

SOCCKER MOM Workout Plan

Soccer Moms are constantly on the go. They get more done in a day than most of us could dream of. We recommend that a soccer Mom do a cardio workout 3 days a week and lifting her entire body only one day a week. With as much on the go, lifting kids, groceries, etc.. The soccer Mom can stay fit. If she wants to take it to the next level, she can select another profile from the WHO ARE YOU SECTION to get more serious about fitness.

Monday = Cardio-20 minutes

Tuesday = Soccer Mom It

Wednesday = Lift Entire Body

Thursday = Cardio-20 minutes

Friday = Soccer Mom It

Saturday = Cardio-20 minutes

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

WHOLE BODY WORKOUT

CHEST, BACK, BIS, TRIS, SHOULDERS, QUADS, HAMSTRINGS, CALVES, ABS

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

BACK

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

CHEST

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

BICEPS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

TRICEPTS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

SHOULDERS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

QUADRICEPS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

HAMSTRINGS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

CALVES

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

ABS

Reps	Intensity	Feeling	Rest Period
12	8	Consistent Burn	No rest
12	8	Consistent Burn	1 minute

TOTAL TIME: 30 minutes**CARDIO**

3 DAYS FOR 20 MINUTES. Those minutes should be intervals and each minute should become more difficult. NOTE: your warm-up for your workout will be your first 2 minutes

CARDIO INTENSITY CHART - Only 3 days a week.

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