

FIGURE FITNESS Workout Plan

FIGURE FITNESS WOMEN want to have that sculpted, lean and hard body look. They do not want too much muscle. Just enough to make heads turn and to feel great. We believe in pushing the muscles to an advanced fatigue stage with a few more reps and focusing on each group independently. We also recommend daily cardio for at least 30 minutes to keep fat levels low and fat burning capacities high. Interval Cardio Training is the number one way to achieve this. Figure Fitness Women always seem to have the best bodies on and off stage. The Body Evolution Figure Fitness program helps you become Metabolic vs. Catabolic in a number of weeks if followed correctly.

****YOU DEFINATELY CAN OVERTRAIN YOUR BODY. WE BELIEVE THAT LIFTING 4 DAYS A WEEK IS SUFFICIENT.** Below is the order that we believe works best and why: **NOTE:** We believe in doing two sets for each body part fairly heavy and between 12-15 reps. If you do not lift heavy, you do not breakdown muscle. The more you break it down, the more it wants to grow back harder, leaner and bigger.

****ABS and CALVES ARE THE TWO MUSCLE GROUPS THAT CAN BE WORKED DAILY. THEY CAN RECUPERATE DAILY AND DO NOT NEED THE REST LIKE OTHER MUSCLE GROUPS.** Calves are used daily and abs are a huge core portion of our bodies that are constantly used but not worked enough. Make sure that you really are isolating the abs and pushing them to major fatigue. Also take appropriate rest between sets. At least one to two minutes.

Monday = Back / Rear Shoulders / Abs / Calves / Cardio

Tuesday = Chest / Front Shoulders / Abs / Calves

Wednesday = Cardio / Abs / Calves

Thursday = Legs / Abs / Cardio

Friday = Biceps / Triceps / Calves / Abs

Saturday = Cardio / Calves / Abs

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

MONDAY

BACK/REAR SHOULDERS/ABS/CALVES/CARDIO

Think about the what you do when you are working your back. You are already isolating your rear shoulders, so why should you focus on anything else other than that area. Breaking your arms up over two days really is not necessary because you are working your arms almost everyday anyway with exercises other than leg day. We also believe that back or legs should be the first day of your workout routine as it is the largest "full" muscle group on the body. That way you can really focus and concentrate on getting an excellent workout and really using that fresh recuperation after the weekend.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

BACK

Exercise	Sets	Reps	Feeling	Rest Period
Lower Back Exercise (Dead Lift)	4	12	Increase Weight Each Set	1 minute
Upper Back Exercise (Lat Pull Down)	4	12	Increase Weight Each Set	1 minute
Rear Shoulder (Rear Flies)	4	12	Increase Weight Each Set	1 minute
Rear Shoulder (Shrugs)	4	12	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

TUESDAY

CHEST/FRONT SHOULDERS/ABS/CALVES

You have worked the back part of your body. Now move to the front and isolate the top and bottom portions of the chest. Focus on the front shoulders only in addition to your chest. You will find your shoulders will get worked even more because of your chest workout with the shoulder workout.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

CHEST

Exercise	Sets	Reps	Feeling	Rest Period
Upper Chest Exercise (Flat Bench)	4	12	Increase Weight Each Set	1 minute
Lower Interior Chest (Incline)	4	12	Increase Weight Each Set	1 minute
Front Shoulder Outside (Military Press)	4	12	Increase Weight Each Set	1 minute
Front Shoulder Front (Front Raises)	4	12	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

WEDNESDAY

CARDIO/ABS/CALVES

You do not want to lift halfway through your week. Let your body rest from lifting and get some muscle recuperation. Midway through the week, you should be feeling a bit beat up.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute
Calves	4	20	Heavy Throughout	1 minute

THURSDAY

LEGS/ABS/CARDIO

(no calves, you will want them fresh for your leg workout) Focus on the quad as one group and the hamstring as another group. One day is sufficient for legs if you are lifting heavy and doing heavy movements like squats and leg presses.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

LEGS

Exercise	Sets	Reps	Feeling	Rest Period
Quadriceps Front (Squat or Leg Press)	4	12	Increase Weight Each Set	1 minute
Quads Posterior (Sitting Leg Curls)	4	12	Increase Weight Each Set	1 minute
Hamstrings (Stiff Leg Deads)	4	12	Increase Weight Each Set	1 minute
Hamstrings (Hamstring Curls)	4	12	Increase Weight Each Set	1 minute

FRIDAY

BICEPS/TRICEPS/CALVES/ABS

You have now given your upper body sufficient time to rest and you are ready to kill those arms. Work hard and end strong. Make sure and lift to exhaustion. This can be done by burning out on your last set or increasing the weight.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute

ARMS

Exercise	Sets	Reps	Feeling	Rest Period
Biceps Interior (Straight Bar Curl)	4	12	Increase Weight Each Set	1 minute
Biceps Exterior (Hammer Curls)	4	12	Increase Weight Each Set	1 minute
Triceps (French Curls)	4	12	Increase Weight Each Set	1 minute
Triceps (Skull Crushers or Pull Downs)	4	12	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

SATURDAY

CARDIO/CALVES/ABS

You are now done with all of the major work and are resting the muscles and maintaining what you have worked for.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	40	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	40	Consistent Burn	1 minute
Behind Head Crossovers	4	30	Consistent Burn	1 minute
Calves	4	20	Heavy Throughout	1 minute

SUNDAY - REST

CARDIO - EVERY DAY-30 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
21	6	Starting to feel tension
22	7	Feeling quite a burn
23	8	Consistent Burn
24	9	Hurting Burn
25	6	Starting to feel tension
26	7	Feeling quite a burn
27	8	Consistent Burn
28	9	Hurting Burn
29	10	Excruciating burn
30	5	Rest and recuperate