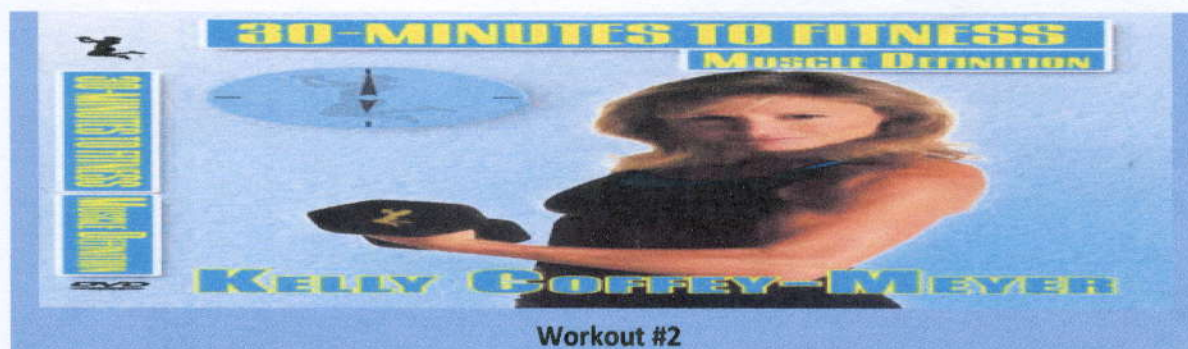


Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Shoulders					
Front raise, pull back		Advanced 10 Intermediate 7 Beginner 5	16		
Single bent over lateral raise		Advanced 10 Intermediate 7 Beginner 5	16 per side		
Legs					
Knee Lunge		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Shoulders					
Front raise, pull back		Advanced 10 Intermediate 7 Beginner 5	16		
Single bent over lateral raise		Advanced 10 Intermediate 7 Beginner 5	16 per side		
Biceps					
Power hammer squats		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Biceps					
Power hammer squats		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Back					
Overhead Dumbbell pull downs		Advanced 12 Intermediate 7 Beginner 5	8 per side 2 sets		
Single pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		

Legs					
Single leg & deadlift squat		Advanced 15 Intermediate 10 Beginner 7	8/8/8		
Back					
Overhead dumbbell pull downs		Advanced 15 Intermediate 10 Beginner 7	8 per side 2 sets		
Single pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Triceps					
Dip & reach			24		
90 degree rotation extentions		Advanced 12 Intermediate 7 Beginner 5	8/8		
Legs & lower abs					
Seated tucks & abductors					
Triceps					
Dip & reach			24		
90 degree rotation extentions		Advanced 12 Intermediate 7 Beginner 5	8/8		
Chest					
Wide Bench Press		Advanced 15 Intermediate 10 Beginner 7	8		
Alternating Press		Advanced 15 Intermediate 10 Beginner 7	8		
Hamstrings & glutes					
Bridges					
Chest					
Wide Bench Press		Advanced 15 Intermediate 10 Beginner 7	8		
Alternating Press		Advanced 15 Intermediate 10 Beginner 7	8		



Workout #2

Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Shoulders					
Scarecrow & upright row		Advanced 10 Intermediate 7 Beginner 5	8/8		
Dumbbell press w/ Reverse Lunge		Advanced 10 Intermediate 7 Beginner 5	8 per side		
Legs					
Wide deadlift & squat up		Advanced 15 Intermediate 10 Beginner 7	8		
Shoulders					
Scarecrow & upright row		Advanced 10 Intermediate 7 Beginner 5	8/8		
Dumbbell press w/ Reverse Lunge		Advanced 10 Intermediate 7 Beginner 5	8 per side		
Biceps					
Static curl		Advanced 15 Intermediate 10 Beginner 7	16		
Hammer		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Weighted leg lift		Advanced 20 Intermediate 10 Beginner 7	8 per side		
Biceps					
Static curl		Advanced 15 Intermediate 10 Beginner 7	16		
Hammer		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Back					
Single Row Rotation		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Plie' with rows		Advanced 12 Intermediate 7 Beginner 5	16		

Back					
Single Row Rotation		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Plie' with rows		Advanced 15 Intermediate 10 Beginner 7	16		
Triceps					
Cross extention & scull crush		Advanced 12 Intermediate 7 Beginner 5	8/8		
Seated pulse back		Advanced 12 Intermediate 7 Beginner 5	8 per side		
Triceps					
Cross extention & scull crush		Advanced 12 Intermediate 7 Beginner 5	8/8		
Seated pulse back		Advanced 12 Intermediate 7 Beginner 5	8		
Chest					
Angle Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbbell rotations		Advanced 15 Intermediate 10 Beginner 7	16		
Hamstrings & glutes					
Bridges					
Chest					
Angle Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbbell rotations		Advanced 15 Intermediate 10 Beginner 7	16		



Full Body Compilation

Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Chest	2 Sets				
Wide Bench		Advanced 15 Intermediate 10 Beginner 7	8		
Alternating pump press		Advanced 15 Intermediate 10 Beginner 7	8		
Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbbell Rotation		Advanced 15 Intermediate 10 Beginner 7	8		
Legs	1 Set				
Knee lunge		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Single deadlift & squats		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Back	2 Sets				
Overhead dumbbell pull downs		Advanced 12 Intermediate 7 Beginner 5	8 per side		
Pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back		Advanced 15 Intermediate 10 Beginner 7	16		
Legs					
Wide deadlift & squat up		Advanced 15 Intermediate 10 Beginner 7	8		
Weighted knee lifts		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Shoulders	2 Sets				
Front & side raises		Advanced 10 Intermediate 7 Beginner 5	16		

Single bent over lateral raise		Advanced 10 Intermediate 7 Beginner 5	16 per side		
Scarecrow, upright		Advanced 10 Intermediate 7 Beginner 5	8/8		
Reverse lunge with press		Advanced 10 Intermediate 7 Beginner 5	8 per side		
Legs	1 Short set				
Seated Tuck & adductors					
Single leg bridges					
Biceps	1 Sets				
Squat with Hammer		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration Curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Back Insert	1 set				
Rotation row		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Plie' row		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Biceps	1 Set				
Squat with Hammer		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration Curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Curl & long curl		Advanced 15 Intermediate 10 Beginner 7	16		
Hammer across body		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Legs & Glutes	1 set				
Seated leg lifts					
Weighted bridges		Advanced 15 Intermediate 10 Beginner 7			
Triceps	2 Sets				
Dips			24		
90% rotation & extentions		Advanced 12 Intermediate 7 Beginner 5	8 & 8		
Cross Extentions & scull crushers		Advanced 12 Intermediate 7 Beginner 5	8 & 8 per side		
Satstraight arm lift backs		Advanced 12 Intermediate 7 Beginner 5	8 per side		



Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Chest					
Wide Bench		Advanced 15 Intermediate 10 Beginner 7	8		
Alternating pump press		Advanced 15 Intermediate 10 Beginner 7	8		
Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbbell Rotation		Advanced 15 Intermediate 10 Beginner 7	16		
Legs & glutes					
Single leg bridges					
Repeat chest					
Legs & glutes					
Weighted bridges		Advanced 15 Intermediate 10 Beginner 7			
Back					
Overhead dumbbell pull downs		Advanced 12 Intermediate 7 Beginner 5	16 per side		
Pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back		Advanced 15 Intermediate 10 Beginner 7	16		
Legs					
Split deadlift & squats		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Repeat back					
Legs					
Knee lunge		Advanced 15 Intermediate 10 Beginner 7	8 per side		

Shoulders					
Front & side raises		Advanced 10 Intermediate 7 Beginner 5	16		
Bent over lateral raise		Advanced 10 Intermediate 7 Beginner 5	16 per side		
Scarecrow, upright		Advanced 10 Intermediate 7 Beginner 5	8 & 8		
Reverse lunge with press		Advanced 10 Intermediate 7 Beginner 5	8 per side		
Legs					
Wide dead lift & squat up		Advanced 15 Intermediate 10 Beginner 7	8		
Repeat Shoulders					
Biceps					
Squat with Hammer		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration Curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Curl & long curl		Advanced 15 Intermediate 10 Beginner 7	16		
Hammer across body		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Legs					
Weighted knee lifts		Advanced 15 Intermediate 10 Beginner 7			
Repeat biceps					
Triceps					
Dips			24		
90° rotation & extensions		Advanced 12 Intermediate 7 Beginner 5	8 & 8		
Cross Extensions & scull crushers		Advanced 12 Intermediate 7 Beginner 5	8 & 8 per side		
Straight arm lift backs		Advanced 12 Intermediate 7 Beginner 5	8 per side		
Legs & lower abs					
Knee Tucks & abductors					
Repeat triceps					
Legs & lower abs					
Alternating leg lifts					
Abs					



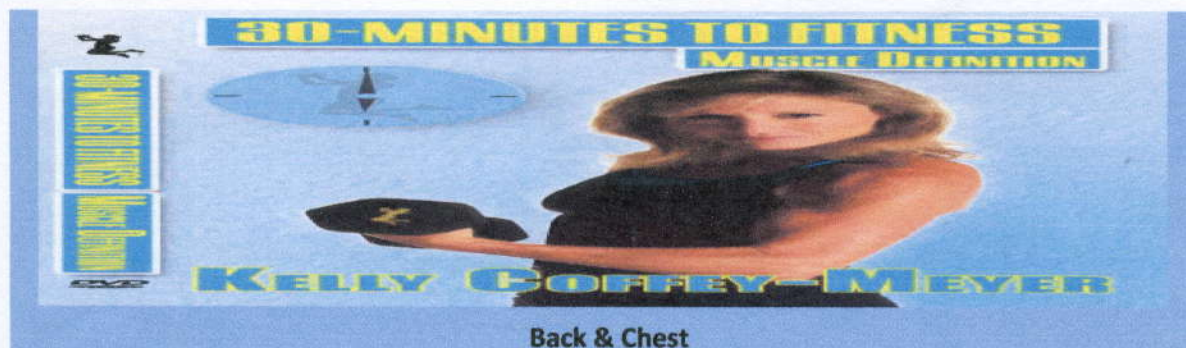
30-MINUTES TO FITNESS

MUSCLE DEFINITION

Kelly Coffey-Meyer

Shoulders, Bi's, Tri's

Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Shoulders					
Front & side raises		Advanced 10 Intermediate 7 Beginner 5	16		
Bent over lateral raise		Advanced 10 Intermediate 7 Beginner 5	16 per side		
Scarecrow, upright		Advanced 10 Intermediate 7 Beginner 5	8 & 8		
Reverse lunge with press		Advanced 10 Intermediate 7 Beginner 5	8 per side		
Repeat Shoulders					
Biceps					
Squat with Hammer		Advanced 15 Intermediate 10 Beginner 7	16		
Concentration Curls		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Curl & long curl		Advanced 15 Intermediate 10 Beginner 7	16		
Hammer across body		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Repeat biceps					
Triceps					
Dips			24		
90° rotation & extensions		Advanced 12 Intermediate 7 Beginner 5	8 & 8		
Cross Extensions & skull crushers		Advanced 12 Intermediate 7 Beginner 5	8 & 8 per side		
Straight arm lift backs		Advanced 12 Intermediate 7 Beginner 5	8 per side		
Repeat triceps					
Abs					



Back & Chest

Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Back					
Overhead dumbbell pull downs	2 sets	Advanced 12 Intermediate 7 Beginner 5	8 per side		
Pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back		Advanced 15 Intermediate 10 Beginner 7	16		
Repeat Back					
Chest					
Wide Bench		Advanced 15 Intermediate 10 Beginner 7	8		
Alternative pump press		Advanced 15 Intermediate 10 Beginner 7	8		
Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbbell Rotation		Advanced 15 Intermediate 10 Beginner 7	16		
Repeat Chest					
Abs					