

Sample Exercise Program

For an actual female client in her late 20s

Start Date: January 7, 2019

Duration: 8 Weeks

Focus: Weight Loss

Warmup: Start all barbell exercises with 4 warm-up sets as follows:

- 1) 8 Reps with empty barbell (or very light weight for Deadlift), No Rest
- 2) 3 Reps at 50% of working weight, No Rest
- 3) 2 Reps at 75% of working weight, No Rest
- 4) 1 Rep at 90% of working weight, Rest 2-3 Minutes before first working set

Cooldown: End all barbell exercises with walk around gym floor for 2-3 Minutes

Day 1: Glutes/Quads/Back/Core

Workout Videos: <https://www.idealife.com/workout/163448>

Deadlift: 4 Sets – 6/8/10/12 Reps, Rest 3 Minutes

High-Bar Back Squat: 3 Sets – 6/9/12 Reps, Rest 3 Minutes

Pull Up: 4 Sets – 5/6/8/AMRAP, Rest 2 Minutes

Hanging Leg Raise: 2 Sets – 10-15 Reps, Rest 2 Minutes

Day 2: Cardio

Brisk walk or similar physical activity for 40-60 minutes

Day 3: Chest/Shoulders/Arms/Calves/Core

Workout Videos: <https://www.idealife.com/workout/163449>

Incline Bench Press: 3 Sets – 6/9/12 Reps, Rest 3 Minutes

Standing Military Press: 3 Sets – 6/9/12 Reps, Rest 3 Minutes

Triceps Cable Rope Pulldown: 2 Sets – 8/10 Reps, Rest 2 Minutes

Straight-Leg Calf Raise:

- 1 Superset for 1 Minute Total – Medial/Neutral/Lateral 20 Seconds Each, Rest 1 Minute

Bent-Leg Calf Raise:

- 1 Superset for 1 Minute Total – Medial/Neutral/Lateral 20 Seconds Each, Rest 1 Minute

Ab Rollout: 2 Sets – 10-15 Reps, Rest 2 Minutes

This sample is just the first page.

The actual program has Days 4-7 on the next page.