




BODY FORTRESS TONING PROGRAM FOR WOMEN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>CARDIO: 30 minutes on 1 of the following -Elliptical Trainer -Stairmaster -Treadmill (fast walking, jogging or alternating between the two depending on current fitness level)</p> <p>Cardio exercise should be done at a relatively high intensity. (80 – 85% max heart rate)</p> <p>Abs and Lower Back Exercises</p>	<p>CARDIO: 20 minutes on 1 of the following -Elliptical Trainer -Stairmaster -Treadmill (fast walking, jogging or alternating between the two depending on current fitness level)</p> <p>Cardio exercise should be done at a relatively moderate intensity. (65-70% max heart rate)</p> <p>CIRCUIT #1</p>	<p>Day off – general fitness (walking, biking, outdoor activities, etc.)</p> 	<p>CARDIO: 30 minutes on 1 of the following -Elliptical Trainer -Stairmaster -Treadmill (fast walking, jogging or alternating between the two depending on current fitness level)</p> <p>Cardio exercise should be done at a relatively high intensity. (80 – 85% max heart rate)</p> <p>Abs and Lower Back Exercises</p>	<p>Day off – general fitness (walking, biking, outdoor activities, etc.)</p> 	<p>CARDIO: 20 minutes on 1 of the following -Elliptical Trainer -Stairmaster -Treadmill (fast walking, jogging or alternating between the two depending on current fitness level)</p> <p>Cardio exercise should be done at a relatively moderate intensity. (65-70% max heart rate)</p> <p>CIRCUIT #2</p>	<p>Day off – general fitness (walking, biking, outdoor activities, etc.)</p> 

CIRCUIT #1

1. Seated Rows (exercise machine)
2. Seated Chest Press (exercise machine)
3. Squats (dumbbells)
4. Lunges (dumbbells)
5. Shoulder Presses (dumbbells)
6. Shoulder Raises To The Front (dumbbells)
7. Triceps Pushdowns (exercise machine)
8. Biceps Curls (dumbbells)
9. One Legged Standing Calf Raises (dumbbells)

CIRCUIT #2

1. Lat Pulldowns (exercise machine)
2. Chest Press (dumbbells)
3. Leg Press (exercise machine)
4. Hamstring Curls (exercise machine)
5. Shoulder Raises to the Side (dumbbells)
6. Shoulder Raises To The Front (dumbbells)
7. Overhead Triceps Presses (dumbbells)
8. Hammer Curls (dumbbells)
9. One Legged Standing Calf Raises (dumbbells)

ALTERNATE CIRCUIT (DUMBBELLS ONLY)

- If you don't have access to exercise machines in a gym
1. Bent Over Rows
 2. Chest Press
 3. Squats
 4. Lunges
 5. Shoulder Presses
 6. Shoulder Raises To The Front
 7. Overhead Triceps Presses
 8. Biceps Curls
 9. One Legged Standing Calf Raises

ABDOMINAL AND LOWER BACK EXERCISES

- Begin with one set and progress to 3 sets of each exercise as your fitness level improves (10-20 reps):
1. Abdominal Crunches
 2. Reverse Crunches - Knees To Chest
 3. Oblique Crunches - Opposite Arm To Opposite Knee
 4. Low Back Extensions
 - Beginner – while lying on stomach with head down and arms extended above head, raise opposite arm and leg, lower and then switch sides
 - Advanced – while lying on stomach with head down and hands behind head, raise head and chest off of ground slowly and then slowly lower back towards ground)

-While performing each circuit, move from one exercise to the next with little to no rest in between.
 -Each exercise should be performed with a weight that you can handle comfortably for 8-10 repetitions.
 -When you have completed all nine exercises – rest for three to five minutes and then repeat the same circuit a second time.
 (For the first week – only complete one circuit per workout if you are a beginner.)
 -Once you have increased your overall fitness level after several workouts, you may progress to 3 circuits in one workout.
 -Once you can complete any exercise with relative ease, slightly increase the amount of weight you are using.

-Always consult your doctor before beginning this or any training or diet/supplement program.
 -Make sure to continually increase the relative intensity of your workouts as your fitness levels improves. Beginners should start at a low to moderate intensity and work their way up as overall fitness improves.
 -Please consult with a staff member of your gym or a personal trainer if you are unfamiliar with any of the exercises.
 -To calculate your maximal heart rate: 220 – age. Multiply this number by .85 to calculate 85% of maximal heart rate. Example for a 40 year old: 220 – 40 = 180 max heart rate. 180 x .85 = 153 beats per minute.