

## Traditional Workout Series 1

Back to what we know best, traditional methods, proper form and hard work. Each workout is a full body routine for 4 weeks, 3 days per week. As you begin, warm up with cardio, stretch and move right to your core/abdominal training for that particular day. Each workout routine has 5 exercises with a variety of volume. While performing each exercise, 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. If you are unable to view exercises 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	
<b>Weeks</b>	3 - 4
<b>Days</b>	3 Days Per Week
<b>Workouts</b>	3
<b>Equipment</b>	Barbell Dumbbells Cables
<b>Core Training</b>	3 Exercises Per Workout
<b>Abdominal</b>	3 Exercises Per Workout
<b>Cardio Core</b>	2 Exercises Per Workout
<b>Exercises</b>	5 - 6 Exercises Per Workout
<b>Recovery</b>	24 - 48 Hours For Previous Trained Muscle
<b>Level of Intensity</b>	1 - 6
<b>Improvements</b>	General Health Muscular Strength Physique Development

<b>Cardio</b>			
<b>Exercise</b>	<b>Type</b>	<b>Time</b>	<b>Notes</b>
Treadmill	Steady State	12 - 15 minutes	Highest Incline

<b>Stretches</b>
Daily Stretches

<b>Core Training</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Time</b>	<b>Notes</b>
Side Planks	3 - 4	45 seconds	Each Side
Planks	3 - 4	45 seconds	

<b>Workout 1</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Repetitions</b>
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

<b>Cardio</b>			
<b>Exercise</b>	<b>Type</b>	<b>Time</b>	<b>Notes</b>
Stationary Bike	Steady State	12 - 15 minutes	Medium Resistance

<b>Stretches</b>
Daily Stretches

<b>Abdominal Training</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Repetitions</b>	<b>Notes</b>
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

<b>Workout 2</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Repetitions</b>
Barbell Deadlift	3 - 4	8 -10
Dumbbell Lateral Raises	3 - 4	12 - 15
Barbell Rows	3 - 4	10 - 12
Dumbbell Kickbacks	3 - 4	12 - 15
Cable Hammer Rows	3 - 4	12 - 15

<b>Cardio</b>			
<b>Exercise</b>	<b>Type</b>	<b>Time</b>	<b>Notes</b>
Stairmill or AMT Stair Motion	Steady State	12 - 15 minutes	Highest Incline

<b>Stretches</b>
Daily Stretches

<b>Cardio Core Training</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Time</b>	<b>Notes</b>
Russian Twist	3 - 4	45 seconds	
Flutter Kicks	3 - 4	45 seconds	

<b>Workout 3</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Repetitions</b>
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

## 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
- 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