



Project Me – Beginner Workout Program

Work up to this at your own pace. Add cardio on off days if you can. New moms- sub out sit ups until you can hold a TVA squeeze for 2 minutes straight.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	25 Minute Jog @ 70% Max HR		40 Min Jog @ 75% Max HR Quad Legs		Cardio Tone in Place	
Week 2	3 Sets of 15 Stacked Lifting		Cardio/Band Interval		Tabata Set Full Body No sit up, reverse fly instead	15 Minutes Stretching
Week 3	3 Sets of 15 Recovery Lift		40 Min Jog @ 80% Max HR Quad Legs		Leg Intervals	
Week 4	3 Sets of 8 Stacked Lifting		Cardio Tone in Place		Cardio/Band Interval	15 Minutes Stretching



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5	3 Sets of 15 Recovery Lift		Free Weight Sprint Interval		Century Workout No sit up, reverse fly instead	
Week 6	4 FAST sets of 12 Stacked Lifting		40 Min Jog @ 80% Max HR Quad Legs		Tabata Set Full Body No sit up, reverse fly instead	
Week 7	3 Set of 8 Recovery Lift w/ Jog in between each group	Sprint Intervals - One Minute	Advanced Leg Intervals		Cardio Tone in Place	
Week 8	3 Sets of 5 Stacked Lifting		Sprint Intervals - Street		Century Workout	
Bonus Week!	3 Sets 5 Recovery Lift		Chest/Butt Abs in Weight Room		Cardio/Band Interval	



Workout Descriptions

Quad Legs: Equipment needed – None

Work 1 leg all of the way through - do 16 of every exercise. Be sure to engage all muscles of the leg the entire time. About 10 minutes. 4 Pt. Stance = On all 4's...hands/knees

<u>Exercise</u>	<u>Explanation</u>
<i>Lying Leg Raise - Abductor</i>	Lay on side, lift top leg up and down toe pointing forward
<i>Lying Leg Raise - Abductor, toe up</i>	Repeat above but face toe toward ceiling
<i>Lying Leg Raise - Abductor, Toe down</i>	Repeat above but face toe toward floor
<i>Donkey Kick</i>	4 pt Stance - Pull knee in to chest and push back and up
<i>Hamstring Leg Raise</i>	4 pt Stance - Leg straight out, lift up and down squeezing hamstring and lower back
<i>Hamstring Curl</i>	4 pt Stance - Hold leg straight out and band at the knee curling hamstring up and down
<i>Bent Leg Raise</i>	4 pt Stance - Hold leg up and in bent position like above; lift heel towards the ceiling
<i>Inner Thigh Lift</i>	Lay on opposite side so leg you are working is on the ground. Lift bottom leg working inner thigh
<i>Repeat all on other leg</i>	

Cardio Tone in Place: Equipment needed – None

<u>Exercise</u>	<u>Explanation</u>
<i>4 Minute jog in place</i>	
<i>30 Push Ups</i>	Most importantly try to get your chest within one inch of the ground w/o arching your back.
<i>200 Jumping Jacks</i>	
<i>30 Push Up Plank Knee Crunches</i>	Push up position. Lift one leg and bend at knee bringing it up towards your head. Do 30 on one side and the other.
<i>2x30 Squat Jumps</i>	Keep chest up. Bend at knees to touch hands to the floor. Explode through legs and jump up.
<i>30 Tricep Push Ups</i>	Push up position but have hands right underneath shoulders. Drop down to a push up but keep elbows back and rub along ribs. Use triceps to push back up.
<i>200 Toe Touch Hops</i>	Lift one leg and touch your toe w/ the opposite hand. Jump and switch.
<i>30 Lunges W/ Back Leg up (Each Leg)</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 30 on each leg.
<i>20 Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
<i>30 Mountain Push Ups</i>	Go to push up position and bring hands and ft together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats. Drop down towards your nose,
<i>30 Speed Squatters</i>	Stand w/ both legs together. Push to the left and hop onto your left leg. When you land, bend your left knee and try to touch your right arms to your left toe. Explode directly to the right onto the right leg bending down touching left hand to the right foot.



Stacked Lifting: Equipment needed – Free weights or weight room

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times (or whatever amount of reps listed on the calendar for that day). That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

Exercise	Explanation	Alternative if no weights available
GROUP 1:		
<i>Single Leg Step Ups W/ Weight</i>	Free weight in each hand. Step up onto bench or stair. Tap other leg to bench or stair and step back down on the same leg. Repeat all reps on one leg and then move to the other	Same step up w/ no weight
<i>Dead Lift</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight. Bend at waist keeping back straight and chest out and head up. Slowly let weight drop down the length of your leg and then lift back up to start position	Single leg dead lift no weight
<i>Leg Press Machine</i>	Remember not to let knees go over toes. If you don't have access to Press Machine, do weighted deep squats	Squats w/ back pack on
GROUP 2:		
<i>Seated or Standing Rows</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight and bend at waist almost 90 degrees. Keep back straight and chest out and head up. Slowly pull the weights up towards your belly button keeping chest out and return to the start position.	Soup Can Reverse Flies
<i>Tricep Extension (Cable Pull)</i>	Glue upper arms and elbows to your rib cage. Bend elbows at 90 degree. Extend and push arms straight. Make sure to get them to a full 180. Return to 90 degrees.	Tricep Dips
<i>Kettle Bell Swings</i>	Slight plié squat; weight hanging in between legs held by both arms. Use pelvic swing and full body to swing KB in front of your eyes. KEEP CORE TIGHT	Squat Jumps touching floor and then reaching over head
GROUP 3:		
<i>Pectoral Flies</i>	Lay on ball or bench w/ weights in each hand, arms over your body, and weights over your shoulders. Open arms in a soft bend outwards towards floor; bring back to start position.	Wide Push Ups
<i>Rotating Bi Curls</i>	Start curl w/ thumbs forward (hammer curl) as you bring the weight up, rotate in so your palm side is facing your body. At the top of the curl rotate your hands in so pinkies are closer to your face.	Partner Bi Curls or Bottom Barrel Tricep push ups (Tri Push up form w/ elbows in by ribs. Drop so that chest is one inch above the floor, push up half way and return to bottom.
<i>Military Press</i>	Start in goal post arm position, tummy tight. Press weights over head to a straight up position. Return to start.	Mtn Push Ups
OPTIONAL GROUP:		
<i>Bench Press</i>		
<i>Decline Bench</i>		
<i>Incline Bench</i>		



Cardio Band Interval: Equipment needed – Exercise Band

<u>Exercise</u>	<u>Explanation</u>
<i>4min Cardio</i>	Any Cardio; Jogging outside, biking, treadmill, elliptical etc. Repeat cardio or change each time.
<i>20 Bicep Curls</i>	Band underneath feet. Both arms extended w/ palms up. Curl arms up. Full extension each time.
<i>4min Cardio</i>	
<i>20 Military Press</i>	Band under one foot. Arms in goal post position (90 degrees over head). Extend arms straight up. Squeeze stomach to protect back. Return to start position.
<i>4min Cardio</i>	
<i>20 Tricep Push Backs</i>	Band under both feet. Palms facing backwards. Straight arms entire time. Push band backwards and hold squeeze 2 seconds.
<i>4min Cardio</i>	
<i>20 Rows</i>	Wrap band around tree or pole facing tree. Extend arms straight in front of you, band taught. Pull band back w elbows up like rowing a boat.
<i>4min Cardio</i>	
<i>20 Shoulder Raises alt front and side</i>	Band under one foot. Straight arm raise forward (not above horizontal). Bring down. Straight arm raise to side (not above horizontal).
<i>4min Cardio</i>	
<i>20 Chest Press</i>	Wrap band around tree or pole facing away. Arms raised to shoulder height at 90 degree angle. Push or extend arms straight forward.
<i>4min Cardio</i>	
<i>20 Squats</i>	Band underneath feet. Hold handle in each hand up by shoulders.

Tabata Set – Full Body: Equipment needed – Tabata Timer App on your phone is helpful

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds. Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<u>Exercise</u>	<u>Explanation</u>
<i>Push Ups</i>	Start on toes if you can. Go to modified when needed
<i>Squat Jumps</i>	Bend at knees to touch ground. Keep chest up. Push through quads and jump up reaching for sky.
<i>Tricep Dips</i>	Sit on chair. Hands on seat. Move forward off chair. This is start position. Bend at elbows to 90 degree angle keeping back close to the chair.
<i>Lunge Hops</i>	Step forward on one leg to 90 degree single leg lunge. Step back to start position. Repeat on other leg. If you can, jump from one leg to the other.
<i>Sit Ups</i>	Full sit ups



Recovery Lift: Equipment Needed – Free Weights, Weight Room, or Exercise Bands

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times. That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

<u>Exercise</u>	<u>Explanation</u>	<u>Alternate Equipment: If you don't have access to weights YOU can use bands or do alternate exercise below.</u>
GROUP 1:		
<i>Hamstring Curls</i>	Laying on stomach curl weight by bending at knees. Try to get heels to your butt. If you don't have a weight, have a partner resist your legs	Squats raising toes up (can sit if you want)
<i>Pull Ups</i>	Use an assisted pull up machine if needed. If you don't have access to a pull up machine or bar, do Mtn push ups	Mtn Push Ups
<i>Reg Bicep Curls</i>	When doing 10+ reps, do both arms at a time. When doing heavier weight and less than 10 reps, sit and do one arm at a time.	Bi curls w the band
GROUP 2:		
<i>Weighted Single Leg Lunge</i>	Hold one barbell in each hand. Balance on front foot w/ back foot up on a bench or chair. Bend front knee to a 90 degree angle. Make sure your foot does not go over your toe.	Use band for weight if you want
<i>Tricep Dips (on machine)</i>	Same machine as assisted pull up. If you don't have access, just do straight leg tricep dips on a chair.	Tri Dips on the chair
<i>Reverse Flies</i>	Bend at the waist 90 degrees w/ a straight back, head looking forward. Barbell in each hand straight down by knees. Extend arms outwards like wings.	Flies w/ the band
GROUP 3:		
<i>Weighted Calf Raises</i>	If you have access to a weighted calf machine, use it. If not, hold a barbell in each hand and full extend through the ankle to a full toe point	
<i>Bench Press</i>	Remember to keep your arms an equal distance apart from the middle. If you don't have access to a bench, use free weights.	Chest Press around tree w/ band
<i>Lat Pull Downs</i>	Arms extended overhead. Pull both arms down to 'goal post 90 degree arms'. If you don't have access to a machine, use a band.	Lat Pull downs w/ band



Leg Intervals: Equipment needed – None

Jog for a total of 3 miles at your preferred pace. Along the way, stop to do 15 of an exercise and catch your breath. Continue process of jogging and stopping at your comfortable level.

<u>Exercise</u>	<u>Explanation</u>
<u>15 of each exercise</u>	
<i>Regular Squats</i>	Feet shoulder width apart. Toes forward. Sit Back into your heels
<i>Plié Squats</i>	Feet wide toes out. Squeeze your butt. Bend down keeping chest up.
<i>Walking Lunge Left</i>	Step forward w/ your left leg into a lunge. Step together. Step on left leg again.
<i>Walking Lunge Right</i>	Step forward w/ your right leg into a lunge. Step together. Step on right leg again.
<i>Front Leg Lifts</i>	Stand tall, core in and bottom leg straight. Lift Right leg straight slowly to the front. Repeat on Left side
<i>Side Leg Lifts</i>	Repeat above but lift leg out to the side feeling the side of the butt
<i>Back Leg Lifts</i>	Repeat above but lift leg straight back squeezing hamstrings
<i>Standing Leg Extension</i>	Stand tall on one leg. Lift your leg bent to a 90 degree angle. Extend foot straight out. Repeat on other leg
<i>Calf Raises - Toes Straight, In and Out</i>	Stand on both feet. Raise up onto your toes lifting through your calves. 15 w/ your toes straight. 15 w/ your heels in and toes out (like ballet). 15 w/ your heels out and your toes in (pigeon toed)
<i>Single Leg Squats</i>	Toes forward; lift one leg slightly. Sit back into your base leg as much as possible. 15 each leg.



Free Weight Sprint Interval: Equipment needed – 3-8lb Weights

	Exercise	Explanation
<i>2 Minute Accelerating</i>	30 sec jog at your comfortable pace 30 sec run at BASE +1 30 sec run at BASE +2 30 sec run at BASE +3	This is your BASE pace. Estimate if outside. If on treadmill go at your normal jog pace. At each interval increase by 1 level. THIS IS YOUR CARDIO THAT WILL BE REPEATED IN BETWEEN EXERCISES
<i>2 Minutes Decelerating</i>	30 sec run at BASE +3 30 sec run at BASE +2 30 sec run at BASE +1 30 sec jog at your comfortable pace	
	2x15 Push Ups	
	REPEAT CARDIO	
	2x15 Bicep Curls	w/ free weights
	REPEAT CARDIO	
	2x15 Military Press	w/ free weights
	REPEAT CARDIO	
	2x15 Tricep Extensions	w/ light free weight. Hold extension back for 3 seconds
	REPEAT CARDIO	
	2x15 Bent Over Rows	w/ light free weight. Make sure your chest is out
	REPEAT CARDIO	
	2x15 Shoulder Raises Front	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Shoulder Raises Side	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Tricep Dips	



Century Workout: Equipment needed – Pull Up bar optional

Complete 100 of each of the following exercises total. You can break down sets as small as you like. Focus on good form so small sets are better. Complete as quick as you can and record your time for comparison in the future.

<u>Exercise</u>	<u>Explanation</u>
<i>Run 1 mile</i>	This is a warm up. Go your own pace.
<i>Push Ups</i>	If you can do 5 or more regular push ups at a time; do ALL this way. Make the sets as small as you want to complete full range of motion push ups.
<i>Tricep Dips</i>	Try to complete all dips without modification
<i>Lunges w/ Back Leg up</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 100 on each leg.
<i>Pull Ups (assisted if needed)</i>	If you do not have access to a pull up machine or bar; do Mountain Push Ups. (Go to push up position and bring hands and feet together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats.)
<i>Full Sit Ups</i>	Full Sit Ups
<i>Jog Another Mile</i>	This will be difficult but you are going to cool down with a full mile. The first half of the mile will be hard, but it will loosen up your muscles.

One Minute Sprint Intervals: Equipment needed – None

<u>Exercise</u>	<u>Explanation</u>
<i>1 Min Sprint HARD</i>	Run as fast as you can for one minute. If outside, just go as fast as you can; your body will give out. If on treadmill, set 3 higher than you're used to. (Maybe an 8 or higher.)
<i>1 Min Walk</i>	Walk and recover. Breathe as best as you can to recover in one minute. If on treadmill go at a 3 or 4.
<i>Repeat above 10x for total of 20 min</i>	First 3 or 4 sprints may be ok, but they will get more difficult. Your speed on last 5 sprints will decrease.



Advanced Leg Intervals: Equipment needed – None

Find 'Track' that is about 1/10th of a mile. Cardio around the track in different manners. Then stop and do leg exercise. This does not have to be a track - it could be a street or treadmill....just map out 1/10 mile.

	<u>Exercise</u>	<u>Explanation</u>
Track	<i>Jog</i>	
Track	<i>Run</i>	
Track	<i>Sprint</i>	
Track	<i>Walk</i>	
Stationary	<i>30 Regular Squats</i>	Feet shoulder width apart. Toes forward. Sit Back into your heels
Track	<i>Skip</i>	
Stationary	<i>30 Plié Squats</i>	Feet wide toes out. Squeeze your butt. Bend down keeping chest up.
Track	<i>Squat Jumps</i>	Jump around entire track
Stationary	<i>30 Front Leg Lifts</i>	Stand tall, core in and bottom leg straight. Lift Right leg straight slowly to the front. Repeat on Left side. Try to balance and not touch other foot
Track	<i>Side Sashay Right</i>	
Stationary	<i>Side Leg Lifts</i>	Repeat above but lift leg out to the side feeling the side of the butt
Track	<i>Side Sashay Left</i>	
Track	<i>Jog</i>	
Track	<i>Run</i>	
Track	<i>Sprint</i>	
Track	<i>Walk</i>	
Stationary	<i>Calf Raises</i>	30 w/toes straight, 30 w/toes in, 30 w/toes out
Track	<i>Jog</i>	
Track	<i>Walking Lunges</i>	Lunge entire way around the track - if you really want to burn - hold weights at same time
Track	<i>Jog</i>	
Stationary	<i>Single Leg Squats</i>	Toes forward; lift one leg slightly. Sit back into your base leg as much as possible. 15 each leg.
Track	<i>Sprint</i>	
Track	<i>Run</i>	
Track	<i>Jog</i>	
Track	<i>Walk</i>	
Track	<i>Walk</i>	

Sprint Intervals – Street: Equipment needed – None

<u>Exercise</u>	<u>Explanation</u>
<i>Sprint 1, 2, 3</i>	Pick a street. Sprint full speed to end of that street. Walk all of the way back. Repeat this street 3 times.
<i>Sprint 4, 5, 6</i>	Pick a new street; maybe a different angle, hill, length. Sprint full speed to the end and walk back. Repeat 3 times.
<i>Sprint 7, 8, 9</i>	Pick another new street and repeat.