

MAJOR CAKES

WORKOUT GUIDE

ADORABLY FIT



WORKOUT DURATION: 75 MIN FOR 6 DAYS/WEEK
PROGRAM DURATION: 3 MONTHS
RESISTANCE LEVEL: FOR HEAVY EXERCISES, A RANGE THAT FEELS TOUGH BY THE 3RD OR 4TH REP

MONDAY & THURSDAY

HAMSTRINGS & GLUTES DAY

Stretch: Legs and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 1 mile (within 8:30 min)

Walk Cool Down (3 min)

Free Weights (3 sets)

7 Barbell Deep Squats* heavy

7 Barbell Calf Raises heavy

7 Barbell Split Squats heavy

7 Barbell Romanian Deadlifts heavy

7 Barbell Stiff Leg Deadlifts heavy

7 Barbell Hip Thrusts heavy

7 Dumbbell Bulgarian Split Squats heavy, each leg

Stretch: Legs and back

TUESDAY & FRIDAY

QUADS & GLUTES DAY

Stretch: Legs and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 1 mile (within 8:30 min)

Walk Cool Down (3 min)

Assisted Weights (3 sets)

7 Smith Machine Narrow Stance Squats* heavy (feet are closer than hip width)

7 Smith Machine Normal Stance Squats* heavy (feet are hip width)

7 Smith Machine Sumo Stance Squats* heavy (feet are wider than hip width)

7 Smith Machine Calf Raises heavy

7 Angled Leg Presses heavy

Resistance Bands & Cables (3 sets)

10 Banded Squat Side Steps heavy, each leg

10 Banded Squat Walk heavy

10 Banded Backwards Squat Walk heavy

10 Banded Jumping Squats heavy

10 Banded Donkey Kicks light, each leg

10 Banded Fire Hydrants light, each leg

10 Banded Standing Hip Abductions heavy, each leg

10 Cable Kickbacks heavy, each leg

10 Cable Hip Abductions heavy, each leg

10 Cable Hip Adductions heavy, each leg

Stretch: Legs and back

WEDNESDAY

SHOULDERS & ARMS DAY

Stretch: Arms and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 1 mile (within 8:30 min)

Walk Cool Down (3 min)

Free Weights & Cables (3 sets)

10 Dumbbell Alternating Bicep Curls moderate, each arm

10 Dumbbell Tricep Kickbacks moderate, each arm

10 Dumbbell Overhead Press moderate

10 Dumbbell Lateral Raises moderate

10 Dumbbell Incline Chest Press moderate

10 Cable Rope Tricep Extensions moderate

10 Assisted Wide Grip Pull Ups moderate

Stretch: Arms and back

SATURDAY

ABS & BACK DAY

Stretch: Legs, arms, and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 1 mile (within 8:30 min)

Walk Cool Down (3 min)

Free Weights & Body Weight (3 sets)

10 Roman Chair Leg Raises

10 Decline Bench Sit-Ups with Medicine Ball moderate

10 Hyperextension Bench Back Extensions with Plate moderate

10 Seated Cable Rows moderate

10 Leg Climb Crunches, each leg

10 Knee Tuck Crunches

10 Spider Crunches, each leg

Stretch: Legs, arms, and back

*Deep squats are done correctly if your quads are just below parallel to the ground.

*Narrow, normal and sumo squats should be done with quads parallel to the ground.

TIPS: Play it safe. Find a partner to spot you on lift days to queue your form and help in case you get stuck. Don't go ego crazy. Start off conservatively to learn your limit. You can always increase weight later, but you can't take it off mid-rep. ;) For more tips visit www.adorablyfit.com