

FOUNDATION WORKOUT PROGRAM

FIRST FOUR WEEKS OF TRAINING



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Foundation Workout Program							Sta	rt Time:	Prev Nights Sleep Rating (1-10):	
	I Body Routine			Day:			Fini	sh Time	e:	Prev Meal / Drinks:
		Total Time:								
				Se	Set 1		Set 2		et 3	
Order	Exercise	Sets	Rep Target	weight	reps	weight	reps	weight	reps	Comments
1	Leg Press	1 - 3	10 - 15							
2	Machine Chest Press	1 - 3	10 - 15							
3	Machine Back Row	1 - 3	10 - 15							
4	Machine Shoulder Press	1 - 3	15 - 20							
5	Ab Roller	1	10 - 15							
Note	Notes:									
Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets										
Weight Selection: Start by selecting a weight that allows you to complete 10 – 15 repetitions at a time (each set)										
Weeks 2 & 3: Here, you'll add an additional set per week until you are completing three sets of repetitions for each exercise by week 3.										
	Week 4: Start to increase the weights you are using. Get an idea of what it feels like to move more weight than you are used to.									
Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)										
		1 - 3 10 - 15 1 - 3 15 - 20 1 10 - 15 1 - 10 - 15 1 - 3 15 - 20 1 10 - 15 1 - 10 - 15 1 - 10 - 15 1 - 10 - 15 1 - 10 - 15 1 10 - 15								
	ooldown: Stretch carefully after your workout. elp Needed: Msg me on GeorgeMinors@iCloud.com if you have any questions about how to complete the workout. /orkout Link: Direct link to the workout Program is here: https://www.georgehealth.com/toolkit/workouts/foundation-workouts/									
I recommend you start with two workouts for week 1, and then increase the frequency to three workouts per week in the following weeks.										