

Resistance Training and Cardiovascular Workout; Training Time approx. 1 hour

Warm-up - 5 minutes (cross-trainer)

	Resistance training 30 minutes	Sets	Reps	Notes
Lower Body	Leg Extension	1	15	
	<i>(Cybex or Bodymaster)</i>			
	Leg Curl	1	15	
	<i>(Cybex or Bodymaster)</i>			
	Squat	2	20	
	<i>(Barbell, Smith Mach. V-Squat, Hack Squat, Ground Base)</i>			
Upper Body	Pull-up Machine	2	10	
	<i>(or Hammer Strength Pulldown or Standard Pulldown)</i>			
	BodyMaster Shoulder Press	2	10	
	<i>(or Cybex Shoulder Press or Seated Dumbbell Press)</i>			
	Seated Dumbbell Extension (triceps)	2	10	
	<i>(or Assisted Dip Machine or Cybex Tricep or V-Bar Pushdowns)</i>			
Lower Body	Leg Press Machine	2	20	
	<i>(Plate Load Leg Press or Cybex Leg Press)</i>			
	Alternating Dumbbell Lunge	2	15	
	<i>(or Stationary Dumbbell Lunge or Ground Base Lunge)</i>			
Upper Body	Hammer Strength Upper Chest Press	2	10	
	<i>(or Incline Dumbbell Press or Smith Machine Incline Press)</i>			
	BodyMaster Bicep Curl Machine	2	10	
	<i>(or Cybex Bicep Curl or Standing Dumbbell Curls)</i>			
Abdominals	Life Fitness Crunch Bench	2	15-25	
	<i>(or Knee Ups or Standard Mat Crunches)</i>			
	Total	20		

Cardio after resistance training

20 minutes