

5-DAY TOTAL BODY WORKOUT



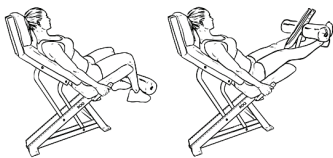
EVERY HOUR
FITNESS

DAY 1 - Legs & Calves

LEG EXTENSION/ CURL

Reps - 15 Sets - 4

Sit with legs under the pad, forming a 90-degree angle between upper and lower leg, with feet pointed forward. Using quads, extend your legs to the maximum as you exhale, ensuring that the rest of your body remains still. Slowly lower the weight back to the original position as you inhale.

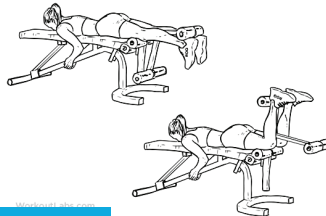


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PRONE LEG CURL

Reps - 15 Sets - 4

Adjust the machine lever to fit your height and lie face down with the pad of the lever on the back of your legs (a few inches under the calves). Ensure legs are fully stretched and toes are positioned straight. As you exhale, curl your legs up as far as possible without lifting the upper legs from the pad. Hold this position, inhales, and bring the legs back to the initial position.

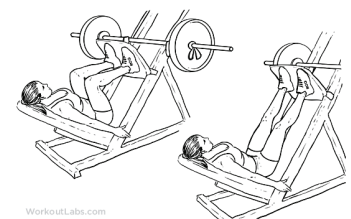


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LEG PRESS/ CALF EXTENSION

Reps - 15 Sets - 4

Place your legs on the platform directly in front of you at medium (shoulder width) foot stance. Press the platform all the way up until your legs are fully extended in front of you (make sure you do not lock your knees). Your torso and legs should make a perfect 90-degree angle. As you inhale, slowly lower the platform until your upper and lower legs make a 90-degree angle.



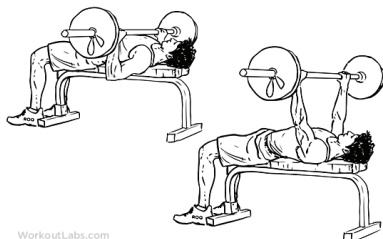
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DAY 2 - Chest/Shoulders/Triceps

FLAT BENCH PRESS

Reps - 15 Sets - 4

Lie back on flat bench. Using a medium grip (a grip that creates a 90-degree angle between the forearms and upper arms in the middle of movement) lift the bar from the rack and hold it straight over you with your arms locked. Inhale and begin coming down slowly until the bar touches your middle chest. Pause and push the bar back to the starting position as you exhale.

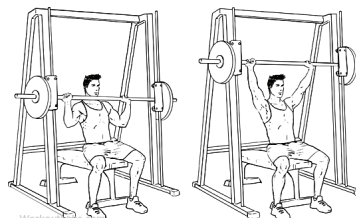


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SMITH MACHINE SHOULDER PRESS

Reps - 15 Sets - 4

Place a flat bench (or preferably one with back support) under a smith machine. Position the barbell at a height so that arms are almost fully extended to reach barbell when you are seated. Sit slightly behind the barbell creating an imaginary straight line from the tip of your nose to the barbell. Grab the barbell with the palms facing forward, unlock it and lift it up so that your arms are fully extended. Inhale and slowly lower the barbell until it is level with your chin. Exhale and lift the barbell back to the starting position.

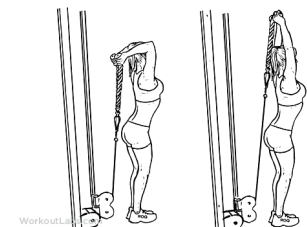


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BI/TRI EXTENSION

Reps - 15 Sets - 4

Attach a rope to the bottom pulley of the pulley machine. Grasping the rope with both hands, extend your arms with your hands directly above your head using a neutral grip (palms facing each other). Your elbows should be in close to your head and the arms should be perpendicular to the floor with the knuckles aimed at the ceiling. Inhale and slowly lower the rope behind your head as you hold the upper arms stationary, pausing when your triceps are fully stretched. Return to the starting position by flexing your triceps as you exhale.



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DAY 3 - CARDIO FOCUS

45-60 minutes

Treadmill - One of the most effective cardio workouts, the treadmill allows your body to move in the way it is meant to. Get the most out of your work out by letting go of the handles and allowing your full body to participate.

Stair Mill - Another great cardio workout, but try not to support too much of your upper body on the handles or you will burn fewer calories.

Rowing machine - A great way to burn some major calories, the rowing machine is a full body machine with big range-of-motion movement, but poor technique can limit it's effectiveness, so ask for some pointers if you aren't sure how to approach it.

Spin Bike, Upright Bike, and Recumbent Bike - The less comfortable the bike, the more calories you are likely to burn.

Elliptical - This low-impact option, can still make an effective cardio workout if you set the resistance at 10 or above. Great for anyone limited by an injury.

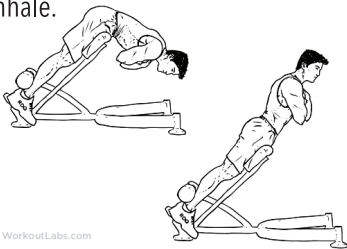
OR Check out one of our On-Demand fitness classes focused on Cardio, like Zumba

DAY 4 - Back & Biceps

BACK EXTENSION

Reps - 15 Sets - 4

Keeping your body straight, cross your arms in front of you or behind your head. Inhale and start bending forward slowly at the waist as far as you can while keeping your back flat. Move forward until you feel a nice stretch on the hamstrings and you can no longer keep going without a rounding of the back. Slowly raise your torso back to the initial position as you inhale.

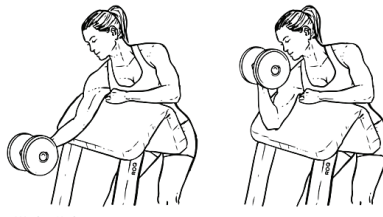


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PREACHER CURL

Reps - 15 Sets - 4

Grab a dumbbell with the right arm and place the upper arm on top of the preacher bench or the incline bench. The dumbbell should be held at shoulder length. As you inhale, slowly lower the dumbbell until your upper arm is extended and the bicep is fully stretched. Exhale and use the bicep to curl the weight up until your bicep is fully contracted and the dumbbell is at shoulder height.

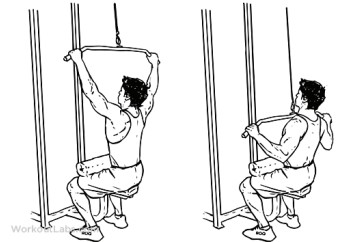


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WIDE GRIP LAT PULL DOWN

Reps - 15 Sets - 4

Grab the bar with palms facing forward and hands spaced out wider than shoulders. As you exhale, bring the bar down until it touches your upper chest by drawing the shoulder and the upper arms down and back. Do not try to pull down the bar using the forearms. Inhale and slowly raise the bar back to the start position when your arms are fully extended and the lats are fully stretched.



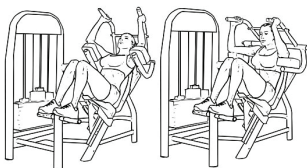
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DAY 5 - Abs/Thighs/Glutes

LEG LIFTS ON AB-V CRUNCH OR AB-X MACHINE

Reps - 15 Sets - 4

Select a light resistance and sit down on the ab machine placing your feet under the pads provided. Your arms should be bent at a 90-degree angle as you rest the triceps on the pads provided. Exhale and begin to lift the legs as you crunch your upper torso. Inhale and slowly return to the starting position.

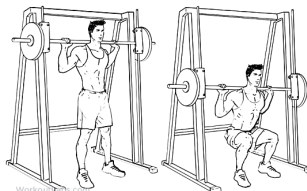


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BARBELL SQUATS/ SQUAT RACK

Reps - 15 Sets - 4

Begin with the barbell supported on top of the traps. Chest should be up, with a hip-width stance and feet turned out as needed. Descend by flexing the knees, refraining from moving the hips back as much as possible. Keep as upright as possible. Continue all the way down, keeping the weight on the front of the heel. Once the upper legs contact the lower legs reverse the motion, driving the weight upward.

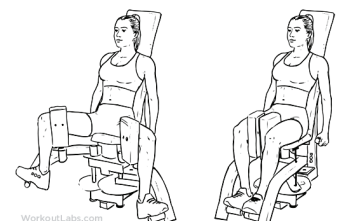


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INNER/OUTER THIGH MACHINE

Reps - 15 Sets - 4

Sit down with legs positioned properly and grip the handles one on each side. Your entire body (from waist up) should be stationary. Slowly press against the machine with your legs to move them away from each other while exhaling. Feel the contraction for a second and begin to move your legs back to the starting position while inhaling.



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