

BUSINESS PERSON Workout Plan

PROFESSIONAL BUSINESS PEOPLE want all of the energy they can get to build their career and business. They usually are not looking to be the next great bodybuilder or professional runner. They want something effective, fast and worthy of making them feel and look good. THE PROFESSIONAL BUSINESSPERSON workout is designed to hit all body parts with lifting weights in their workout 2 times a week. We also will recommend 3 days of cardiovascular exercise. This workout isolates a total of 5 days. We recommend this in comparison to a 5 day work week. Each workout, each day should help energy stay high and fat stay low.

Monday = Cardio / Abs

Tuesday = Lift Upper Body / Abs

Wednesday = Cardio / Abs

Thursday = Lift Lower Body / Abs

Friday = Cardio / Abs

Saturday = Cardio / 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** - How much is adequate?

IN REGARDS TO CARDIO, WE BELIEVE THAT UNLESS YOU ARE ABOVE 15% BODYFAT FOR A MAN AND 20% BODYFAT FOR A WOMAN THAT YOU SHOULD ONLY DO 3-4 DAYS FOR 20 MINUTES. Those minutes should be intervals and each minute should become more difficult. If you are over the bodyfat recommendation, than each day should be done for 30 minutes after you are done lifting. NOTE: your warmup for your workout should be done with your ab workout.

CARDIO INTENSITY CHART

Minutes	Intensity	Feeling
1	5	Warm up
2	5	Warm up
3	6	Starting to feel tension
4	7	Feeling quite a burn
5	8	Consistent burn
6	9	Hurting Burn
7	6	Starting to feel tension
8	7	Feeling quite a burn
9	8	Consistent Burn
10	9	Hurting Burn
11	6	Starting to feel tension
12	7	Feeling quite a burn

13	8	Consistent Burn
14	9	Hurting Burn
15	6	Starting to feel tension
16	7	Feeling quite a burn
17	8	Consistent Burn
18	9	Hurting Burn
19	10	Excruciating burn
20	5	Rest and recuperate