

Week Seven:

Training Strategy: Maximize Fat Burn

1. Train 3 days/week for a minimum of 40 minutes each session. Keep heart rate at 75% (Target Heart Rate Zone) for 3 minutes then sprint for 1 minute; repeat for the 40 minutes. Determine target heart rate using table below.

Age	Target Heart Rate*	
	Beats/Min	Beats/10 Sec
20-24	150-162	25-27
25-34	144-156	24-26
35-44	138-150	23-25
45-49	132-144	22-24
50-54	126-138	21-23
55-64	120-132	20-22
65-69	114-126	19-21

*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

2. Complete the following workout 2 – 3 times per week (not on consecutive days)

Targeted Area: Full Body Resistance, Core & Cardio

Time to Complete: 20–30 Minutes

There is a delay this week with putting up video for the new exercises; therefore, I have included written descriptions of proper form. You may email me (dawn@personallyfit4women.com) or call me (989-LADY) if you have questions about proper form. The video should be up and running before the end of the week.

Alternating Biceps Curl (15 repetitions) Use 8 – 10 pound weights. Start with feet hip distance apart with knees slightly bent. Cradle weights in hand with palms facing forward; lift weight towards the upper arm while bending the elbow.

Alternating Shoulder Press (15 repetitions) Use 5 – 8 pound weights. Start with feet hip distance apart with knees slightly bent. Hold weights in hand with palms facing forward and elbows at a 90°. Push weights above head and return to starting position.

Squats (15 repetitions) Hold weights while you perform squats.

Jump Squats (15 repetitions) Squat down, jump and land in squatting position.

REST FOR 1 MINUTE AND REPEAT

Up-Side-Downs (10 repetitions) Use 3 – 5 pound weights. Start with feet hip distance apart with knees slightly bent. Hold weights in front of you with your arms straight and palms facing your body. With straight arms, lift weights in front of you to shoulder height; pull hands apart bringing arms out at side; lower weights to side. You are lifting weights up in front, bringing them to the side and slowly lowering down.

Alternating Lunges (10 repetitions) Start by standing up tall with feet together. Step forward with one leg. Lower your body towards the floor while bending both knees. Return to starting position.

Split Lunges (10 repetitions) Step forward with left leg. Lower your body towards the floor. Jump and bring left leg to the back and right leg to the front. Repeat 10 repetitions each leg.

Ball Sit Ups (15 repetitions) Sit on a stability ball. Roll forward until your lower back is on the ball. Put your hands on your shoulders with arms across your chest. Roll your torso up bringing your rib cage closer to your hips. Exhale as you roll up, inhale as you lower to the starting position. Be sure to not move the ball as you roll up.

REST FOR 1 MINUTE AND REPEAT

Push Ups (15 repetitions)

Lower Abdominal Rolls (15 repetitions)

Hip Bridge (20 repetitions)

REPEAT

Perform this workout 2-3 times per week on non-consecutive days.

Take It Down a Notch: Skip the Jump Squats and Split Lunges

Ramp It UP: Extend this Workout to 60 Minutes with 15 minutes Cardio Before and After Workout.

3. Stretch after each training session.

It is your Responsibility to:

Check your heart rate to ensure you are working at an appropriate intensity

Get medical clearance prior to beginning a new training program.