

FOREVER FIT 40

BUILDING THE FOUNDATION



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Warm Up

The warm up should always begin with stretching. Always stretch your total body out even if your working certain muscle groups. Begin with your shoulders and work your way down to your calves.

After you have stretched properly, you should begin with some light cardio to get the blood pumping. A light jog on the treadmill or a light jog in place. Do this light cardio for 5-10 minutes.

Depending on your workout day, each exercise should begin with a warm-up set. A lighter weight than you would naturally workout with. Do a set for each exercise noted.

Example:

Dumbbell Incline Press: normal set 60 lbs for 8 reps,
warm up set: 30 lbs for 8 reps.

The warm up set allows you to get your dorn warmed up. It helps avoid strain on the muscle.

Schedule

The schedule will be based on your personal preference, but I suggest going to the gym than taking a break between each workout day.

Example:

Monday: Push

Tuesday: Rest (cardio&abs)

Wednesday: Pull

Thursday: Rest (cardio&abs)

Friday: Legs

Saturday: Rest Cardio & Abs

Sunday: Real Rest Day

I advise you to take at least on full rest day. This will allow your body to totally rest. It is optional to allow your rest days to be rest days. Some prefer to do abs at the end of each workout day the choice is yours.

Push Day

Chest:

Incline Dumbbell Press: 3 sets of 6-12

Cable Crossover High & Low: 3 sets of 12

(Do 3 sets of high crossovers and 3 sets of low cable Crossover).

Triceps:

Overhead extension: 3 sets of 12-15

.Pushdowns: 3 sets of 12-15

Underhand pushdown 2 sets 12-15

Shoulders:

Front Raise (Cable or DB) 3 sets of 10

.Lateral Raise 3 sets of 10

.Facepulls 3 sets of 10

Remember to warm up before each exercise.

Pull Day

Back:

DB or Barbell Bent over Row: 3 sets 8-12

Lat Pulldown 3 sets of 10-12

DB shrugs 3 sets of 10-12

Incline DB Lat Raise 3 sets of 10

Biceps:

Wide Grip Curls 3 sets of 10

Incline DB Curls 3 sets of 10

Hammer Curls 3 sets of 10

Legs

Squats: 4 sets of 10

Leg Curls: 3 sets of 15

Leg extensions: 3 sets of 15

Romanian Deadlift: 3 sets of 15

Weighted calf raise: 3 sets of 15

Seated calf raise: 3 sets of 15

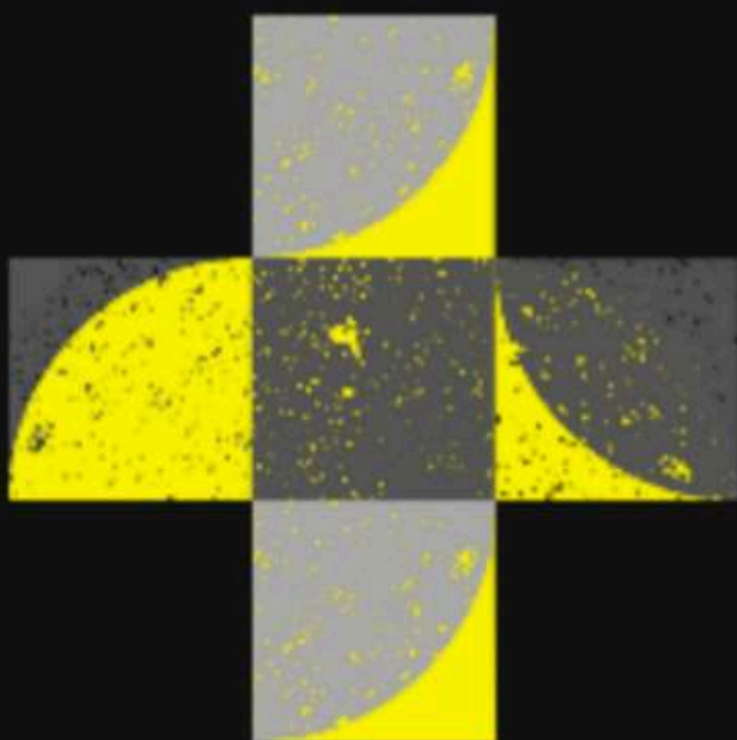
Abs

Cable crunch 3 sets of 20-30

Cable Twist 3 sets of 20 on each side

Hanging Leg Raises 3 sets of 20

Plank 3 sets of 30 secs



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