



The logo features a large 'E' in black and a large '3' in green, both in a stylized, blocky font. Below the 'E3' is the word 'STRENGTH' in a bold, black, sans-serif font.

## Michelle J 2x/Wk Sample Workout

WARM-UP	Walk/Eliptical	15min
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Day 1		
Exercise	Sets	Reps
A1-Kettle Bell/ Dumbell Squat (min weight 25lbs)	3	25
A2-Incline Pushup (leaning on bench or bar)	3	15
A3-Modified (girly) Pushup	3	10
B1-Overhead Rope Grip Cable Extensions	3	15
B2-Traditional Rope Grip Extension	3	25
B3-Traditional Rope Grip Extension (with 20% decrease in weight)	3	25
C1-Jump Squat	4	25
C3-Shoulder Touch Plank	4	15
C3-Knee-tuck Planks on Bench	4	25

Post Workout Cardio	Intensity	Duration
Eliptical	Incline 10: 145 BPM/115BPM	1 min on/1min off=15min
Eliptical	Incline 8: 115BPM	15min

WARM-UP	Walk/Eliptical	15min
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Day 2		
Exercise	Sets	Reps
A1-Forward Lunge (1 leg at a time) (min 10lb DB's)	3	12/side
A2-Lat Pull Down	3	15
A2-Single Arm DB Row	3	10
A4-Dumbbel Hammer curl	3	AMRAP (Heavy)
B1-Leg Curl	3	25
B2-Lying Floor Bridge (Complete 15/leg before using both together)	3	15 (2sec Hold @ top of ROM)
B3-Single Leg Elevated Crunch (hold non-elevated 6in off ground)	3	25/side
B4-Plank	3	1min

Post Workout Cardio	Intensity	Duration
Eliptical	Incline 10: 135 BPM/110 BPM	1min on/1min off=15min
Eliptical	Incline 6: 125BPM	15min

## Instructions:

1. Each weight training or cardio workout should take approximately 30 min, combining for a total of 1hr.
2. Follow each weight training with its associated cardiovascular workout (weights 1st, ALWAYS). Weight training burns carbohydrates more efficiently, which allows the muscles the capacity to work harder. After the carbohydrates are expended (approx. 20 min into workout) your body will burn fat. Your body will burn fat most efficiently at a constant heart rate between 100 and 130, which can only be achieved while doing cardio.
3. Items lettered (A1, A2, B1, B2 ) are to be performed as a superset. For example, bring a dumbbell (choose a weight that is challenging to achieve designated repetitions) to the lat pull down machine, so you can perform A3, immediately after A2, with no rest in between (If A2 were lat pull down and A3 single arm dumbbell row).
4. With cardio, don't be concerned if HR exceeds fat burn zone as long as the approximate average remains within. If HR consistently exceeds target zone, reduce resistance first, then intensity, if needed.
5. Cardio on day 4 is optional. Interval training will burn carbohydrates rapidly, then you can maintain a constant HR to burn body fat. Items listed as 140BPM/110BPM should be alternated between every minute using the settings that generate each desired HR (trial and error is needed to understand the proper setting needed for each interval).