

Getting Started Part II-Use this workout if you are just getting started, or have been exercising for less than 6 months

				Week Five				Week Six			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Push-Up or Wall Push-Up	Chest, Triceps	3	8-12	— *		— *		— *		— *	
Bent-Over Row	Back, Biceps	3	8-12								
Stationary Lunge	Legs, Hips	3	8-12†								
Tricep Kickback	Triceps	3	8-12†								
Bicep Curl	Biceps	3	8-12†								
Elevated Leg Crunch	Abdominals	3	15	—		—		—		—	
Cat-Camel	Abdominals, Low Back	3	8-12 reps each way	—		—		—		—	

				Week Seven				Week Eight			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Push-Up or Wall Push-Up	Chest, Triceps	3	8-12	— *		— *		— *		— *	
Bent-Over Row	Back, Biceps	3	8-12								
Stationary Lunge	Legs, Hips	3	8-12†								
Tricep Kickback	Triceps	3	8-12†								
Bicep Curl	Biceps	3	8-12†								
Elevated Leg Crunch	Abdominals	3	15	—		—		—		—	
Cat-Camel	Abdominals, Low Back	3	8-12 reps each way	—		—		—		—	

† Repeat on other side * Body Weight ‡ Rest 30-60 seconds between sets