

40- to 45-minute workout for Cardio and Strength Training. Focus on proper form and time under tension to increase strength gains.

## Week 1

Four times per week 5- to 10-pound bar

|                         | Time/Reps  | Effort    |
|-------------------------|--|-----------|
| Warm up: Cardio machine | Five minutes                                     | Easy pace |
| Workout (three rounds)  |  |           |
| Barbell Squats          | 10 reps  |           |
| Bicep Curls             | 10 reps  |           |
| Bent Over Rows          | 10 reps  |           |
| Jump Rope               | 60 seconds                                       |           |
| Alternating Lunge       | 10 reps  |           |
| Overhead Push Press     | 10 reps  |           |
| Russian Deadlifts       | 10 reps  |           |
| Cardio machine          | 45 seconds<br>15 seconds<br>Repeat four<br>times | 3/4<br>10 |
| Cool down: Stretch      | Five minutes                                     | Easy pace |

## Body Pump/Bar Metcon Week 2

Four times per week 10- to 15-pound bar

|                         | Time/Reps                                     | Effort    |
|-------------------------|---|-----------|
| Warm up: Cardio machine | Five minutes                                  | Easy pace |
| Workout (three rounds)  |   |           |
| Barbell Squats          | 12 reps                                       |           |
| Bicep Curls             | 12 reps                                       |           |
| Bent Over Rows          | 12 reps                                       |           |
| Jump Rope               | 60 seconds                                    |           |
| Alternating Lunge       | 12 reps                                       |           |
| Overhead Push Press     | 12 reps                                       |           |
| Russian Deadlifts       | 12 reps                                       |           |
| Cardio machine          | 45 seconds<br>15 seconds<br>Repeat four times | 3/4<br>10 |
| Cool down: Stretch      | Five minutes                                  | Easy pace |

## Body Pump/Bar Metcon Week 3

Four times per week 15- to 20-pound bar

|                         | Time/Reps  | Effort    |
|-------------------------|--|-----------|
| Warm up: Cardio machine | Five minutes                                     | Easy pace |
| Workout (three rounds)  |  |           |
| Barbell Squats          | 14 reps  |           |
| Bicep Curls             | 14 reps  |           |
| Bent Over Rows          | 14 reps  |           |
| Jump Rope               | 60 seconds                                       |           |
| Alternating Lunge       | 14 reps  |           |
| Overhead Push Press     | 14 reps  |           |
| RDL (Russian Deadlifts) | 14 reps  |           |
| Cardio machine          | 45 seconds<br>15 seconds<br>Repeat four<br>times | 3/4<br>10 |
| Cool down: Stretch      | Five minutes                                     |           |

## Body Pump/Bar Metcon Week 4

Four times per week 20- to 25-pound bar

|                         | Time/Reps  | Effort    |
|-------------------------|--|-----------|
| Warm up: Cardio machine | Five minutes                                     | Easy pace |
| Workout (three rounds)  |  |           |
| Barbell Squats          | 16 reps  |           |
| Bicep Curls             | 16 reps  |           |
| Bent Over Rows          | 16 reps  |           |
| Jump Rope               | 60 seconds                                       |           |
| Alternating Lunge       | 16 reps  |           |
| Overhead Push Press     | 16 reps  |           |
| Russian Deadlifts       | 16 reps  |           |
| Cardio machine          | 45 seconds<br>15 seconds<br>Repeat four<br>times | 3/4<br>10 |
| Cool down: Stretch      | Five minutes                                     |           |