



We begin by engaging in brief, intense, full-body & 2-day split workouts to build lean muscle, muscular endurance, and metabolic conditioning. You should move quickly through the workout, but never rush the exercises themselves as form may be compromised. The goal is to flow through each "circuit" and keep heart rate elevated. Remember, the overriding goal is body-fat reduction and the addition of lean muscle. This period of strength & conditioning will start the process. Our goal is always to find the most direct path to your goal.

Often (as you noticed when you worked out in the gym with your sister), that many of my workouts may not look to tough on paper, but once two to four rounds are completed, the intensity and fatigue will add up quickly. Push hard through each round but take the necessary recovery time between, rounds to prepare for the next intense effort.

Workout:

Dumbbell front squats:	10# x 15 reps
Overhead press	10# x 15 reps
Plank row	10# x 10 reps each arm alternating or what I call 10/10
Push-ups	Modified, on your thighs as we did in gym, shoot for 15 reps
Dumbbell curls	10# x 15 reps
Alternating forward lunges	10# x 10/10
Upright row	10# x 15 reps
Dumbbell "skull crusher"	10# 10 reps
"Sit & reach" crunches	20 reps

Do 3 rounds of circuit.