

**Making Changes**-Use this workout if you have been exercising for more than 6 months but less than 1 year

				Week One				Week Two			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Chest Press or Decline Push-Up	Chest, Triceps	3	8-12								
Reverse Push-Up or 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 Three				Week Four			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Chest Press or Decline Push-Up	Chest, Triceps	3	8-12								
Reverse Pull-Up	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