



## **40 Days of Fitness!**

### **Sample Exercise Plan**

**STRETCH PRE-WORKOUT FOR A MINIMUM OF 5-7 MINUTES**  
 STRETCH-ARMS, LEGS, BACK AND ABS

**START EACH WORKOUT WITH CARDIO (TREAD MILL)**  
 FOR A MINIMUM OF  
 20 minutes EACH DAY

**CONTINUE YOUR WORKOUT WITH EXERCISES THAT**  
 TARGET DIFFERENT MUSCLE GROUPS

❖ **AB EXERCISES - To be performed 3X's per week, after cardio workout (M, W, F)**

■ **REACHES**

- LIE ON FLOOR, ON YOUR BACK, LEGS IN AIR, TOES POINTING TOWARDS CEILING, FEET TOGETHER, ARMS OVER HEAD, REACH FOR TOES
- **DO 2- SETS 30 SECS. EACH OR 2 SETS 15 REPS**

■ **AB CURLS**

- LIE ON FLOOR, ON BACK, BOTH FEET ON A WALL
- WITH ARMS BEHIND HEAD (do not pull on neck), CURL UP TOWARD KNEES (shoulders only, leave back on the floor)
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

■ **OBLIQUE TWISTS**

- SITTING UPRIGHT, LEAN BACK AT A 90 DEGREE ANGLE
- KNEES BENT, FEET FLAT ON FLOOR- (*modified version, do for 4 wks*)
- KNEES BENT, FEET AND KNEES TOGETHER, FEET RAISED OFF FLOOR ABOUT 2 INCHES (feet do not touch floor for the entire time)
- WITH HANDS CUPPED TOGETHER, ROTATE ARMS FROM SIDE TO SIDE AS IF YOU ARE PLACING SOMETHING ONTO THE FLOOR ON EACH SIDE, TWISTING TORSO WITH EACH ROTATION.
- **DO 2- SETS 30 SECS. EACH OR 15 REPS**

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## **Sample Exercise Plan – continued –**

### ❖ **AB EXERCISES – continued –**

#### ■ **BICYCLES**

- LIE ON BACK, HANDS TOUCHING SIDES OF HEAD, FEET FLAT ON FLOOR
- BRING OPPOSITE KNEE TO ELBOW
- EXTENDING LEG AT RELEASE, POINTING TOE OUT
- ALTERNATE OPPOSITE KNEE TO ELBOW
- (When extending leg, kick out as if you are kicking at someone)
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

#### ■ **PUSH UPS (modified)**

- START ON KNEES (legs may be crossed, this is called Girl Pushup)
- HANDS SHOULDER WIDTH APART, A FEW INCHES IN FRONT OF YOU
- KEEP BACK STRAIGHT
- PUSH UP AND DOWN (face down as if your nose will touch the floor)
- EXTEND LEGS, REST ON TOES (full or boy push up)

#### ■ **LEG LIFTS**

- LIE ON BACK, FEET AND KNEES TOGETHER
- ARMS AT SIDES, PALMS FACE DOWN
- LIFT LEGS, FOUR INCHES OFF FLOOR AND HOLD
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

### ❖ **LEG EXERCISES- To be performed 3X's per week, after cardio workout (M, W, F)**

#### ■ **SQUATS**

- HOLD WEIGHTED BALL, DUMBBELL OR SHOULDER BAR, (10-15 LB.)
- FEET SHOULDER WIDTH APART, BACK STRAIGHT, HEAD UP
- SQUAT AS IF YOU ARE SITTING IN A CHAIR.
- THE LOWER YOU GO THE MORE YOU WILL FEEL IT IN YOUR GLUTES AND QUADS.
- **DO 2 REPS- HOLD FOR 30 SECS EA.**

#### ■ **LUNGES**

- HOLD WEIGHT (10-15 LB.)
- START IN SQUAT POSITION ONE LEG IN FRONT OF THE OTHER
- LUNGE BACK AND FORTH WITH ARMS STRAIGHT AND WEIGHTS HANGING AT SIDES.
- **DO 2 REPS- HOLD FOR 30 SECS EA.**

#### ■ **LEG EXTENSIONS**

- ON MACHINE, SET WEIGHTS ON 20-30 LBS., LOCK LEGS IN.
- LIFT SLOWLY EXTENDING LEGS STRAIGHT OUT AND LOWERING, KEEPING A STEADY RHYTHM.
- **DO 2 REPS- HOLD FOR 30 SECS EA.**

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## Sample Exercise Plan – continued –

### ❖ LEG EXERCISES – continued –

#### ▪ CALF RAISES

- STAND WITH FEET SHOULDER WITH APART
- RAISE HEELS OFF FLOOR AND LOWER.
- **DO 2 REPS- HOLD FOR 30 SECS EA.**

### ❖ SHOULDER EXERCISES- To be performed 2X's per week, after cardio workout (T, Th)

#### ▪ FRONT DUMBBELL RAISES

- GRASP TWO DUMBBELLS (3-10 LBS ea)
- PALMS FACE DOWN, ELBOWS SLIGHTLY BENT, DUMBBELLS HANGING AT HIPS
- RAISE DUMBBELLS SHOULDER HIGH AND LOWER.
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

### ❖ BICEPS EXERCISES- To be performed 2X's per week, after cardio workout (T, Th)

#### ▪ BICEP CURLS

- USE CURL BAR (or 5-15 LB weights)
- FEET SHOULDER WIDTH APART, WEIGHTS AT THIGHS
- CURL WEIGHT(S) UP TOGETHER, SQUEEZING AT TOP, THEN LOWER, REPEAT
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

### ❖ TRICEPS EXERCISES- To be performed 2X's per week, after cardio workout (T, Th)

#### ▪ OVERHEAD DUMBBELL EXTENSION (3-10 LBS)

- HOLD DUMBBELL AT STEM WITH BOTHS HANDS.
- RAISE ARMS OVER HEAD, BEND ELBOWS AND ALLOW THE WEIGHT TO HANG BEHIND HEAD AS FAR AS COMFORTABLY POSSIBLE.
- SLOWLY STRAIGHTEN ARMS KEEPING ELBOWS BACK AND POINTED TOWARD CEILING THROUGHOUT THE MOVE.
- CONTRACT TRICEPS, SLOWLY LOWERING WEIGHT ALONG THE SAME PATH BACK TO START POSITION.
- **DO 2-SETS 30 SECS. EACH OR 15 REPS**

### ❖ HAMSTRINGS AND GLUTES - To be performed 2X's per week, after cardio workout (T, Th)

#### ▪ LYING LEG CURL

- LIE ON BENCH FACE DOWN, KEEPING THIGHS CONTRACTED TO BENCH,
- SLOWLY LIFT LEGS UP STOPPING SHORT OF BUTT, THEN LOWER AND RETURN TO START POSITION.
- **DO 2-SETS 30 SECS. EACH OR 15 REPS.**

### STRETCH POST WORKOUT FOR A MINIMUM OF 5-7 MINUTES

STRETCH-ARMS, LEGS, BACK AND ABS

**SATURDAYS – STRETCH ONLY**

**SUNDAYS – OFF**