

Traditional Workout Series 2

Let's make the most of our 4 days and hit our body with a standard workout. There is a time to get crazy with our routines and there are times to keep things by the book. Each workout is a semi full body routine for 4 weeks, 4 days per week. As you begin, warm up with cardio and stretches. Within your 4 days of training alternate between core/abdominal training and post cardio. Each workout routine has 5 exercises, while performing each exercise make sure to take your time and keep a steady tempo. Each phase of the exercises should be controlled and felt through the full range of motion while keeping tension.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. If you are not able to view, check with a trainer at your facility for form and safety. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used towards this routine.

Workout Outline	
Weeks	3 - 4
Days	4 Days Per Week
Workouts	4
Equipment	Barbell Dumbbells Cables
Core Training	3 Exercises
Abdominal	3 Exercises
Post Cardio	2 Times Per Week
Exercises	5 Exercises Per Workout
Recovery	24 - 48 Hours For Previous Trained Muscle
Level of Intensity	1 - 6
Improvements	General Health Muscular Strength Physique Development

Day 1

Cardio			
Exercise	Type	Time	Notes
Stairmill or AMT Stair Motion	Steady State	10 minutes	3 - 6 Speed

Stretches
Daily Stretches

Workout 1		
Exercise	Sets	Repetitions
Dumbbell RDLs	3 - 4	10 - 12
Single Cable lateral Raises	3 - 4	12 - 15
Double Dumbbell Rows	3 - 4	10 - 12
Overhead EZ Bar Tricep Press	3 - 4	10 - 12
Lat. Pull Downs	3 - 4	12 - 15

Post Cardio			
Exercise	Type	Time	Notes
Treadmill	Intervals	15 minutes	

Day 2

Cardio			
Exercise	Type	Time	Notes
Stationary Bike	Steady State	12 - 15 minutes	Medium Resistance

Stretches
Daily Stretches

Abdominal Training			
Exercise	Sets	Repetitions	Notes
Crossover crunches	3 - 4	15 - 20	Using a stability ball
Crunches	3 - 4	15 - 20	Using a stability ball
Back Extensions	3 - 4	15 - 20	Using a stability ball

Workout 2		
Exercise	Sets	Repetitions
Barbell Bench Press	3 - 4	8 - 10
Dumbbell Rear Flyes	3 - 4	12 - 15
Seated Barbell Shoulder Press	3 - 4	10 - 12
Dumbbell hammer Curls	3 - 4	12 - 15
Cable Incline Flyes	3 - 4	12 - 15

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Day 3

Cardio			
Exercise	Type	Time	Notes
Rower	Steady State	10 minutes	Highest Incline

Stretches
Daily Stretches

Workout 3		
Exercise	Sets	Repetitions
Barbell Back Squats	3 - 4	8 - 10
Dumbbell Front Raises	3 - 4	12 - 15
Barbell Incline Press	3 - 4	10 - 12
Alternating Dumbbell Curls	3 - 4	12 - 15
Cable Chest Flies	3 - 4	12 - 15

Post Cardio			
Exercise	Type	Time	Notes
Treadmill	Intervals	15 minutes	Flat

Day 4

Cardio			
Exercise	Type	Time	Notes
Treadmill	Steady State	12 - 15 minutes	Highest Incline

Stretches
Daily Stretches

Core Training			
Exercise	Sets	Time	Notes
Side Planks	3 - 4	45 seconds	Each Side
Planks	3 - 4	45 seconds	

Workout 4		
Exercise	Sets	Repetitions
Dumbbell Hammer Press	3 - 4	10 - 12
Cable Rope Delt Pulls	3 - 4	12 - 15
Dumbbell Arnold Press Press	3 - 4	10 - 12
Cable Bar Curls	3 - 4	12 - 15
Dumbbell Pullover	3 - 4	12 - 15

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins