

AEROBICS INSTRUCTOR Workout Plan

Aerobics Instructors are tough, consistent and are cardio geniuses. They are usually cut specimens of muscle that can go endlessly in a aerobics class and work us to the bone. Since Aerobics Instructors do so much cardio, we are only going to incorporate lifting two days a week for them. One day will be Upper Body and the other will be lower body. We will isolate the muscle for leanness and tone.

Monday = Aerobics Class/Abs

Tuesday = Aerobics Class/Lift Upper Body/Abs

Wednesday = Aerobics Class/Abs

Thursday = Aerobics Class/Lift Lower Body/Abs

Friday = Aerobics Class/Abs

Saturday = Aerobics Class/Abs

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

ABS, BACK, CHEST, BIS, TRIS, SHOULDERS

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each 2 times at a moderate and comfortable weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR ABS

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BACK

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR BACK

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

CHEST

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CHEST

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BICEPS			
Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR BICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute
REST FOR 1 MINUTE BEFORE MOVING ON			
TRICEPS			
Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR TRICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute
REST FOR 1 MINUTE BEFORE MOVING ON			
SHOULDERS			
Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR SHOULDERS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute
REST FOR 1 MINUTE BEFORE MOVING ON			
TOTAL TIME: 54 minutes			

LOWER BODY WORKOUT

ABS, QUADS HAMSTRINGS, CALVES, INNER THIGH/GROIN

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each at 2 times at a moderate and comfortable weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS			
Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR ABS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute
REST FOR 1 MINUTE BEFORE MOVING ON			
QUADRICEPS			
Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR QUADRICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute
REST FOR 1 MINUTE BEFORE MOVING ON			

HAMSTRINGS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR HAMSTRINGS

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**CALVES**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CALVES

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**INNER THIGH/GROIN**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR INNER THIGH/GROIN

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TOTAL TIME: 45 minutes****CARDIO - done in classes**