

60 Day Workout Plan

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Workout Schedule						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Workout 1	Workout 2	Rest	Workout 1	Rest

Summary of workouts

Workout 1

1. Cardiovascular-Walking/Jogging
2. Step Ups
3. Jump Rope
4. Chair Squats
5. Dumbbell Bench Press
6. Dumbbell Curls
7. Dumbbell Rows
8. Triceps Extensions
9. Alternate Dumbbell Curls
10. Crunches
11. Cardiovascular-Walking/Jogging

Workout 2

1. Cardiovascular-Walking/Jogging
2. Jump Rope
3. Cardiovascular-Walking/Jogging
4. Crunches

Workout 1

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Notes:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. The more you jog, the more calories you burn.

2. STEP UPS

Stand behind an aerobics platform or at the bottom step of a flight of stairs. Step up one foot at a time; placing your foot firmly in the center of the step. Bring the other foot up so both feet are on the step. Step back down to the ground one foot at a time.

Ensure you're stepping onto a secure surface for optimal safety. Soup cans may be used as a substitute for this exercise if you have no weights at home. For the best results, you should invest in a set of dumbbells.

How many: 2 Sets of 25 Reps

Rest time: 30 seconds between sets

3. JUMP ROPE

Begin by grasping the handles in your hands and relaxing the middle of the rope at your ankles. Make sure both hands are at your sides. Swing the rope over your head in a forward motion. While keeping your feet together; jump over the rope. Jump 25 times then rest. Feel free to increase your speed and reps as you feel more comfortable.

How many: 2 Sets of 25 Reps

Rest time: 30 seconds between sets

4. CHAIR SQUATS

Place a chair just behind you and stand in front of it with feet about hip- or shoulder-width apart. Contract the abs and keep them tight as you bend the knees and slowly squat towards the chair. Keep the knees behind the toes as you sit down on the chair for one second. Contract your glutes and hamstrings to lift up out of the chair and begin extending your legs. Fully extend your legs until you're back to standing position. Repeat this sequence until you complete all sets. To progress, squat down until you're just hovering over the chair, but not sitting all the way down. Always keep the knees in line with the toes!

How many: 2 sets of 20 reps

Rest time: 30 seconds between sets

5. DUMBBELL BENCH PRESS

Procedure: Lie on a bench or stability ball, and hold a pair of dumbbells about 6" wider than your shoulder width. Lower the weight to about 3" below your nipples. Raise the bar all the way up while keeping your elbows out and your chest high. Make sure you lower the weight with complete control. Keep your head on the bench and do not arch your back. This exercise can also be done with a close or wide grip, or with a barbell.

How many: 3 sets of 20 reps

Rest time: 1 minute

6. DUMBBELL CURLS

Procedure: Stand straight up with your head up and legs straight. Start the movement with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement. Do NOT swing or move your elbows during the movement. Also make sure you keep your arms close to your side. You may perform this exercise with a barbell, or by alternating one hand at a time.

How many: 3 sets of 25 reps

Rest time: 30 seconds

7. DUMBBELL ROWS

Procedure: Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly while keeping your head up and back arched inwards. Hold the dumbbells at arm's length straight down. Pull the dumbbells straight up to your sides, keeping your elbows out. Try to concentrate on squeezing the muscle in your middle back. Return slowly to starting position. You may perform this exercise with a barbell or an underhand grip.

How many: 2 sets of 20 reps

Rest time: 30 seconds

8. TRICEPS EXTENSIONS

Procedure:

Position the dumbbell behind your neck with your elbow positioned upward.

Execution:

Extend your arm until it's straight. Return to the starting position and repeat. Continue with opposite arm.

How many: 2 sets of 15 reps

Rest time: 30 seconds

9. ALTERNATE DUMBBELL CURLS

Procedure: This exercise is similar to the Dumbbell Bicep Curl. Instead of raising both arms at the same time, you alternate each hand, curling one dumbbell at a time.

How many: 2 sets of 25 reps

Rest time: 30 seconds

10. CRUNCHES

Procedure: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 2 sets of 25 reps

Rest time: 30 seconds

11. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Procedure:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. The more you jog, the more calories you burn.

Workout 2

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Procedure:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. The more you jog, the more calories you burn.

2. JUMP ROPE

Begin by grasping handles in hands and relaxing the middle of the rope at your ankles, with both hands at your sides. Swing rope over your head in a forward motion, keeping your feet together jump over the rope. Jump 20 times then rest. You may increase your speed and reps as you feel more comfortable.

3. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Procedure:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes nonstop. Every workout you should challenge yourself to jog a longer distance. The more you jog, the more calories you burn.

4. CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 30 seconds between sets

Days 30-60



Workout Schedule						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Workout 1	Workout 2	Rest	Workout 1	Rest

Summary of workouts

Workout 1

1. Cardiovascular-Walking/Jogging
2. Push Ups
3. Dumbbell Rows
4. Dumbbell Curls
5. Dumbbell Bench Press
6. Duck Squats
7. Calf Raises
8. Shoulder Press
9. Crunches
10. Cardiovascular-Walking/Jogging

Workout 2

1. Cardiovascular-Walking/Jogging
2. Jump Rope
3. Cardiovascular-Walking/Jogging
4. Crunches

Workout 1

1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Procedure:

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2. PUSH UPS

Lie down on the floor, chest down. Palms are flat on the floor about a shoulder-width apart and level with your shoulders. Your feet are together and your legs and back are straight

Look forward and as you go down, make contact with the floor with your chin. When you come up, don't bend or arch your upper or lower back as you push up. Breathe out as you go up. Pause and then repeat the process

How many: 2 sets of 20

Rest: 40 seconds between sets

3. DUMBBELL ROWS

Tips: Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position. You can also do this with a barbell or with an underhand grip.

How many: 3 sets of 20

Rest: 40 seconds

4. DUMBBELL CURLS

Tips: Stand straight up, with your head up and your legs straight. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement. Do NOT swing and do NOT move your elbows. They should stay in the same place during the whole movement. Keep your arms close to your side. This one is easy to cheat on... so don't do it! You can also do this with a barbell, or by alternating one hand at a time.

How many: 3 sets of 20

Rest: 40 seconds

5. DUCK SQUATS

Procedure:

Stand with feet wider than your shoulders. Bend your knees slightly with the toes turned outward. Hold a dumbbell with both hands in front of body.

Action

INHALE: Squat until your thighs are nearly parallel to the floor. Stick your butt out as if you were sitting in a chair.

EXHALE: Squeeze your glutes as you straighten legs to starting position to complete one rep.

Special Instructions: Make sure you keep abs contracted. Also, you should make sure your knees don't pass the line of the toes.

How many: 3 sets of 20

Rest: 40 seconds

6. CALF RAISES

Procedure: Place a wooden block or something similar on the ground that is at least 2 - 3 inches tall. Grasp a dumbbell in each hand. Position your toes and balls of your feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during the stretch. This exercise can also be done with a barbell on your back.

How many: 3 sets of 20

Rest: 40 seconds

7. SHOULDER PRESS

Procedure:

Preparation:

Position dumbbells to each side of shoulders with elbows below your wrists.

Execution:

Press dumbbells until arms are extended overhead. Lower the weight and repeat.

How many: 3 sets of 10

Rest: 40 seconds

8. CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your abdominal muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25

Rest: 30 seconds

9. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE

Procedure:

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 20 minutes.

Goal:

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Workout 2

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Procedure:

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Time: 20 minutes

2. JUMP ROPE

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Time: 15 minutes

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How many: 3 sets of 25 reps

Rest: 30 seconds