

EVERDAY GYMGOER Workout Plan

The Everyday Gymgoer seems to want to be in and out of the gym in less than an hour. The Body Evolution Everyday GymGoer workout is designed to keep you lean, fit and gain lean muscle mass without becoming too big. This workout works you to fatigue and helps your muscles breakdown quickly and repair quickly.

The Everyday Gymgoer workout is designed to isolate the entire upper body in one separate day and the entire lower body on another day. NOTE: one week you will work the upper body two days and the next week you switch to the lower body for 2 days. You will continue to switch upper body and lower body workouts every other week

Monday = Upper Body / Cardio / Abs

Tuesday = Cardio / Abs and Calves

Wednesday = Lower Body / Cardio / Abs

Thursday = Cardio / Abs and Calves

Friday = Upper Body / Cardio / Abs

Saturday = Cardio / Abs and Calves

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

CHEST

You will be selecting 2 exercises for the chest and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|--------------------------------|---------------------|--------------------------|-------------|
| LIFT — IE:INCLINE PRESS | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (reduce weight) | Hurting Burn | No rest |
| LIFT — IE:DIPS | | | |
| 12 | 10 (different lift) | Excruciating burn | 2 minutes |

SHOULDERS

You will be selecting 2 exercises for the SHOULDERS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|---|---------------------|--------------------------|-------------|
| LIFT — IE:FRONT RAISES | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (reduce weight) | Hurting Burn | No rest |
| LIFT — IE:SHOULDER OR MILITARY PRESS | | | |
| 12 | 10 (different lift) | Excruciating burn | 2 minutes |

BACK

You will be selecting 2 exercises for the back and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|----------------------------------|------------------------------|--------------------------|-------------|
| LIFT — IE: LAT PULL DOWNS | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: SEATED ROWS | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |

ARMS-BIS AND TRIS

You will be selecting 2 exercises for the BIS/TRIS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|--|------------------------------|--------------------------|-------------|
| BIS — LIFT — IE: STANDING BARBELL CURLS | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: HAMMER CURLS | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |
| TRIS — LIFT — IE: TRICEP PULL DOWNS | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: FRENCH CURLS | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

TOTAL TIME: 55 minutes

LOWER BODY WORKOUT

QUADS

You will be selecting 2 exercises for the QUADS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|-----------------------------|------------------------------|--------------------------|-------------|
| LIFT — IE: LEG PRESS | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: SQUATS | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |

HAMSTRINGS

You will be selecting 2 exercises for the HAMSTRINGS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|--|------------------------------|--------------------------|-------------|
| LIFT — IE: LYING HAMSTRING CURL | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: HAMSTRING LUNGES | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |

CALVES

You will be selecting 2 exercises for the calves and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

| Reps | Intensity | Feeling | Rest Period |
|---------------------------------------|------------------------------|--------------------------|-------------|
| LIFT — IE: SEATED CALF RAISE | | | |
| 12 | 5 | Warm up | 1 minute |
| 10 | 6 | Starting to feel tension | 1 minute |
| 8 | 7 | Feeling quite a burn | 1 minute |
| 6 | 8 | Consistent Burn | 1 minute |
| 12 | 9 (<i>reduce weight</i>) | Hurting Burn | No rest |
| LIFT — IE: STANDING CALF RAISE | | | |
| 12 | 10 (<i>different lift</i>) | Excruciating burn | 2 minutes |

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

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 |