



SheADVantage

Gym Program - Part 1 for 3 weeks



	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3						
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptical	NA	5-10 min.	Keep track of your weights and time on cardio. First week is to get your body adjusted to working out. Go slow, moving in full range of motion.	Keep track of your weights and cardio time. The last couple of reps should be fairly hard to finish with good form.	Last week for Part 1. Check your weights, increase as needed. For cardio, check your HR, make sure you are in the "zone!"						
Strengthening	Back & Chest	Seated Rows	3 x 12	30-40 Min.									
		Chest Press	3 x 12										
	Shoulders, Abs, Lower Back	Bent Arm Fly/Press	3 x 12										
		Crunches w/obliques	3 x 12										
		Low Back Extensions	3 x 12										
	Biceps & Triceps	Bicep Curls	3 x 12										
		Tricep Extensions	3 x 12										
	Legs, Adductors & Abductors	Leg Presses	3 x 12										
		Adduction Machine	3 x 12										
		Abduction Machine	3 x 12										
	Forearms & Calves	Forearm Curls	3 x 12										
		Forearm Extensions	3 x 12										
Calf Raises		3 x 12											
Endurance	Cardio	Stationary Bike	Choose one or mix it up.	20-30 Min. At least, 65% of Max Heart Rate									
		Stair Climber											
		Elliptical											
		Rower											
		Aerobic Class											
		Outdoor: Hike, Jog, Bike											
Flexibility	Full Body	Quadriceps	Minimum Hold Times - 30 sec	10-15 Min.	Benefits of Stretching: Stretching improves flexibility and increases your range of motion. It assists in correct posture by lengthening tight muscles. Stretching increases blood and nutrient supply to muscles, thereby reducing muscle soreness. It can decrease injury by preparing muscles for work before activities. Stretching helps your mind! Even 10-15 minutes of stretching calms the mind and gives your body a chance to recharge. Classes like yoga or Pilates offer you a chance to spend time releasing physical and mental tension and should be considered at least once a week.								
		Hamstrings											
		Psoas											
		Calves											
		Lower Back											
		Chest											
		Arms											

Note: In Part I of the SheADVantage program you will be doing circuit training, working 2-3 muscle groups together with 3 sets of 12 reps per muscle group. Use a weight that will allow you to perform 12 reps, with the final reps fairly hard to preform but still in good form. As it gets easier, stay at that weight and increase your reps to 15. As 15 reps get easy, increase your weight and bring reps back to 12. It's extremely important to always have good form. Use slow and controlled motions, never fast.

The exercises are set up as such: Back & Chest are worked together in one circuit. You will perform 1 set of Seated Rows, followed immediately by 1 set of Chest Presses. You will repeat this circuit until you have completed 3 sets of each exercise. At this point, you rest for 1-2 minutes to allow your muscles time to recover before continuing onto the Shoulders, Abs, & Lower Back circuit. And so on.