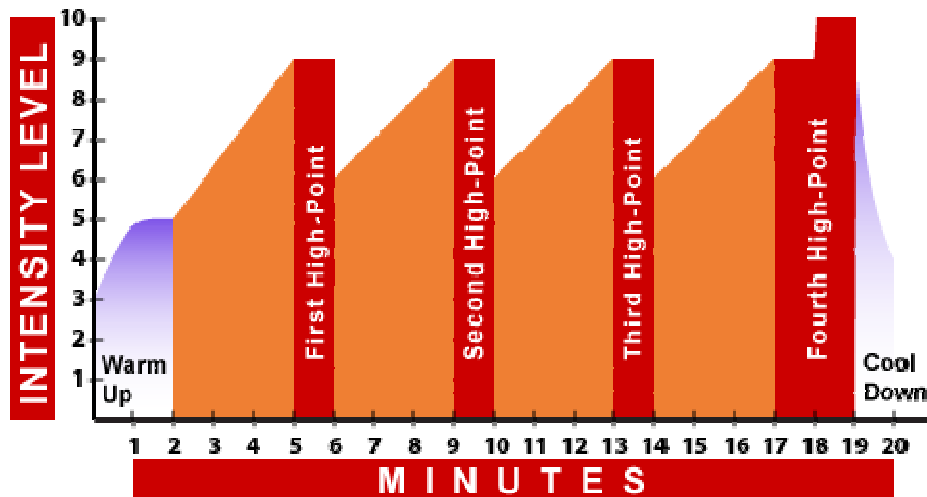


Cardio workouts are indispensable to an effective training program and general good health. By definition, cardio workouts can be any exercise—jogging, running, biking, swimming, elliptical machine, stairs, even jumping rope—that raises and maintains your heart rate over a predetermined amount of time. By doing so, you strengthen your heart and lungs and lower your resting heart rate, which means that over time the same effort that produced a 10-minute mile will produce a 9-minute mile. Cardio workouts burn fat. And cardio fitness is what gives you endurance and the ability to persist in sports and in life.

The Benefits of Cardio

- Increases metabolic rate
- Increases growth hormone secretion
- Reduces stress levels
- Increases blood flow to the brain increasing alertness
- Improve cholesterol levels
- Improves digestion
- Boosts immune-system function

20-Minute Aerobics Solution™ — The Official Body-for-LIFE Cardio Plan



1. Warm up the first 2 minutes at Intensity Level 5
2. Minutes 2-3 move from Intensity Level 5 to 6
3. Minutes 4-5, 6-10 and 11-14 work your way from Intensity Level 6 to Level 9, maintain for one minute.
4. Minutes 15-19 work your way from Intensity Level 6 to Level 10 (High Point at Level 10), maintain for one minute.
5. Minute 20 cool down to Intensity Level 5 for one minute.

Alternate weight-training and cardio workouts for six consecutive days and rest on the seventh day.

Official Body-for-LIFE Weight-Training Plan

- Weight train intensely, three times per week on alternating days with aerobic exercise three times per week. Make sure to hit your "high points" during your workout.
- Alternate training the major muscles of the upper and lower body.
- Perform two exercises for each major muscle group of the upper body.
- Select one exercise and conduct five sets with it, starting with a set of 12 reps, then increasing the weight and doing 10 reps, adding more weight and doing 8 reps, adding more weight for 6 reps. Then reduce the weight and do 12 reps. Immediately perform another set of 12 reps for that muscle group using the second selected exercise.
- For each muscle group, rest for one minute between the first four sets. Then complete the final two sets with no rest in between, wait two minutes before moving on to your next muscle group, complete this pattern five times for the upper body training experience and four times for the lower body training experience.
- Always plan your training before hand.
- Record all your weightlifting exercised in a journal indicating the exercise selected and weight lifted.



Daily Training Guide

[Download the Exercise Guide](#)

Day 1 Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 2 Cardiovascular Workout	
Day 3 Lower Body and Abs Training	Quads/Hamstrings/Calves/Abdominals
Day 4 Cardiovascular Workout	
Day 5 Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 6 Cardiovascular Workout	
Day 7 Rest	

Upper Body

Chest

Choose Exercise from List

Barbell Bench Presses
 Barbell Incline Presses
 Dumbbell Bench Presses
 Dumbbell Incline Presses
 Dumbbell Flyes
 Cable Crossovers
Repetitions: x12, 10, x8, x6, x12, x12

Back

Choose Exercise from List

Pull-Ups
 Wide-Grip Lat Pulldowns
 One-Arm Dumbbell Rows

Lower Body

Quadriceps

Choose Exercise from List

Barbell Squats
 Leg Presses
 Leg Extensions
Repetitions: x12, 10, x8, x6, x12, x12

Hamstrings

Choose Exercise from List

Dumbbell Lunges
 Straight-Leg Deadlifts
 Lying Leg Curls
Repetitions: x12, 10, x8, x6, x12, x12

Calves

Seated Cable Rows
Back Extensions
Straight Arm Pulldowns
Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List
Seated Calf Raises
Standing Heel Raises
Repetitions: x12, 10, x8, x6, x12, x12

Shoulders
Choose Exercise from List

Seated Dumbbell Presses
Front Raises
Lateral Raises
Reverse Flyes
Upright Cable Rows
Upright Barbell Rows
Repetitions: x12, 10, x8, x6, x12, x12

Abs
Choose Exercise from List

Floor Crunches
Oblique Floor Crunches
Decline Crunches
Decline Oblique
Hanging Knee Raises
Reverse Crunches
Cable Crunches
Cable Oblique Crunches
Repetitions: x12, 10, x8, x6, x12, x12

Biceps
Choose Exercise from List

Alternate Dumbbell Curls
Barbell Curls
Preacher Curls
Concentration Curls
Cable Curls
Hammer Curls
Repetitions: x12, 10, x8, x6, x12, x12

Triceps
Choose Exercise from List

Seated Triceps Presses
Lying Triceps Presses
Triceps Kickbacks
Triceps Pushdowns
Cable Extensions
Bench Dips
Repetitions: x12, 10, x8, x6, x12, x12