

Fitness Plan - Week 2



Day 1

- 1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.
- 2) Perform the following using either seated cable machines or resistance bands:

Exercise	Sets	Repetitions	Rest
Seated Chest Press	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Seated Cable Row	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Lateral Cable Pull-down (Close-grip)	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Bicep Curl	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Triceps Cable Extension	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop

- 3) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill without pausing.

Please consult your physician or health care provider before starting any diet or physical exercise regimen.



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Day 2

- 1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.
- 2) Perform the following using either seated cable machines or resistance bands:

Exercise	Sets	Repetitions	Rest
Seated Hamstring Curl	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Leg Extension	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Inside Thigh Abduction Machine	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Outside Thigh Abduction Machine	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Leg Press	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Calf Raise	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop

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Day 3

1) Rest

Day 4

1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.

2) Perform the following using either seated cable machines or resistance bands:

Exercise	Sets	Repetitions	Rest
Seated Chest Press	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Seated Cable Row	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Lateral Cable Pull-down (Close-grip)	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Bicep Curl	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Triceps Cable Extension	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop

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Day 5

- 1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.
- 2) Perform the following using either seated cable machines or resistance bands:

Exercise	Sets	Repetitions	Rest
Seated Hamstring Curl	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Leg Extension	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Inside Thigh Abduction Machine	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Outside Thigh Abduction Machine	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Leg Press	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop
Calf Raise	3	15	Intermediate: 30 sec rest in-between exercises Advanced: nonstop

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Exercise Examples-Day 1 &4

Seated Chest Press



Seated Cable Row



Lateral Cable Pull-down (Close-grip)



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Exercise Examples-Day 1 &4

Bicep Curl



Triceps Cable Extension



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Exercise Examples-Day 2 & 5

Seated Hamstring Curl



Leg Extension



Inside Thigh Adduction Machine



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Fitness Plan - Week 2



Exercise Examples-Day 2 & 5

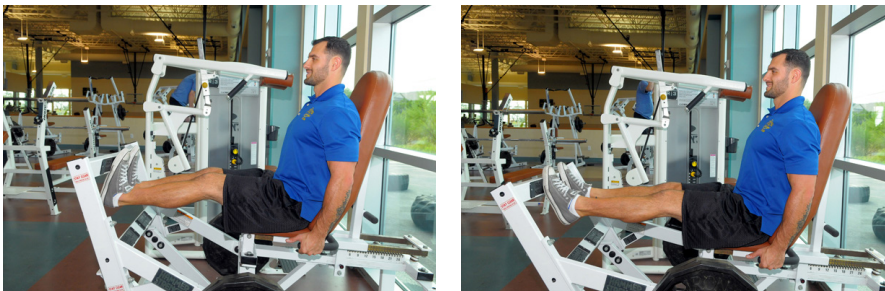
Outside Thigh Abduction Machine



Leg Press



Calf Raise



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