



Program Design

Client Name



Thank you for your purchase of a JKF Fitness & Health wellness program. This packet contains the first two weeks of your program.

Included in this packet:

- **3 Customized Workouts**

Program Parameters/Goals:

- **Work out 5 days in each week, with at least 1 day between each of the three lifting workouts (titled – Day 1, Day 2, Day 3)**
- **The goal for these workouts is to keep up a good tempo/pace throughout the entire routine. Take no more than 90 seconds between sets and no more than 3 minutes between exercises. Ideally time between sets and exercises could be as minimal as 30 seconds.**
- **Weights should be chosen for lifting exercises that are strenuous after 10 to 14 reps. The goal is to do all of the reps in each set in succession, so use a lighter weight if necessary.**
- **On at least 2 days between lifting days, perform 20 to 30 minutes of moderate cardio followed by 10 minutes of stretching.**

Day 1



Day 1

Warm-Up

Workout

Cool Down

Exercise	Notes	Set 1		Set 2	
		Reps	Weight	Reps	Weight
Warm - Up	10 mins (any cardio machine) - goal 12 cal/min				
Bench Press	Flat bench with barbell	20		15	
Seated Back Row	Can use machine or cable pull	20		15	
500 Meter Rowing Machine Sprint	Row 500 meters on the rowing machine as fast as you can.				
Push-up Series	15 Wide Stance (Hands far apart) 15 Close Stance 15 Normal Stance	10/ stance			
Leg Press	Use machine	20		15	
Dumbbell Shoulder Press	Perform in seated position	20		15	
Lunge Series	Forward Lunges Alternating Backward Lunges Alternating	15/leg			
Combo Shoulder Raises	Alternate forward and lateral arm (shoulder) raises with dumbbells	20			
Abs (1 Set of 20 of each)	Leg Lifts Sky Touches Bicycle Fully Body Crunch	20			
Cool Down	5 mins Any cardio machine				
Stretch	5 mins				

Day 2



Day 2

	Exercise	Notes	Set 1		Set 2	
			Reps	Weight	Reps	Weight
Warm-Up	Warm - Up	10 mins (any cardio machine) - goal 10 cal/min				
	Dumbbell Chest Press	Flat bench - start palms facing away and as you press up twist palms towards each other	20		15	
	Jumping Jacks		30			
	Leg Extensions	Use machine	20		15	
	Hamstring Curls	Use machine	20		15	
	High Knees	Running in place	1 min			
Workout	One Arm Row	Use dumbbell and flat bench. One knee up on bench	20		15	
	Squat w/ Med Ball	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			
	Should Press	Use machine	20		15	
	Elliptical Sprint	Sprint for 90 secs or until 20 cal burned				
	8 Min Abs	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)				
	Stretch	5 mins				
Cool Down						

Day 3



Day 3

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