

PLEASE NOTE: ACTUAL WORKOUT PROGRAMS HAVE 3 FULL WORKOUTS. THIS IS ONLY AN EXAMPLE OF ONE WORKOUT

GO HARDER FITNESS

GoHarderFitness.com

WORKOUT 1 - Free Example

Workout Directions: Warm up for 5 to 10 minutes (walking, elliptical, jumping rope, etc.). Go through and complete each colored circuit for the assigned reps for that week with little to no rest between individual exercises. You may take a 30 to 60 second rest between exercises, if needed, but try to keep it moving. When that circuit is complete, rest for 60 to 90 seconds before you repeat that circuit. Repeat until the assigned sets and reps are completed before moving on to the next colored circuit of exercises. Remember, lower reps means higher weight and vice versa.

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
DB PUSH PRESS	3X20	3X20	3X24	3X24	
KNEES TO TRICEPS THEN 1 PUSH UP	3X15	3X15	3X15	3X15	
GOBLET SQUAT + 1 LEAP FROG FRONT AND BACKWARDS	3X15	3X20	3X20	3X15	
DB FRONT RAISES	3X20/Side	3X20/Side	3X15/Side	3X15/Side	
DB SIDE SQUATS	3X15	3X20	3X15	3X20	
DB SIDE RAISES	3X20 Total	3X30 Total	3X20 Total	3X30 Total	
MOUNTAIN CLIMBERS	3X30 Seconds	3X30 Seconds	3X45 Seconds	3X30 Seconds	
SHOULDERS TAPS	3X30 Seconds	3X30 Seconds	3X45 Seconds	3X30 Seconds	
SPLIT JUMPS + LEAP FORWARD AND BACK	3X30 Seconds	3X30 Seconds	3X45 Seconds	3X30 Seconds	

Always warm up at least five minutes before exercising and stretch after each workout and/or cardio session.

When exercises are grouped together by color, they are to be done as a *Superset* or a *Circuit* depending on the number of exercises in the group. You may rest for the time allotted between groups, after you have done all sets back to back, before starting next group.

Superset: When two exercises are paired together and done back to back with little to no rest between sets.

DB = Dumbbell

BB = Barbell

AFW = All Four Weeks

STB = Stability Ball

MB = Medicine Ball

If DBs or BBs are not available, please substitute any equipment. Most exercises can be duplicated with DBs, BBs, resistance bands and cables.

A step or a bench may be used in place of a Bosu Ball or vice versa.

Circuit: When three or more exercises are grouped and done back to back with little to no rest between sets.

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FOCUS

Fat burning, moderate lean muscle building, strength and endurance. Try to use your maximum effort in every workout. Stop if you are no longer able to use proper technique. Rest or lower the weight so you can finish the workouts. Make sure you are challenging yourself with each workout and each change of sets and reps throughout the week. These should not take you much longer than 60 minutes. If you can't complete the workout, just do as much as you can each time.

CARDIO

Four to six days a week for 45 minutes. Make sure you have one day at a eight or nine out of ten intensity level. Sprints, Stairmaster, outdoor stairs or bleacher running are great ways to switch it up and increase intensity. It should be very difficult to carry on a conversation at this level. If weight loss is the goal, adding high-intensity cardio and intervals along with your weight training program are key! One to two other days need to be at a seven to eight medium-intensity cardio. At this level you are pushing yourself, but just barely able to carry on a conversation. One day is just light walking for 30-50 minutes outside or a planned activity.

GOALS

Each week should have a goal. You must workout with the intent of finishing strong each time you do your workout. Some weeks will feel better than others and this is normal. Just make sure you are doing each workout and exercise while trying your best to get better each week.

CHOOSING A PROPER WEIGHT

The weight you choose will greatly depend on the amount of sets and reps you are doing. A good rule of thumb is to grab a weight that is heavy enough to get very difficult by the second to last rep. This will take some time to learn your weights. Until you've got it down, if you start with a weight that is too light, you can end up going to muscle failure or put it down and grab a heavier weight. You need to challenge the muscle in everything you do. If it feels too easy, you may be doing it incorrectly or the weight needs to be increased, and it will not give you results.

LISTEN TO YOUR BODY

I can not stress this enough. While I firmly believe you have to push through limitations in order to get results, I also believe in getting to know and listening to your body. You will get nowhere if you overdo it. When you push through the strain and get hurt, you are setting yourself up for a lot of downtime and losing a lot of the progress you have already accomplished. You must learn the difference between workout fatigue and pain. Also, always make sure joints are supported while performing exercises, especially while lifting a heavy load of weights.

PRE AND POST WORKOUT

NEVER skip a warm up no matter how crunched for time!

Always take at least five minutes at the end of your workout to stretch all muscle groups. This will help prevent injury and may also help in recovery.

Please consult your physician before starting any workout or nutrition