BB Squats	10	3	45 sec	Easy	1	Chin Ups – Step Ups if bridging up req	10	3	45 secs	Body
2	DB Lunges	8/8	2	45	Med	2	Bench Pulls	10	3	45	Med
3	45' Calf Press	15	2	30	Med	3	BB Front Lifts	10	2	45	Med
4	Incline DB Chest Press	10	3	45	Med	4	Prone DB Rear Flyes	10	2	45	Med
5	Cable X-Overs	10	3	45	Med	5	DB Seated Overhead Extension	10	2	45	Med
6	DB Alternate Standing Curls	16	3	45	Med	6	Cable Throw outs	10	2	45	Med
7	Chair Lift & Twists	16	2	15	Body	7	Sit Up with Rotation	16	2	15	Med

**Weeks 9-12**

Monday, Thursday						Wednesday, Saturday					
1	Cardio	20 minutes: 1 easy/ 2 Medium/ 2 Hard = 5 mins x 4 = 20 mins. You can choose more than one discipline.				1	Cardio	20 minutes: 2 easy/ 4 Medium/ 4 Hard = 10 mins x 2 = 20 mins. You can choose more than one discipline.			
#	Movement	Reps	Sets	Rest	Load	#	Movement	Reps	Sets	Rest	Load
1	45 Leg Press	12	3	45 secs	Med	1	High Cable Rows	12	3	45 secs	Med
2	Leg Curl	12	3	45	Med	2	DB Bent Over Pulls	10/10	2	45	Med
3	Seated Calf Press	16	3	30	Med	3	Alternate DB Overhead Press	10	3	45	Med
4	Smith Machine Press	10	3	30	Med	4	BB Arnold Press	10	3	45	Med
5	BB Pull Overs	10	3	30	Med	5	Lying EZY Bar Extensions	10	3	45	Med
6	Cable (Low) Arm Curls	10	3	30	Med	6	Cable Press – Bar	10	3	45	Med
7	Supermans	20	2	15	Body	7	Sit Ups with BB Press (supported)	8	3	15	Easy