

The logo for JKF Fitness & Health is centered within a black-bordered rectangular frame. The background of the frame is a landscape photograph showing a sunset or sunrise over a line of trees and distant mountains under a blue sky with light clouds. The text 'JKF' is in a large, bold, black sans-serif font. To its right, the words 'Fitness & Health' are written in a smaller, black, italicized serif font, separated from 'JKF' by a vertical line.

**JKF** | *Fitness  
& Health*

# **Total Body Performance Plan**

Thank you for your purchase of a JKF Fitness & Health Total Body Performance Plan.

### **Included in this packet:**

- 5 Weeks of workouts
- Cardio Calorie Chart
- Meal Guidelines and Suggestions

### **Program Parameters/Goals:**

- This is a 5 week program designed to totally transform your body and athletic performance.
- Each week is tailored to work your muscles in new ways, thus maximizing your gains in areas like improved endurance, fat loss, strength gains, muscle development and who are we kidding, the look you've always wanted.
- Overview
  - Week 1: Base Building – Focus on endurance (cardiovascular and muscle) and leaning the body.
  - Week 2: Strength and Endurance – Focus is on building muscle, gain strength and enhancing muscular endurance.
  - Week 3: Strength and Build – Focus is on working specific parts of the body to maximize strength and muscle size gains.
  - Week 4: Power and Strength – With gains made in the first 3 weeks it's time to use your new muscles in push them to the max.
  - Week 5: Endurance, Performance and Tone – Focus is on bringing everything together through cross-training and athletic drills.

## Cardio Calorie Chart

Minute of Workout	10 Calories Per Minute	12 Calories Per Minute	15 Calories Per Minute
1	10	12	15
2	20	24	30
3	30	36	45
4	40	48	60
5	50	60	75
6	60	72	90
7	70	84	105
8	80	96	120
9	90	108	135
10	100	120	150
11	110	132	165
12	120	144	180
13	130	156	195
14	140	168	210
15	150	180	225
16	160	192	240
17	170	204	255
18	180	216	270
19	190	228	285
20	200	240	300

## Meal Guidelines and Suggestions

### **Breakfast:**

- Fruit bowl (blueberries, cantaloupe, honeydew, strawberries, apples, bananas, oranges)
- Whole wheat toast, 1 or 2 slices
- Hard Boiled Egg (1 to 2)  
or
- slice of deli meat

### **Snack:**

- Nuts
- KIND Bar/Cliff bar
- raisins or other dried fruit
- triscuits

### **Lunch**

- Salad – mixed to dark leafy greens (romaine, spinach, kale)  
-tomatoes, cucumbers, peppers, carrots, dried fruits
- small serving - whole wheat bread or pasta, or brown rice side

### **Dinner**

- Protein base (quinoa, chicken (sans skin), fish (salmon, tilapia, cod))
- Half of baked potato or brown rice, or whole wheat pasta (small serving)
- Vegetables (steamed, baked, or sautéed) exs: squash, green beans, spinach, green/red peppers, broccoli, asparagus, mushrooms, onions

### **Meal Replacement** (or protein supplement)

- EAS MYOPLEX (protein mix, pre-made shakes or bars)

## **Week 1 Program Parameters/Goals**

- **Overview**

**Base Building – Focus on endurance (cardiovascular and muscle) and leaning the body.**

**It's GO TIME! Week 1 is our shock and awe approach to “getting it done”, six straight days of hitting it hard.**

- Alternating Lifting and Cardio centric days.
- Total body engagement

**Stick with it and the results will come**

- Fat loss
- Improved endurance
- Muscle development

**Week 1****Day 1**

	<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		
			<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>	
<b>Warm-Up</b>	<b>Warm - Up</b>	10 mins (any cardio machine) - goal 12 cal/min					
	<b>DB Bench Press with twist</b>	Flat bench with dumbbells	20		15		
	<b>Plank Up and Downs</b>	In plank position move from forearms by pressing up onto hands and back down, repeat.	1 min				
	<b>Seated Back Row</b>	Can use machine or cable pull	20		15		
	<b>500m Sprint on Rowing Machine</b>	Complete as quickly possible					
<b>Workout</b>	<b>Leg Press</b>	Use machine	20		15		
	<b>Dumbbell Shoulder Press</b>	Perform in seated position	20		15		
	<b>Lunge Series</b>	Forward Lunges Alternating Backward Lunges Alternating	20/leg				
	<b>Combo Shoulder Raises</b>	Alternate forward and lateral arm (shoulder) raises with dumbbells	20				
	<b>90 Second Sprint on Elliptical</b>	Burn as many calories in 90 seconds as possible					
	<b>Abs</b> (1 Set of 20 of each)	Leg Lifts Sky Touches Bicycle Fully Body Crunch	20				
	<b>Cool Down</b>	5 mins Any cardio machine					
	<b>Stretch</b>	5 mins					
	<b>Cool Down</b>						

**Week 1 - Cardio - Day 2**

**3x10:**

**\*10 minutes - Running – Goal 120 calories in 10 minutes, 12 calories per minute**

**\*10 minutes - Biking – Goal 100 calories in 10 minutes, 10 calories per minute**

**\*10 minutes - Rowing – Goal 120 calories in 10 minutes, 12 calories per minute**

**Circuit Superset:**

**\*10 Push-ups**

**\*20 Standing Squats**

**\*10 Chin-ups (can use assisted machine or modify movement)**

**\*10 Dips (can use assisted machine or modify movement)**

**\*Lunge Series – alternating legs – forward lunge, diagonal lunge, sideways lunge – 5 on each leg in each direction.**

**Repeat Circuit 2x in as little time as possible**

**Stretch**

**Week 1****Day 3**

	<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>	
			<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
<b>Warm-Up</b>	<b>Warm - Up</b>	10 mins (any cardio machine) - goal 10 cal/min				
	<b>Leg Extensions</b>	Use machine	20		15	
<b>Workout</b>	<b>Hamstring Curls</b>	Use machine	20		15	
	<b>Superset – High Knees to Mountain Climbers to Jumping Jacks</b>	30 second of each exercise back to back	90secs		90secs	
	<b>Chest Press Machine</b>		20		15	
	<b>One Arm Row</b>	Use dumbbell and flat bench. One knee up on bench	20		15	
	<b>Squat w/ Med Ball</b>	Standing, start with med ball at chest level, held close, as you squat down press the med ball out till arms are straight. As you stand bring ball back close to chest	30		30	
	<b>Should Press</b>	Use machine	20		15	
	<b>Elliptical Sprint</b>	Sprint for 90 secs or until 20 cal burned				
	<b>8 Min Abs</b>	8 positions for 30 seconds for 2 consecutive sets (reverse crunch, straight leg lifts, bicycle, crunch, left crunch, right crunch, full body sit-up, back sit-up)				
<b>Cool Down</b>	<b>Stretch</b>	5 mins				



**Week 1- Cardio - Day 4**

**Intervals**

**\*10 minutes - Running – 1 min jog start, 2 mins run to sprint, 1 min walking at incline, 2 mins run at incline, 1 min jog a flat, 2 min run/sprint at flat, 1 min jog**

**\*10 minutes - Rowing – 500m sprint, 1 min coast, 300m sprint, 1 minute coast, 100m sprint, 1 minute coast, 500m sprint**

**\*10 minute cool down (Bike or elliptical)**

**Stretch**

**Week 1****Day 5**

	<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>	
			<b>Reps</b>	<b>Weight</b>	<b>Reps</b>	<b>Weight</b>
<b>Warm-Up</b>	<b>Warm - Up</b>	10 mins (any cardio machine) - goal 12+ cal/min				
	<b>Abs</b>	Bench Tuck Ups - 30 Med Ball Twists - 20 Pilates Sit Ups - 20				
	<b>Squat</b>	Barbell or Dumbbell	20		15	
<b>Workout</b>	<b>Incline Bench Press</b>	Machine or Barbell	20		15	
	<b>Lat Pull Down</b>	Use machine	20		15	
	<b>High Pulls</b>	Use straight bar	20		15	
	<b>Bicep Curls Seated</b>	Use machine or dumbbells	20		15	
	<b>Tricep Push Down</b>	Standing use Cable Machine	20		15	
	<b>Cascade Push Ups</b>	Start up, down 1/3 of way hold 2 secs, down 1/2 hold, down 2/3 hold and back up holding at each position	5		5	
	<b>Standing Lunges</b>	Lunge position - up and down rapid fire	20/leg			
	<b>Cool Down</b>	8 mins any cardio machine				
	<b>Cool Down</b>	Stretch				

**Week 1 – Cardio - Day 6**

**3x10:**

**\*10 minutes - Running – Goal 120 calories in 10 minutes, 12 calories per minute**

**\*10 minutes - Elliptical/Octane/Arc Trainer – Goal 120 calories in 10 minutes, 10 calories per minute**

**\*10 minutes - Stair master – Goal 120 calories in 10 minutes, 12 calories per minute**

**Circuit Superset:**

**\*10 Push-ups**

**\*20 Standing Squats**

**\*10 Chin-ups (can use assisted machine or modify movement)**

**\*10 Dips (can use assisted machine or modify movement)**

**\*Step-up into Back Lunge – stay with stepping up on same leg for 10 reps and then switch start leg for 10 more reps.**

**Repeat Circuit 2x in as little time as possible**

**Stretch**

## **Week 2 Program Parameters/Goals**

- **Overview**

**Strength and Endurance – Focus is on building muscle, gain strength and enhancing muscular endurance.**

**After two days off from the 6 day opening week challenge it's time to get to work utilizing the base developed. So it hurt . . . but you're not stopping.**

**Week 2 is about gaining muscular strength and endurance**

- Focus on lifts for each major muscle group
- Sets and Reps numbered to improve muscle strength and endurance

**Stick with it and the results will come**

- Leaner, stronger muscles
- Improved endurance

**Week 2****Day 1****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine) - goal 12 cal/min	
------------------	---	--

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Barbell bench press</b>	Flat bench with barbell	15		13		12	
<b>Squat Barbell</b>	Barbell in squat rack or in smith machine	15		13		12	
<b>Burpees with push-up</b>	2 sets of 10 with squat jump at end	10		10			
<b>Seated Cable Row</b>		15		13		12	
<b>Should Press DB</b>	Use machine	15		13		12	
<b>Superset Exercise</b>	Chin-ups (5 to 10) then into 30 seconds (simulated versa-climber aka high knees with alternating DB Shoulder press) – 2 Sets	1		1			
<b>Dips</b>	Dip stand or bench 2 sets	10 to 20		10 to 20			
<b>Abs</b>	15 sit-ups, 15 leg tucks, 15 ceiling touches, 15 dead fish (each side), 15 back extensions on floor, 15 full body crunch (2sets)						

**Cool Down**

<b>Cool Down</b>	8 mins Any cardio machine	
<b>Stretch</b>	Standing Series	

**Week 2****Day 2****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine) - goal 15 cal/min	
------------------	---	--

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Superset Exercise</b>	Pull-ups to Dips Chin-ups to Dips Hammer Chin Ups to Dips	7-10		7-10		7-10	
<b>Leg Press</b>	Machine	15		13		12	
<b>High Knees</b>	60 seconds (1 Set)						
<b>DB Chest Press</b>	Flat Bench w/ Dumbbells	15		13		12	
<b>Over and back push-ups on bench</b>	10 full reps (1 Set)	10					
<b>One arm DB rows</b>	Flat Bench w/ Dumbbells	15		13		12	
<b>Squat Shuffles with Med-Ball Press Out</b>	going back and forth over set distance for 1 min						
<b>DB Front Shoulder Raise/ DB Side Shoulder Raise</b>	1 Rep equals forward raise down up into side raise	15		13		12	
<b>Cable Pull Downs</b>	With arms straight	15		13		12	
<b>Dive Push-ups</b>	From downward dog pus-up in upward facing dog and reverse for one rep.	10					
<b>Abs</b>	Tucks, V-ups, Ship Rockers, Back Extensions, Tucked med ball twists	15		15			

**Cool Down**

<b>Cool Down</b>	8 mins - Any cardio machine	
<b>Stretch</b>	Floor Series	

**Week 2 - Cardio - Day 3**

**3x10:**

**\*10 minutes - Running – Goal 150 calories in 10 minutes, 15 calories per minute**

**\*10 minutes - Biking – Goal 100 calories in 12 minutes, 12 calories per minute**

**\*10 minutes - Rowing – Goal 150 calories in 10 minutes, 15 calories per minute**

**Stretch – Standing Series**

**Week 2****Day 4****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 12 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>	
		<b>Reps</b>	<b>Wt.</b>	<b>Reps</b>	<b>Wt.</b>	<b>Reps</b>	<b>Wt.</b>
<b>Abs</b>	Bench Tucks (40), Bench Leg Raises (15), Hanging/Dip Machine Series: Twisting Leg Raises Knees Tucked (10); Knees Tucked Lift, Extend Out Lower Back Down (10); Reverse of Previous Movement (10)						
<b>Leg Extension</b>	Machine	15		13		12	
<b>Hamstring Curl</b>	Machine	15		13		12	
<b>Deep Squat Jumps</b>	60 seconds						
<b>Cable Chest Press</b>	1/3 of reps high, middle and low	15		13		12	
<b>Push-ups</b>	Walking Sideways then Walking Forward/Backward Push-ups	Try for 10 to 20 feet each direction					
<b>Lat Pull Down</b>	Machine	15		13		12	
<b>Clean and Press</b>	Lightweight	10		10			
<b>Shoulder Superset</b>	1 Rep = Front Raises, Side Raises, Squat Down – Superman Raises	10		10			
<b>Walking Lunges</b>	With or without DBs. 15 feet each direction						
<b>DB Bicep Curls</b>		15		13		12	
<b>DB Tricep Overhead Extensions</b>		15		13		12	

**Cool Down**

<b>Cool Down</b>	8 mins Any cardio machine	
<b>Stretch</b>	Standing Series	



## **Week 3 Program Parameters/Goals**

### **•Overview**

**Strength and Build – Focus is on working specific parts of the body to maximize strength and size gains for your muscles.**

**Because Arnold says so. It's time to channel your inner body builder. Their methods may be extreme, but their results can't be argued.**

### **Week 3 is about growing muscle**

- Major muscle groups are split across days (rejoice only parts of your body will hurt any given day)
- Sets and Reps numbered to improve muscle strength and size. Because bigger more productive muscles burn more fat.

### **Stick with it and the results will come**

- Bigger, stronger muscles

**Week 3****Day 1  
Chest Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Barbell Chest Press</b>	Flat bench with barbell – Warm-up Set of 20 (very light weight)	12		10		10		8	
<b>Incline DB Chest Press</b>	Incline bench with DBS	12		10		10		8	
<b>Cable Chest Press Down</b>	Cable Cross-over machine	12		10		10		8	
<b>Push-ups</b>	Close – Middle – Wide (1 Rep = one of each)	15		15					
<b>8 Minute Abs</b>	8 positions for 30 seconds for 2 consecutive sets Positions: •1- Reverse Crunch •2 - Straight Leg Lifts •3 - Bicycle •4 - Crunch •5 - Left Crunch •6 - Right Crunch •7 - Full Body Sit-up •8 - Back Extensions (lifting chest and legs off the ground at the same time)								

**Cool Down**

<b>Cool Down</b>	8 mins Any cardio machine	
<b>Stretch</b>	Standing Series	

**Week 3****Day 2  
Leg Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Squat Barbell</b>	Squat Rack or Smith Machine Warm-up Set of 20	12		10		10		8	
<b>Adductor</b>	Machine	12		10		10		8	
<b>Abductor</b>	Machine	12		10		10		8	
<b>Leg Extension</b>	Machine	12		10		10		8	
<b>Hamstring Curl</b>	Machine	12		10		10		8	
<b>Calf Raise</b>	Machine	12		10		10		8	
<b>Tempo Lunge Series</b>	Hop between movements, alternating legs: Forward, Diagonal, Sideways 1 Rep = Six lunges 2 Sets of 10 reps								
<b>Single Leg Squats</b>	W/ DB – one foot up on flat bench or box	10		10		10			

**Cool Down**

<b>Cool Down</b>	8 mins Any cardio machine	
<b>Stretch</b>	Floor Series	

**Week 3****Day 3  
Back Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Seated Back Row</b>	Machine Warm-up Set of 20	12		10		10		8	
<b>Lat Pull Down</b>	Machine	12		10		10		8	
<b>One Arm DB Rows</b>	Flat bench with dumbbells	12		10		10		8	
<b>High Raises</b>	With Barbell	12		10		10		8	
<b>Superset</b>	Chin-ups (5 reps) down quick up Pull-ups (5 reps) – repeat to failure								
<b>Decline Bench Abs Series</b>	Four Moves: (1) - Thai around the worlds – 15 reps, (2) Twists – 14 reps, (3) Straight up and down 20 reps, (4) Isolated crunch – 20 reps Advanced – add weight for each move 10 to 25 lbs								
<b>Back Extension Machine Abs</b>	Regular Back Extensions (20 reps) Oblique Extensions (20 reps – each side)								
<b>Barbell Arm Curls</b>	Standing with barbell	12		10		10		8	

**Cool Down**

<b>Cool Down</b>	8 mins Any cardio machine	
<b>Stretch</b>	Standing Series	

**Week 3**



**Day 4  
Shoulder  
Day**

**Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Military Shoulder Press</b>	Squat Rack w/ Barbell <b>Warm-up Set of 20 – very light weight</b>	12		10		10		8	
<b>Seated Front &amp; Lateral Raises</b>	W/ DBs Do Front raises reps then lateral for 1 set. Then rest before start of next set.	12		10		10		8	
<b>Cable Straight Arm Pull Downs</b>	Focus on rear delts	12		10		10		8	
<b>DB Shoulder Press</b>	Seated w/ DBs	12		10		10		8	
<b>Triceps Push Downs</b>	Machine or Cable	12		10		10		8	
<b>Inverted Shoulder Push-ups</b>	In handstand against wall – 2 Sets to failure Modify – Downward Dog Push-ups								

**Cool Down**

<b>Cool Down</b>	10 mins Any cardio machine	
<b>Stretch</b>	Standing Series	

## **Week 4**

### **Program Parameters/Goals**

#### **• Overview**

**Power and Strength – With gains made in the first 3 weeks it's time to use your new muscles and push them to the max.**

**Like a college player prepping for the NFL draft, your new bigger and stronger muscles are only good if they can help you on the field.**

**Week 4 is about using your new, stronger muscles**

- Major muscle groups are still split across days, but we reincorporate muscle group specific cross training moves.
- Sets and Reps numbered to improve muscle power, capability and coordination.

**Stick with it and the results will come**

- Welcome to the big leagues, hope you like compliments
- It's time to get ripped and pumped
- You just became that person doing acts of strength at parties

**Week 4****Day 1  
Chest Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Incline Chest Press</b>	Incline Bench w/ Barbell <b>Warm-up Set of 20 – moderate weight</b>	5		5		4		3	
<b>DB Chest Press with Twist</b>	Flat bench w/ DBs Start palms facing feet as press up twist palms to face and reverse on way down <b>Warm-up Set of 20 – moderate weight</b>	5		5		4		3	
<b>Around the World Push-ups</b>	Use step up box (six inches off ground) First push-up both hands on ground, move to one hand on box, move to both hands on box, move to one hand off, and then both off on other side, then go back other direction for one set. <b>Do as many sets to failure</b>								
<b>Machine Chest Press</b>	Machine, Iso-metric if available <b>Warm-up Set of 20 – moderate weight</b>	5		5		4		3	
<b>Cross Training Superset</b>	30 jumping jacks – Walking plank forward (10 to 15ft) – 10 (each side) rolling in btwn one hand med ball push-ups – 30 jumping jacks – walking plank backwards - 10 (each side) rolling in btwn one hand med ball push-ups								
<b>Abs</b>									
<b>Inverted Shoulder Push-ups</b>	20 each position: •Reverse crunch •Halfway sit-ups heel touch •Floor back extensions •Dead fish side crunch •Full body crunch								

**Cool Down**

<b>Cool Down</b>	10 mins Any cardio machine	
<b>Stretch</b>	Standing Series	

**Week 4****Day 2  
Back Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Cable Seated Row</b>	Cable Machine Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>One-Arm DB Row</b>	Flat bench w/ dumbbells Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	Jumping from squat switch grip chin-ups/pull-ups (10 each grip)								
<b>Hang Cleans w/ Half Squat</b>	With Barbell	8		6		4			
<b>Lat Pull Down</b>	Machine Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	Plank Alternating One Arm Row Using dumbbells 2 Sets of 60 seconds								
<b>DB Twist Bicep Curls</b>	Seated with DBs Warm-up Set of 20 – moderate weight	5		5		4		3	

**Cool Down**

<b>Cool Down</b>	10 mins	Rowing Machine
<b>Stretch</b>	Floor Series	



**Week 4****Day 3  
Leg Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Leg Press</b>	Cable Machine Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	Step up onto box (plyo preferred), then step down right into a backwards lunge. 10 Reps each leg, do not alternate Weight with DBs or Barbell								
<b>Hamstring Curls</b>	Machine Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Leg Extensions</b>	Machine Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Standing Calf Raises</b>	Machine or Barbell Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	Deep Squat Frog Jumps Forward jumps – 15 to 25 feet down and back Or In place for 60 seconds								
<b>Cross Training Move</b>	Side lunge over and back on bosu ball 3 sets of 8 1 Rep = over and back Weight with DBs held at shoulders								
<b>Abs</b>	<b>Leg Raises using Dip Machine with Back</b> Moves: (1) Knees tucked up extend straight lower down (10 reps), (2) Straight legs up tuck knees lower down (10 reps), (3) Raise knees tucked to left rotate while up to right and lower down then reverse movement back (10 rep), (4) Straight leg lifts up and down lifts (10reps)								

**Cool Down**

<b>Cool Down</b>	10 mins	Bike
<b>Stretch</b>	Standing Series	

**Week 4****Day 5  
Shoulder Day****Warm-Up**

<b>Warm - Up</b>	10 mins (any cardio machine)	Goal 15 cal/min
------------------	------------------------------	-----------------

**Workout**

<b>Exercise</b>	<b>Notes</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>	
		Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.
<b>Seated DB Shoulder Press</b>	Bench or Chair Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	Handstand push-ups 2 Sets to Failure Modify with downward dog presses								
<b>Standing Lateral DB Raises</b>	Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Standing Forward DB Raises</b>	Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Standing Straight Arm Cable Pull Down</b>	Warm-up Set of 20 – moderate weight	5		5		4		3	
<b>Cross Training Move</b>	High knees with Alternating overhead DB Press 2 Sets - 60 seconds								
<b>Tricep Cable Push Downs</b>	Warm-up Set of 20 – moderate weight	5		5		4		3	

**Cool Down**

<b>Cool Down</b>	10 mins	Any machine
<b>Stretch</b>	Standing Series	

## **Week 5**

### **Program Parameters/Goals**

- **Overview**

**Endurance, Performance and Tone – Focus is on bringing everything together through cross-training and athletic drills.**

**Oh hey there fitness God/dess, what's up?**

*The next step in our journey.*

**It's time we bring everything gained, lost, and cultivated over the last 4 weeks together.**

**Week 5 is about using your improved strength, endurance and coordination and fine tuning your body into a sculpted fitness machine!**

-It's all about the cardio, bout the cardio, bout the cardio, cardio training

-Cross-training, Cardio and Interval training galore.

**Stick with it and the results will come**

-Fat loss, lean muscles, total body look

-Ready to take on the world

-Lets get started on Part II . . . .

**Week 5 – Cross Training – Day 1**

**3x10:**

**\*10 minutes - Running** – Goal 150 calories in 10 minutes, 15 calories per minute

**\*10 minutes - Biking** – Goal 150 calories in 10 minutes, 15 calories per minute

**\*10 minutes - Rowing** – Goal 150 calories in 10 minutes, 15 calories per minute

**Circuit Superset:**

**\*10 Push-ups**

**\*20 Standing Squats**

**\*10 Chin-ups** (can use assisted machine or modify movement)

**\*10 Dips** (can use assisted machine or modify movement)

**\*Lunge Series – alternating legs – forward lunge, diagonal lunge, sideways lunge** – 5 on each leg in each direction.

***Repeat Circuit 2x in as little time as possible***

**Stretch – Floor Series**

**Week 5 – Cross Training – Day 2**

**30 Minute Run**

**Resistance Band Series**

- **Standing on Band** – 20 squats
- **Feet Up – Band across back** – 25 Push-ups
- **Standing on Band** – 20 Calf Raises
- **Squat standing on band, bent over, back straight** - Arm rows 20 reps
- **Standing on Band** – 20 Shoulder Presses
- **Band in door Around Pole** – 20 alternating step back lunges with arm curl

***\*Repeat Above Series***

**Stretch – Standing Series**

**Week 5 – Cross Training – Day 3****Outdoor/Large Space Series**

- **Jumping Jacks** – 60 seconds
- **Rotating Side Lunges** – down and back 20 yds
- **Standing Arm Swings** – one arm forward and back, alternate, then arm swing hugs switching the top arm each swing
- **Standing Straddle Stretch** – Arms straight, hands clasped, bring hands down to left foot, slowly rotate to right foot and come up right leg to overhead and circle over and down to left side, repeat 5 times and reverse to other direction
- **High Knees** – down & back 20 yds
- **Butt Kicks** – down & back 20 yds
- **Pilates Push-ups into Walking Supermans** - 5 Pilates push-ups each leg, ~10 meters walking supermans - Repeat both push-ups and supermans to come back
- **Tapioca** - down & back 20 yds
- **Karaoke** - down & back 20 yds
- **Push-ups** – Holding for 3 second at each position: (1) top, (2) 1/3 way down, (3) 1/2 way down and (4) 2/3 way down, (5) almost touching ground, then hold in same positions on way up – 5 reps
- **Bear Crawls** - down & back 20 yds
  
- *If have band – Squat Back Rows – 60 seconds*
  
- **Crab Walks** - down & back 20 yds
- **Superset:** Standing Lunge Rapid Fire – 20 each leg, into 60 sec mountain climbers, into 60 second high knees - Repeat entire series 2x
  
- **Abs** – 20 of each exercise -Heel Touches, Sky Touches, Reverse Crunches, Full Body Crunch, Side Bends, Bicycles
  
- **Stretch** – Floor Series

**Week 5 – Cross Training – Day 4**

**Intervals**

**\*10 minutes - Running** – 1 min jog start, 2 mins run to sprint, 1 min walking at incline, 2 mins run at incline, 1 min jog a flat, 2 min run/sprint at flat, 1 min jog

**\*10 minutes - Rowing** – 500m sprint, 1 min coast, 300m sprint, 1 minute coast, 100m sprint, 1 minute coast, 500m sprint

**\*10 minute Cool Down** (Bike or elliptical)

**Stretch – Standing Series**

## **Congratulations!**

**You've made it!**

**5 weeks of everything we could throw at you. We thank you for sticking with it!**

**A few words:**

**JKF Fitness & Health is always here to help. And the best thing about our Total Body Performance Program is how customizable it is.**

**Each week can be adjusted and repeated to focus on your specific goals and fitness needs. Want to know how? – Shoot us a line and we'll tell you the way.**