

Simply Fit

Circuit, Sally

Date	11/05/2014				Sets				Duration Intensity				
Day	Seat Position ▶	Seat	Back	Foot	Other	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Day 1						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>				
Incline Dumbbell Press						3 14r 30w	3 13r 35w	3 12r 40w	3 13r 40w				
• warm-up.. 10r 20w & 8r 22.5w													
Incline Dumbbell Fly						3 18r 17.5w	3 17r 22.5w	3 16r 25w	3 17r 25w				
One Arm DB Extension						3 14r 17.5w	3 15r 17.5w	3 12r 20w	3 11r 22.5w				
Triceps Dip Machine		6				3 18r 45w	3 17r 50w	3 16r 60w	3 15r 70w				
Elliptical						15m 112h	15m 120h	15m 129h	15m 138h				
Day 2						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>				
Overhead Press Machine		4				3 14r 40w	3 13r 45w	3 12r 55w	3 11r 60w				
• warm-up.. 10r 25w & 8r 30w													
Side Dumbbell Raise						3 18r 7.5w	3 19r 7.5w	3 16r 10w	3 17r 10w				
Leg Press		6	4			3 14r 175w	3 13r 200w	3 12r 220w	3 11r 245w				
• warm-up.. 10r 110w & 8r 130w													
Leg Extensions			4	1		3 14r 85w	3 13r 95w	3 12r 105w	3 11r 120w				
Seated Leg Curls			4	1		3 14r 60w	3 13r 65w	3 12r 75w	3 11r 80w				
Treadmill						15m 112h	15m 120h	15m 129h	15m 138h				
Day 3						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>				
One Arm DB Row						3 14r 35w	3 13r 40w	3 12r 45w	3 13r 45w				
• warm-up.. 10r 22.5w & 8r 25w													
Lat Pulldown Machine						3 14r 90w	3 13r 105w	3 12r 115w	3 11r 125w				
Dumbbell Curl						3 14r 20w	3 13r 22.5w	3 12r 25w	3 13r 25w				
Preacher Curl Machine		4				3 14r 50w	3 13r 55w	3 12r 60w	3 11r 65w				
Seated Calf Raise						3 14r 115w	3 13r 130w	3 12r 145w	3 11r 160w				
Cardio of Choice						15m 112h	15m 120h	15m 129h	15m 138h				
Every Wk Out						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>				
Abdominal Curl Machine		5				3 14r 50w	3 13r 60w	3 12r 65w	3 11r 70w				
Back Extension Machine		4		1		3 14r 70w	3 13r 80w	3 12r 90w	3 11r 100w				

Recommended Meal Plan 40-30-30

See www.myezcoach.com for program details and exercise instructions