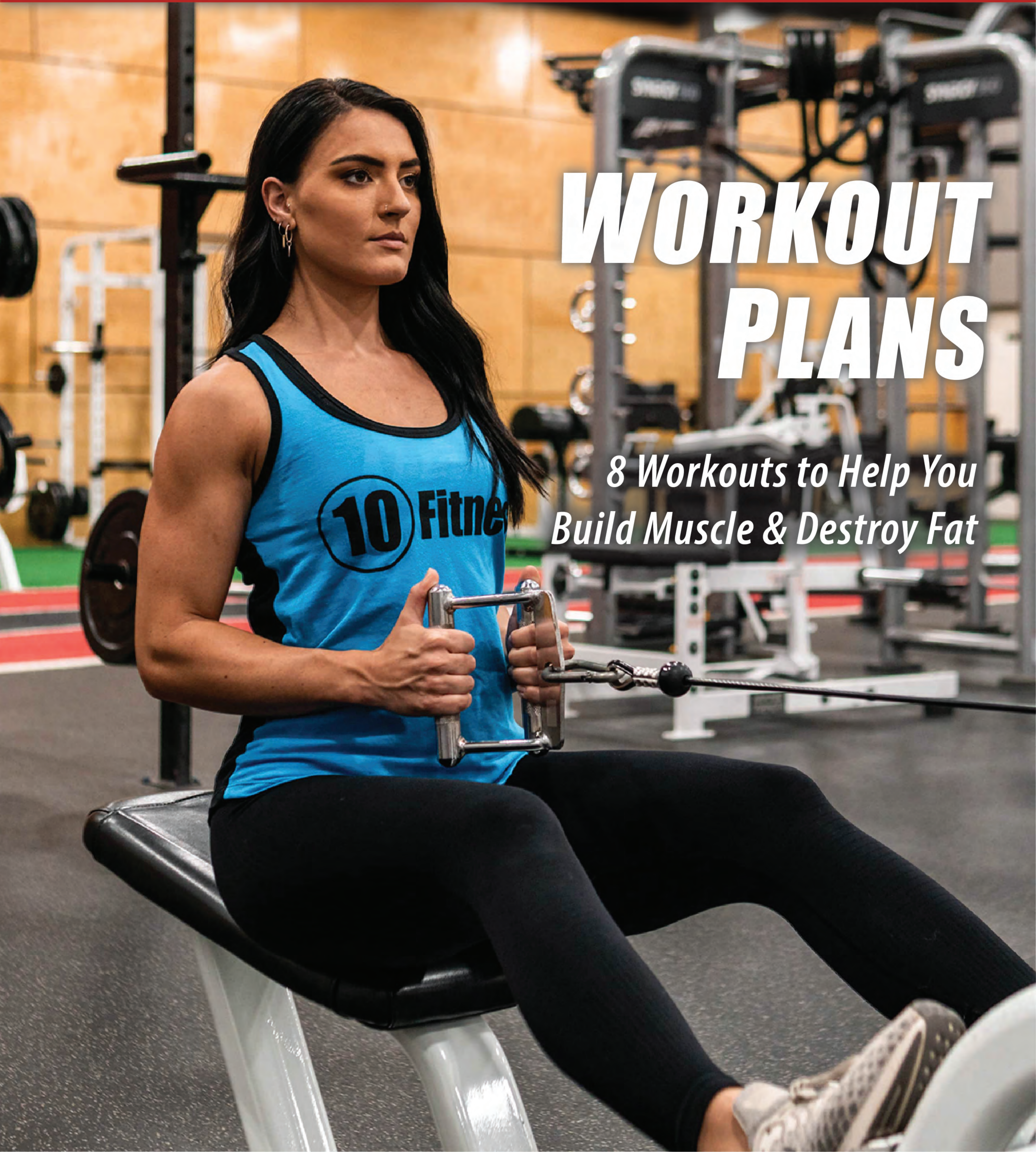


10 Fitness

WORKOUT PLANS

*8 Workouts to Help You
Build Muscle & Destroy Fat*



10 Fitness

BUILD 1

Designed to build muscle

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

Please do not drop or slam weights.



1 CHEST PRESS
3 sets x 10 reps



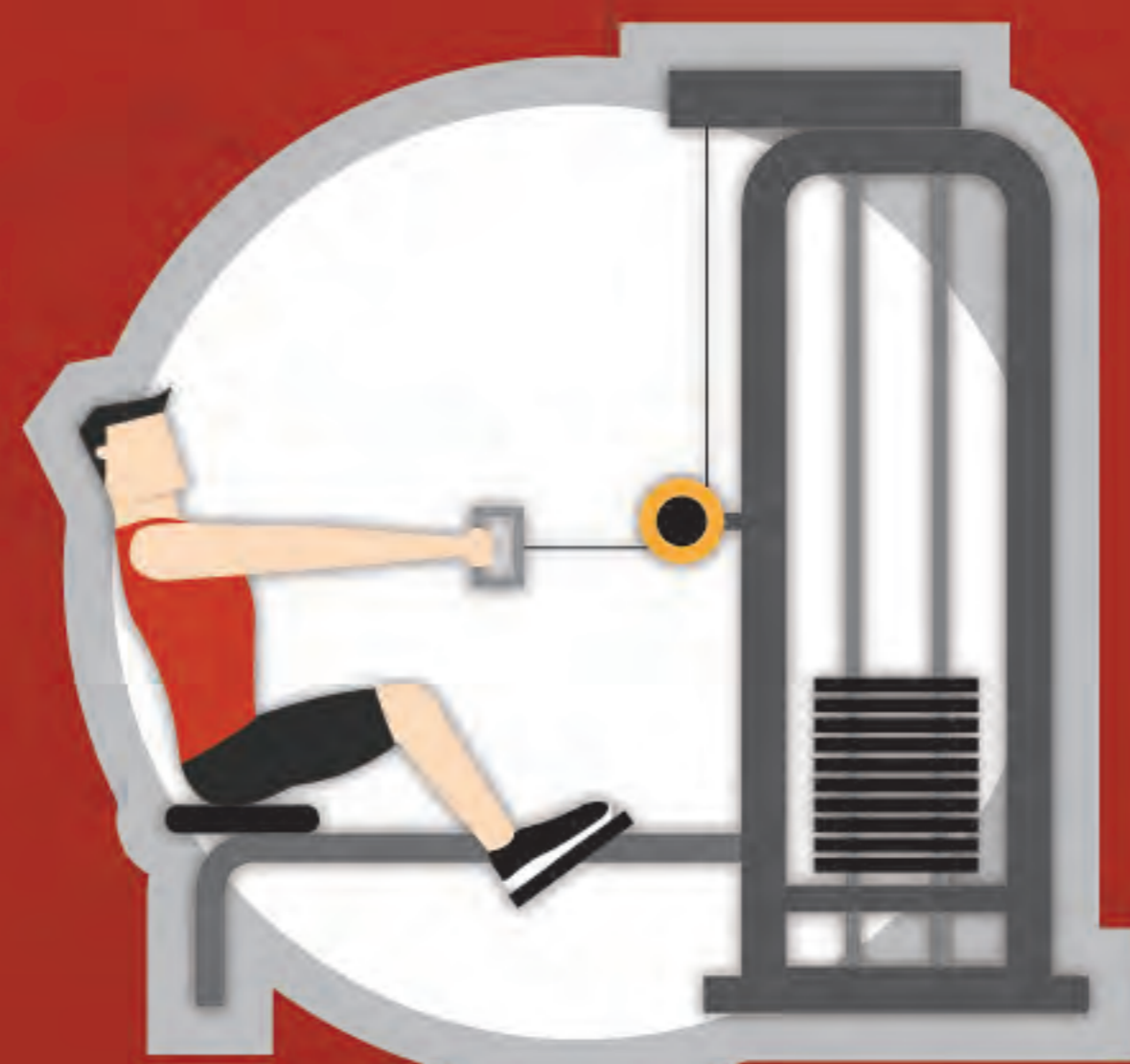
2 LAT PULLDOWN
3 sets x 10 reps



3 CHEST FLYES
3 sets x 10 reps



4 SHOULDER PRESS
3 sets x 10 reps



5 CABLE ROW
3 sets x 10 reps



6 LOWER BACK EXTENSION
3 sets x 10 reps



7 WALK ON TREADMILL
10 minutes

10 Fitness

BUILD 2

Designed to build muscle

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

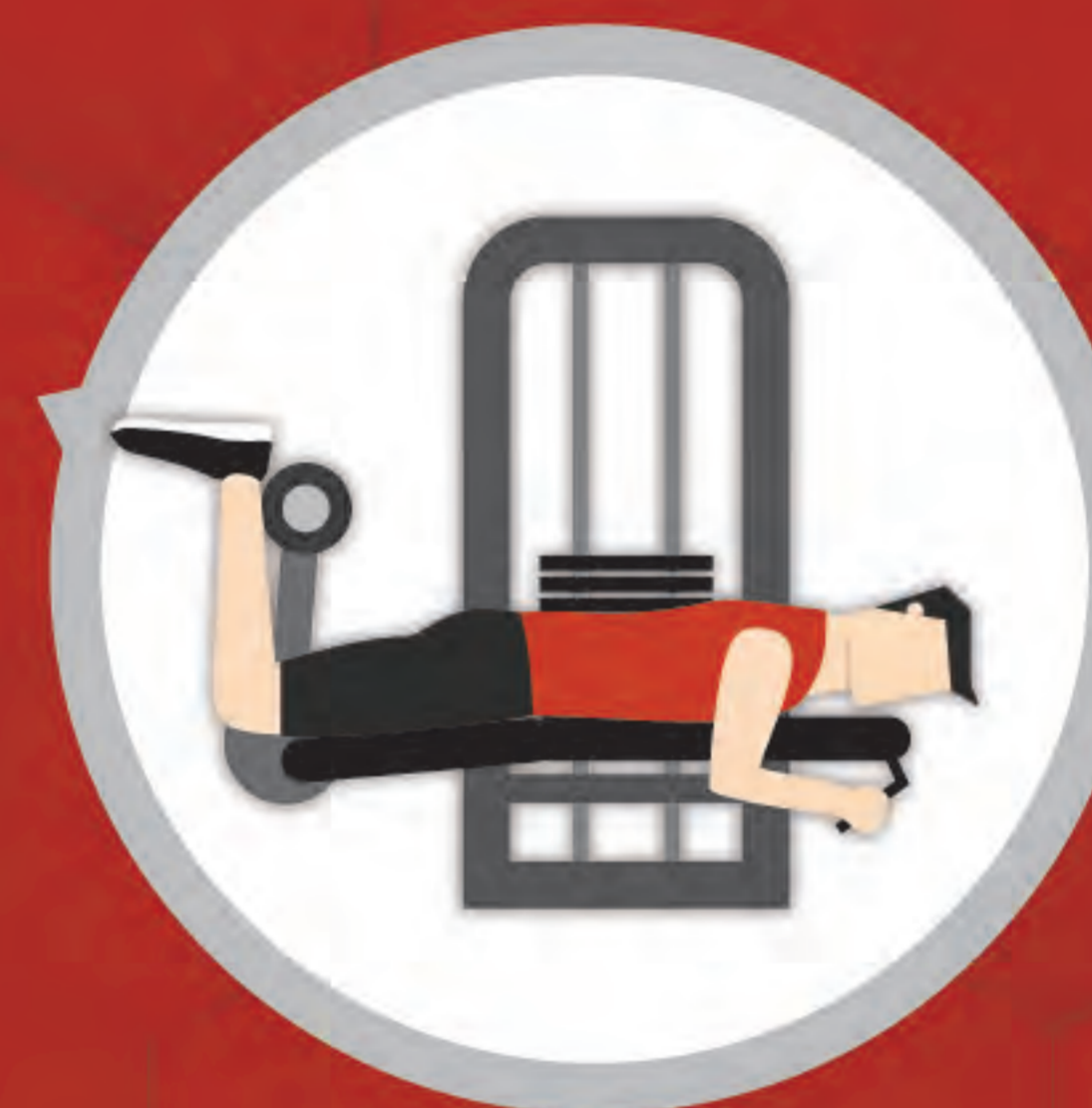
Please do not drop or slam weights.



1 WALKING LUNGES
2 sets x 20 reps



2 BODYWEIGHT SQUATS
2 sets x 10 reps



3 LEG CURLS
2 sets x 10 reps



4 LEG EXTENSIONS
2 sets x 10 reps



5 LEG PRESS
2 sets x 10 reps



6 ABDOMINAL CRUNCH
3 sets x 15 reps



7 RIDE BICYCLE
10 minutes

10 Fitness

BUILD 3

Designed to build muscle

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

Please do not drop or slam weights.



1 CHEST PRESS
3 sets x 10 reps



2 LEG EXTENSIONS
3 sets x 10 reps



3 SHOULDER PRESS
3 sets x 10 reps



4 LEG CURLS
3 sets x 10 reps



5 TRICEP EXTENSION
3 sets x 10 reps



6 LOWER BACK EXTENSION
3 sets x 10 reps



7 ROWING MACHINE
10 minutes

10 Fitness

BUILD 4

Designed to build muscle

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

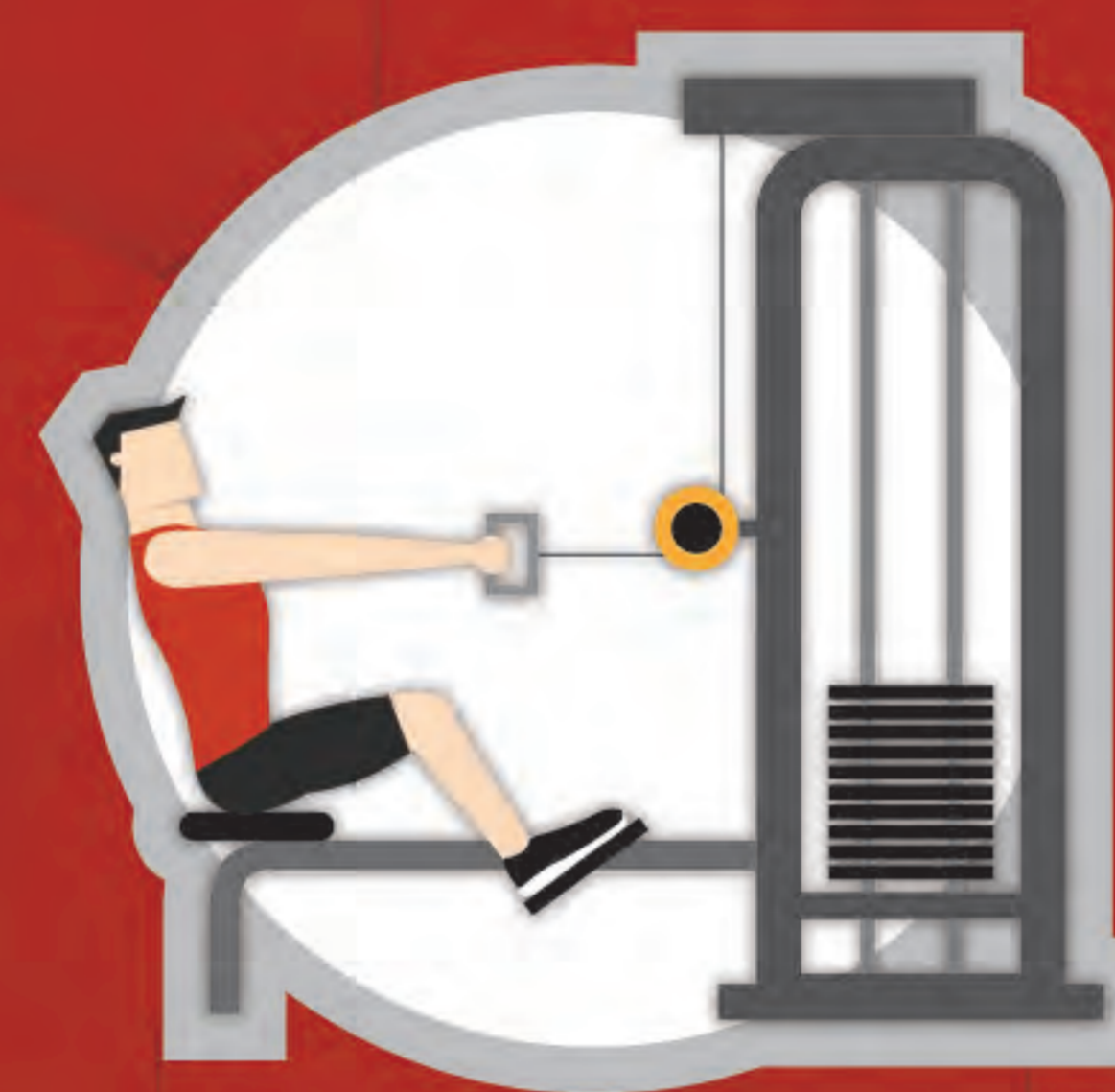
Please do not drop or slam weights.



1 LAT PULLDOWN
3 sets x 10 reps



2 BODYWEIGHT SQUATS
3 sets x 10 reps



3 CABLE ROW
3 sets x 10 reps



4 LEG PRESS
3 sets x 10 reps



5 BICEP CURL
3 sets x 10 reps



6 ABDOMINAL CRUNCH
3 sets x 15 reps



7 RIDE BICYCLE
10 minutes

10 Fitness

LEAN 1

Designed to reduce body fat

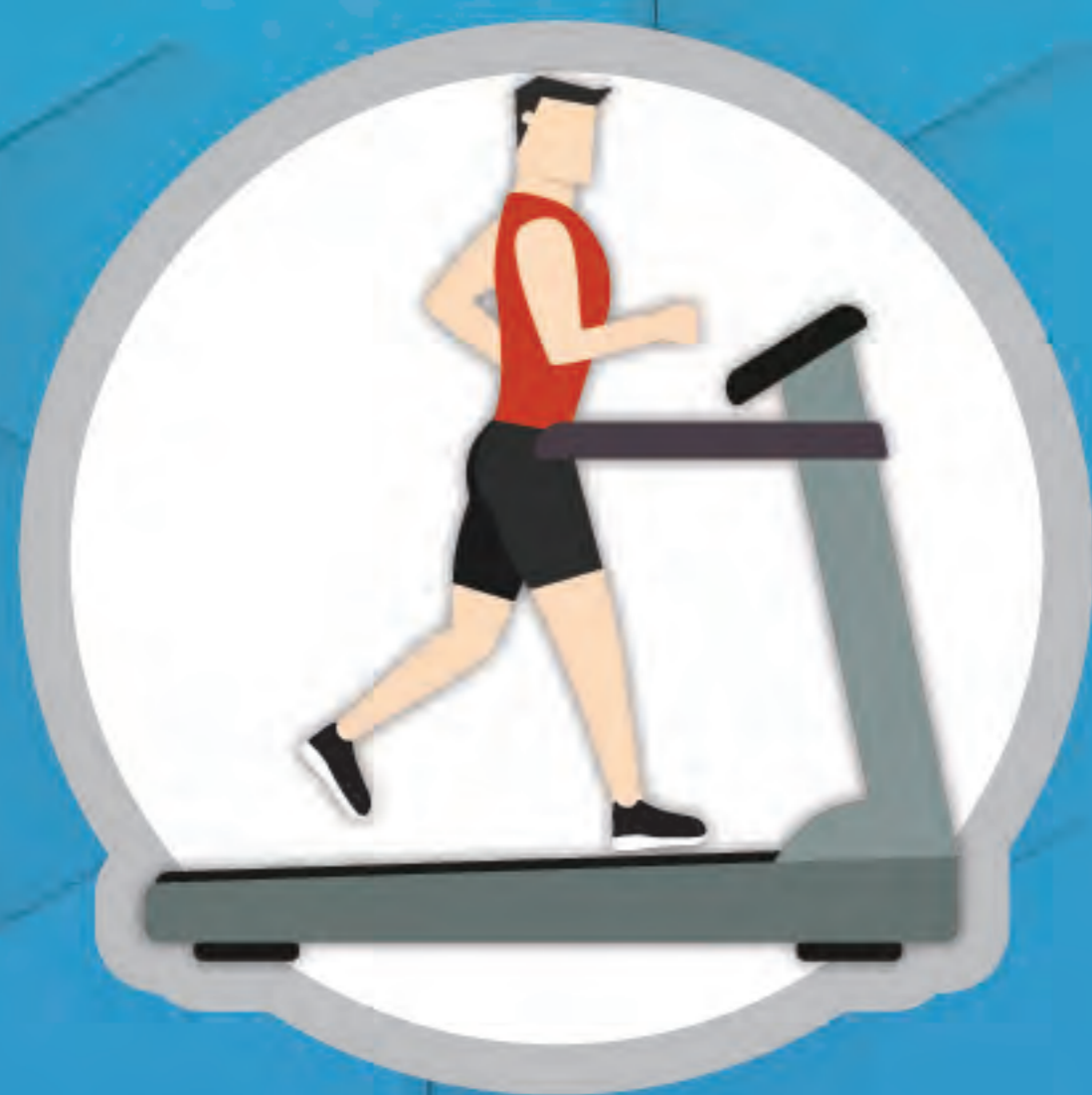
Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

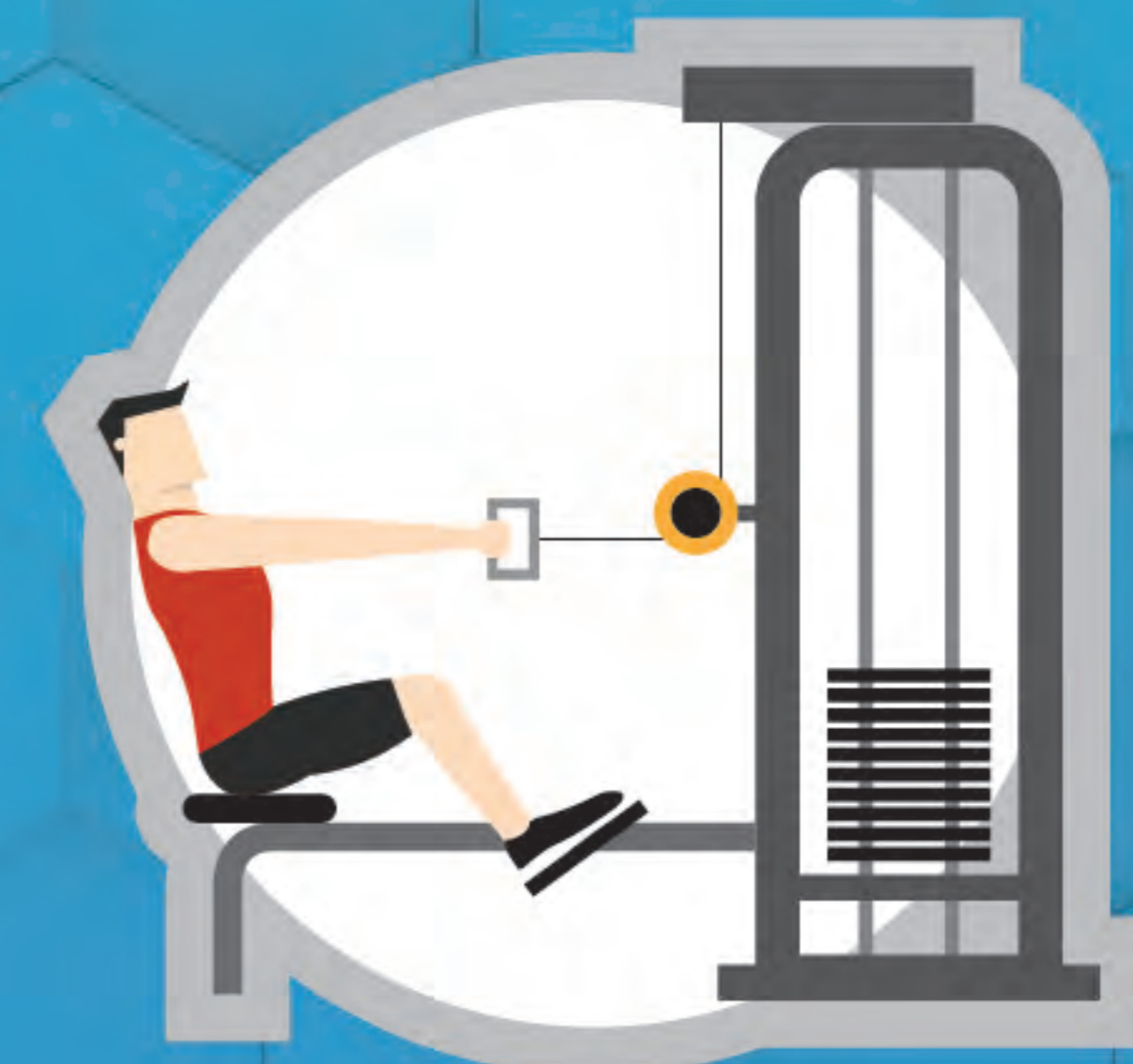
Please do not drop or slam weights.



1 WALK ON TREADMILL
5 minutes



2 CHEST PRESS
2 sets x 12 reps



3 CABLE ROW
2 sets x 12 reps



4 SHOULDER PRESS
2 sets x 12 reps



5 LEG PRESS
2 sets x 12 reps



6 ABDOMINAL CRUNCH
2 sets x 12 reps



7 WALK ON TREADMILL
10 minutes

10 Fitness

LEAN 2

Designed to reduce body fat

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

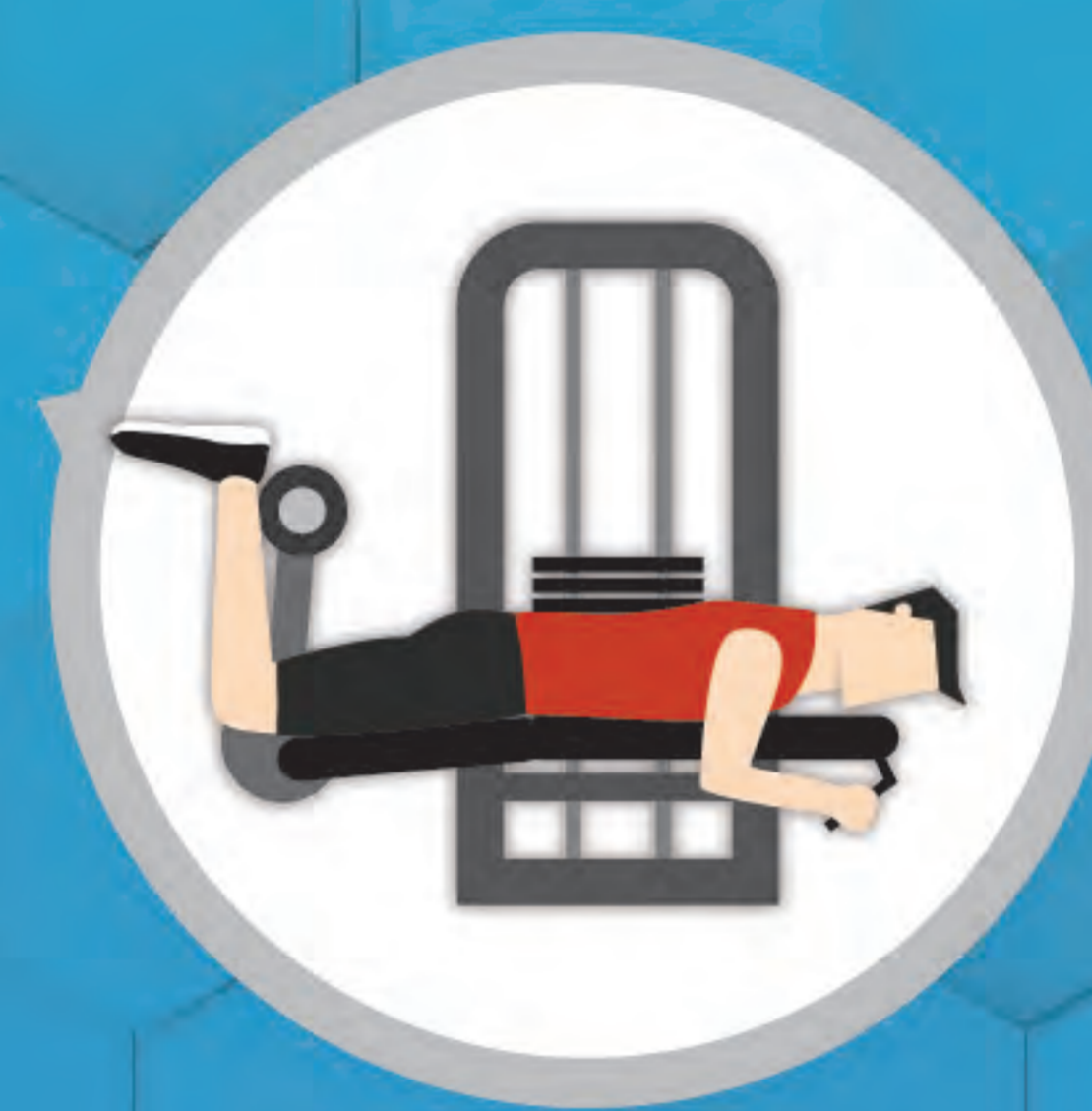
Please do not drop or slam weights.



1 RIDE BICYCLE
5 minutes



2 LEG EXTENSIONS
2 sets x 12 reps



3 LEG CURLS
2 sets x 12 reps



4 CHEST FLYES
2 sets x 12 reps



5 LAT PULLDOWN
2 sets x 12 reps



6 LOWER BACK EXTENSION
2 sets x 12 reps



7 RIDE BICYCLE
10 minutes

10 Fitness

LEAN 3

Designed to reduce body fat

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

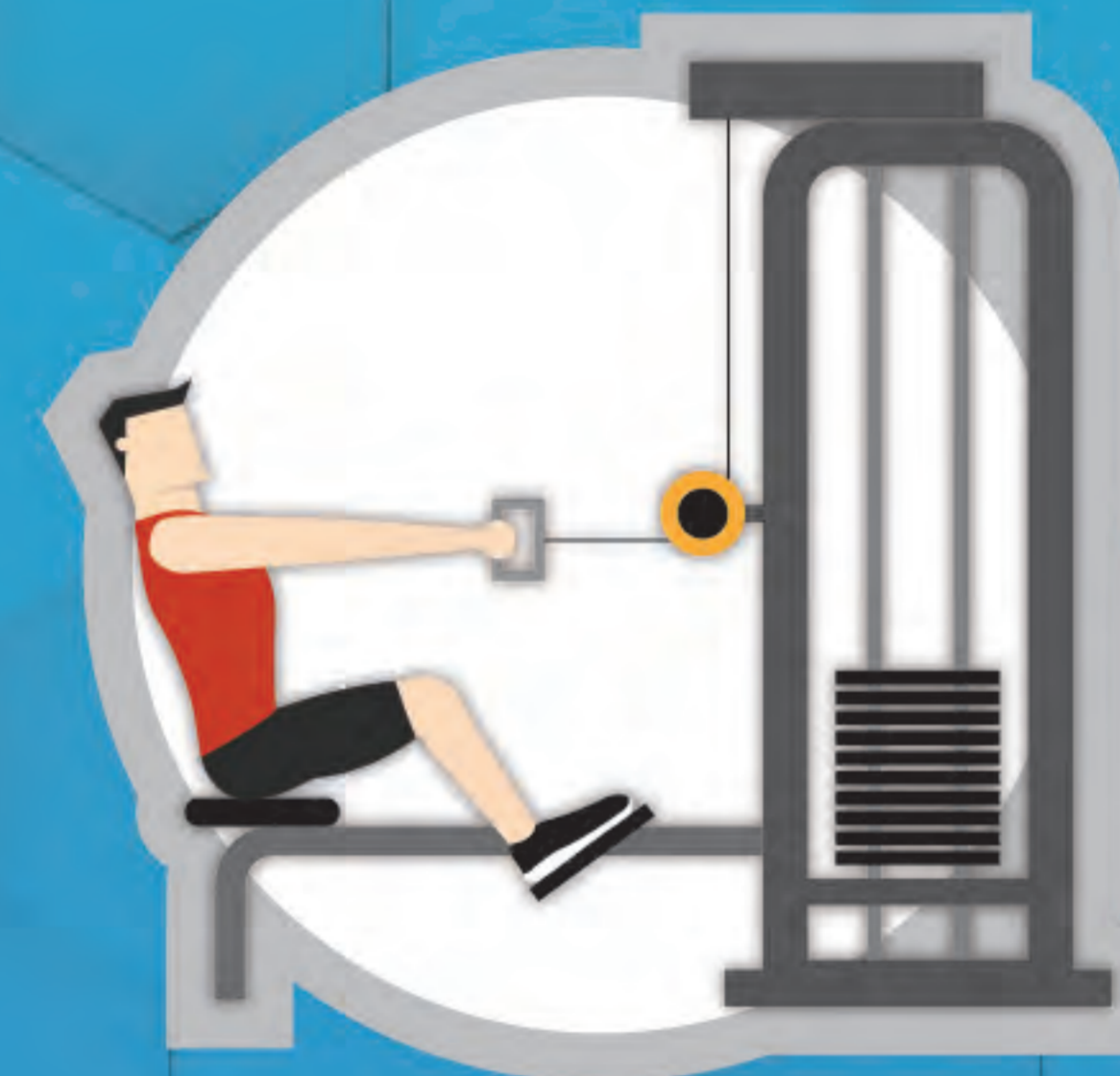
Please do not drop or slam weights.



1 WALK ON TREADMILL (INCLINE)
5 minutes



2 CHEST PRESS
2 sets x 15 reps



3 CABLE ROW
2 sets x 15 reps



4 SHOULDER PRESS
2 sets x 15 reps



5 LEG PRESS
2 sets x 15 reps



6 ABDOMINAL CRUNCH
2 sets x 15 reps



7 JOG ON TREADMILL
10 minutes

10 Fitness

LEAN 4

Designed to reduce body fat

Begin every workout with 4-5 minutes of stretching upper and lower body (see stretching area)

When selecting weight, select a weight that will be challenging towards your last couple reps of each set.

If you are losing form during your set, decrease your weight and continue with proper form to avoid injury.

While lifting, avoid holding your breath. Be sure to inhale when you are resisting the weight and exhale when you are pushing or pulling.

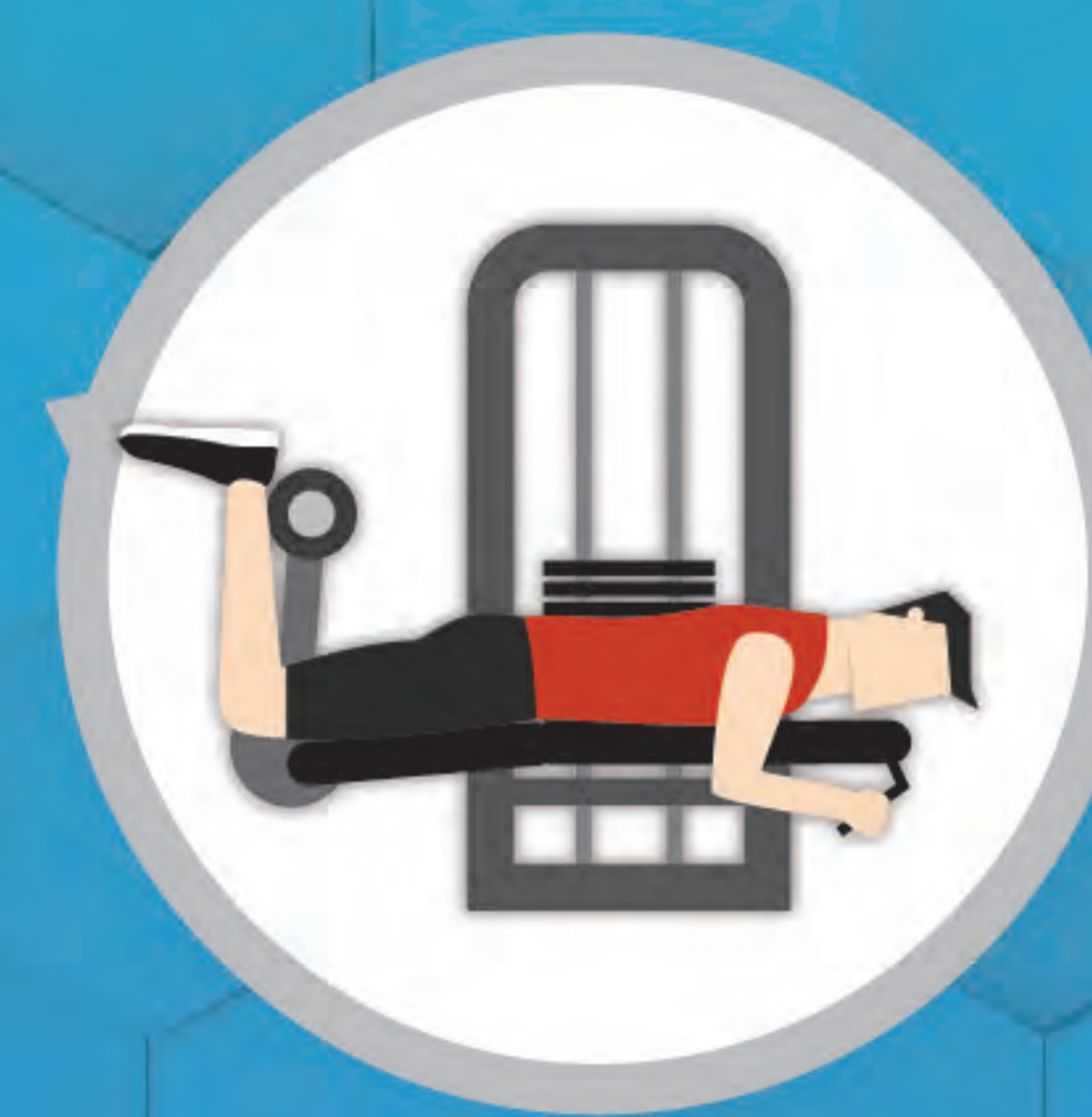
Please do not drop or slam weights.



1 ROWING MACHINE
5 minutes



2 LEG EXTENSIONS
2 sets x 15 reps



3 LEG CURLS
2 sets x 15 reps



4 CHEST FLYES
2 sets x 15 reps



5 LAT PULLDOWN
2 sets x 15 reps



6 LOWER BACK
2 sets x 15 reps



7 ROWING MACHINE
10 minutes