MYFITNESSBUDDY

My 6 months Fitness Program

Name: Conditioning

	WEEK 1						
	Strength				Cardio		
	Date:				Date:		
Day	Exercise	Sets	Reps	Weight	Activity	Time
Monday						
Chest/abs	Incline Barbell Press	3	12 to 15		Spinning	45minutes
	Flat Barbell Press	3	12 to 15			
	Dumbbell Flyes	3	12 to 15			
	Push Up	3	12 to 15			
	Crunches	3	12 to 15			
	Reverse Crunches	3	12 to 15			
Tuesday						
Legs	Squats	3	12 to 15		Spinning	45 Minutes
	Straight leg Dead Lift	3	12 to 15			
	Leg Curl	3	12 to 15			
	Leg Press	3	12 to 15			
	Leg Extension	3	12 to 15			
	Standing Calf Raise	3	12 to 15			
	Seated Calf Raise	3	12 to 15			
Wednesday						
Back	Bent Over Barbell Row	3	12 to 15		Stepmill	30minutes
	1 Arm Dumbbell Row	3	12 to 15		Cross Trainer	30minutes
	Cable Pull Row	3	12 to 15			
	Wide grip Pulldown	3	12 to 15			
	Dumbbell Shrug	3	12 to 15			
	Hyperextensions	3	12 to 15			
Thursday						
Arms	Standing barbell Curls	3	12 to 15		Spinning	45
	Preacher Curls	3	12 to 15			
	Hammer Curls	3	12 to 15			
	Triceps press Down	3	12 to 15			
	Skull Crushers	3	12 to 15			
	Weighted Dips	3	12 to 15			
	V-Ups	3	30 to 40 secs			
	Leg Raises	3	30 to 40 secs			
Friday						
Saturday						
Shoulder	Seat front Raise	3	12 to 15		Run	60minutes
	Seat overhead Raise	3	12 to 15		CT	15minutes
	Side Lateral Raise	3	12 to 15		SM	15minutes
	Rear deltoid machine	3	12 to 15			
	Starting Calf raises	3	12 to 15			
	Seated Calf Raises	3	12 to 15			
Sunday						
ABS	Woodchopper	4	20		Spinning	60minutes
	Toss and squat	4	20			
	Decline Crunch	4	20			
	Oblique - Standing	4	20			
	Crunch and Twist	4	20			

Name: Growth/Strength

	WEEK 2					
	Strength				Cardio	
	Date:				Date:	
Day	Exercise	Sets	Reps	Weight	Activity	Time
Monday						
Chest/ABS	Incline Barbell Press	5	6 to 10		Spinning	45minutes
	Flat Barbell Press	5	6 to 10			
	Peck Deck	5	6 to 10			
	Push Up	5	6 to 10			
	Crunches	5	6 to 10			
	Reverse Crunches	5	6 to 10			
			6 to 10			
			6 to 10			
Tuesday						
Legs	Squats	5	6 to 10		Spinning	45 Minutes
	Straight leg Dead Lift	5	6 to 10			
	Leg Curl	5	6 to 10			
	Stationary BB Lunges	5	6 to 10			
	Leg Extension	5	6 to 10			
	Standing Calf Raise	5	6 to 10			
	Seated Calf Raise	5	6 to 10			
Wednesday			6 to 10			
Back	Bent Over Barbell Row	5	6 to 10		Stepmill	30minutes
	1 Arm Dumbbell Row	5	6 to 10		Cross Trainer	30minutes
	Cable Pull Row	5	6 to 10			
	Wide grip Pulldown	5	6 to 10			
	Dumbbell Shrug	5	6 to 10			
	Hyperextensions	5	6 to 10			
Thursday			6 to 10			
Arm	Standing Dumbbell Curls	5	6 to 10		Spinning	45
	Preacher Curls	5	6 to 10			
	Hammer Curls	5	6 to 10			
	Concentration Curl	3	6 to 10			
	Close Grip Press	5	6 to 10			
	V Bar Press Down	5	6 to 10			
	Single arm overhead ext	3	8 to 10			
	Toe Touches	3	30 to 40 secs			
	Roman Chair Knee ups	3	30 to 40 secs			
Friday						
			6 to 10			
			6 to 10			
			6 to 10			
			6 to 10			
			6 to 10			
			6 to 10			
			6 to 10			
Saturday						
Shoulder	Seat front Raise	5	6 to 10		Run	60minutes
	Seat overhead Raise	5	6 to 10		CT	15minutes
	Side Lateral Raise	5	6 to 10		SM	15minutes
	Rear deltoid machine	5	6 to 10			
	Standing Calf raises	5	6 to 10			
	Seated Calf Raises	5	6 to 10			
Sunday						
ABS	Woodchopper	5	6 to 10		Spinning	60minutes
	Toss and squat	5	6 to 10			
	Decline Crunch	5	6 to 10			
	Oblique - Standing	5	6 to 10			
	Crunch and Twist	5	6 to 10			

Name: Growth/Strength

	WEEK 3					
	Strength				Cardio	
	Date:				Date:	
Day	Exercise	Sets	Reps	Weight	Activity	Time
Monday						
Chest/ABS	Incline Barbell Press	5 to 6	4 to 6		Spinning	45minutes
	Flat Barbell Press	5 to 6	4 to 6			
	Dumbbell Flyes	3 to 4	6 to 8			
	Push Up	to failure	to failure			
	Crunches	3 to 4	30 to 40 secs			
	Reverse Crunches	3 to 4	30 to 40 secs			
Tuesday						
Legs	Squats	5 to 6	4 to 6		Spinning	45 Minutes
	Straight leg Dead Lift	5 to 6	4 to 6			
	Leg Curl	3 to 4	6 to 8			
	Leg Press	5 to 6	4 to 6			
	Leg Extension	3 to 4	6 to 8			
	Standing Calf Raise	3 to 4	8 to 12			
	Seated Calf Raise	3 to 4	8 to 12			
Wednesday						
Back	Bent Over Barbell Row	5 to 6	4 to 6		Stepmill	30minutes
	1 Arm Dumbbell Row	5 to 6	4 to 6		Cross Trainer	30minutes
	Cable Pull Row	3 to 4	6 to 8			
	Wide grip Pulldown	5	4 to 6			
	Dumbbell Shrug	5	4 to 6			
	Hyperextensions	3	6 to 8			
Thursday						
Arm	Standing barbell Curls	5 to 6	4 to 6		Spinning	45
	Preacher Curls	5 to 6	4 to 6			
	Seated Hammer Curls	3 to 4	6 to 8			
	Triceps press Down	5 to 6	4 to 6			
	Skull Crushers	3 to 4	4 to 6			
	Weighted Dips	5 to 6	4 to 6			
	V-Ups	30 to 40 secs	4 to 6			
	Leg Raises	30 to 40 secs	4 to 6			
Friday						
Saturday						
Shoulder	Seat front Raise	5 to 6	6 to 10		Run	60minutes
	Seat overhead Raise	5 to 6	6 to 10		CT	15minutes
	Side Lateral Raise	5 to 6	6 to 10		SM	15minutes
	Rear deltoid machine	5 to 6	6 to 10			
	Standing Calf raises	5 to 6	6 to 10			
	Seated Calf Raises	5 to 6	6 to 10			
Sunday						
ABS	Woodchopper	5	6 to 10		Spinning	60minutes
	Toss and squat	5	6 to 10			
	Decline Crunch	5	6 to 10			
	Oblique - Standing	5	6 to 10			
	Crunch and Twist	5	6 to 10			