Name	e	

Muscle Mass Program

This program is best suited for the participant who has already incorporated resistance training into his or her training program.

Goal: increase muscle size

This workout should be performed at least two times per week on non-consecutive days.

Number of sets: **2-3** (R) Number of Repitions: **7-12**

Rest between sets: 60- 90 seconds

(W) Amount of weight: Choose a weight that when you reach 7 reps is hard and by the 12th rep it is almost undoable. (75-90% of 1 RM)

30% 01 1 NW)														
	Date													
Day 1														
1	Dumbbell	R												
	Chest Press	W												
2	Seated Row	R												
	Seated NOW	W												
3	Shoulder Press	R												
	Silouluel Fless	W												
4	Chin up or Lat	R												
	Pull	W												
5	Ab Crunch	R												
	Ab Crunch	W												
6	Hammer Curl	R												
		W												
7	Tricep	R												
	Extention	W												
Day 2														
1	Dumbbell	R												
	Lunge	W												
2	Leg Press	R												
	205 1 1033	W												
3	Leg Extention	R												
	LCB LACCITION	W												
4	Leg Curl	R												
	Leg Cuii	W												
5	Calf Press	R												
	Can 11033	W												
6	Ball Crunch	R												
	Dan Cranen	W												
7	Back extention	R												
	Dack extention	W												

Progression: Adjust weights accordingly to maintain 7-12 reps per set. (12 reps add more weight, 7 reps reduce weight)

Name			
vame			

Cardiovascular Fitness

Every adult should accumulate 30 or more minutes of moderate-intence physical activity on most days of the week.

M=minutes I=Intensity

E) and the	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Rate of Perceived Exertion (RPE RPE is a subjective measurement which ca be used to determine th intensity of an aerobic		Very, very light		Very light		Fairly light		Somewhat hard		Hard		Very Hard		Very, very hard	

	Date								
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