

5 Week Workout Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Off	Workout 1	Workout 2	Workout 1	Workout 2	Workout 1	Off

WORKOUT 1				
Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Leg Press		2-3	15-25	
3. Leg Curls		2-3	15-20	
4. Back Rows		2-3	15-20	
5. Back Extensions		2-3	15-20	
6. Bench Press		2-3	15-20	
7. Crunches		2-3	15-25	
8. Bike				Keep your RPM'S above 75
WORKOUT 2				
Exercise	Time	Sets	Reps	Procedure
1. Walk/Jog	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Upright Bike	15 mins			Keep your RPM above 75
3. Elliptical Glider	15mins			Keep your strides above 125
4. Crunches		2-3	25	