

# Individual fitness test to get personalized workout plan

Goal  
I Get Shredded

Fitness Level  
Newcomer

Place to Workout  
Home

Target Zones  
Arms, ABS, Pecs

Workout Duration  
30 min

Workout Frequency  
3 times per week



# Get a 4-week workout plan

WEEK 1

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

FULL BODY REST LEGS DAY REST UPPER BODY REST BACK DAY



DAY 1

WARM UP  
10 MINUTES  
SQUAT 3 SETS OF 10  
BENCH PRESS 3 SETS OF 10  
DEADLIFT 3 SETS OF 10  
SHOULDER PRESS 3 SETS OF 10  
CORE 10 MINUTES



DAY 2

WARM UP  
10 MINUTES  
BENCH PRESS 3 SETS OF 10  
SQUAT 3 SETS OF 10  
DEADLIFT 3 SETS OF 10  
SHOULDER PRESS 3 SETS OF 10  
CORE 10 MINUTES



DAY 3

WARM UP  
10 MINUTES  
DEADLIFT 3 SETS OF 10  
BENCH PRESS 3 SETS OF 10  
SQUAT 3 SETS OF 10  
SHOULDER PRESS 3 SETS OF 10  
CORE 10 MINUTES



DAY 4

WARM UP  
10 MINUTES  
BENCH PRESS 3 SETS OF 10  
SQUAT 3 SETS OF 10  
DEADLIFT 3 SETS OF 10  
SHOULDER PRESS 3 SETS OF 10  
CORE 10 MINUTES

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REST	REST	REST	REST	REST	REST	REST

WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REST	REST	REST	REST	REST	REST	REST

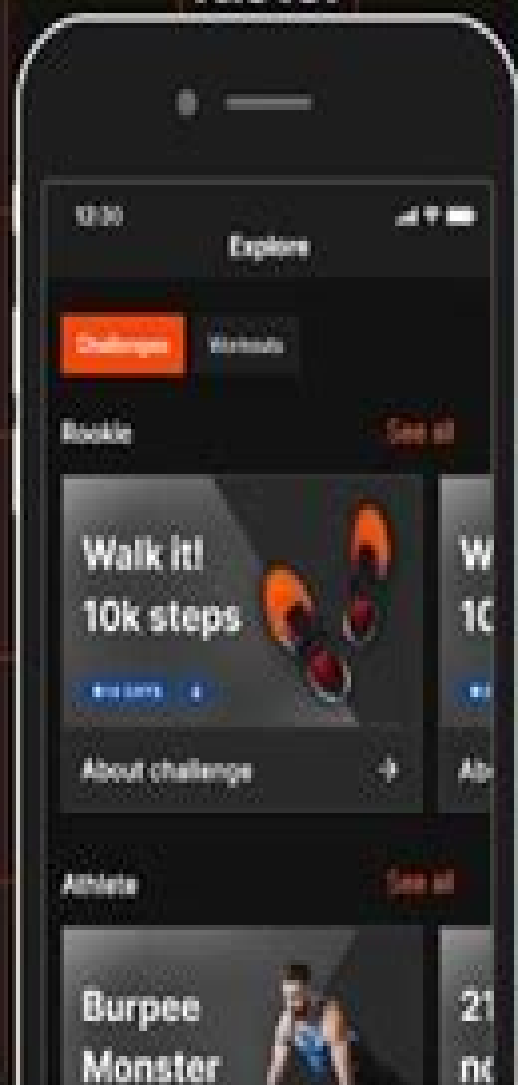
WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REST	REST	REST	REST	REST	REST	REST



GOAL  
ACHIEVED

# Challenge yourself to reach your goals faster



# Review Fitness Workout

**C Cleary**



## **Review Fitness Workout:**

*Exercise and Sport Sciences Reviews*, 2006      Exercise, Energy Balance, and Cancer Cornelia M. Ulrich, Karen Steindorf, Nathan A. Berger, 2012-10-10 While it is well established that the worldwide pandemic of overweight and obesity has profound effects on promoting cancer it is now recognized that an alternative aspect of energy balance namely physical activity and exercise have significant beneficial effects on all aspects of cancer across the spectrum from prevention through treatment and extending through survivorship Moreover salutary effects of physical activity and exercise extend across the age span from youth to old age and occur at all stages of cancer extending into palliative care While the effect of physical activity and exercise on cancer may be partially mediated through obesity control it is clear that considerable research is required and is ongoing at both the molecular and clinical levels to better understand the associated mechanisms and to develop optimal exercise strategies This volume will contain chapters on the effect of exercise on biological pathways in tumor growth state art exercise strategies and cutting edge research focused on different cancers and patient groups It will provide an important volume in this series on energy balance and cancer and a basis for ongoing research experimental approaches and application of evidence based practices to clinical care for patients with cancer      **The Effects of Physical Activity and Exercise on Cognitive and Affective Wellbeing** Chong Chen, Suk Yu Sonata Yau, Filipe Manuel Clemente, Toru Ishihara, 2022-12-01      **Advanced Fitness Assessment and Exercise Prescription** Ann L. Gibson, Dale R. Wagner, Vivian H. Heyward, 2024-02-01 Advanced Fitness Assessment and Exercise Prescription Ninth Edition With HKPropel Online Video is the definitive resource for conducting physical fitness testing and customizing exercise programs Now in its ninth edition this comprehensive guide is fully updated with the latest research the newest exercise testing and prescription guidelines and the most up to date programming content The text reflects the most recent exercise testing and prescription guidelines from the American College of Sports Medicine ACSM along with physical activity recommendations from the U S government and American Heart Association It highlights ACSM guidelines for physical activity and exercise testing requirements to consider before beginning exercise programs Combining important research with practical application of testing and prescription protocols the ninth edition also features the following A new full color interior to provide more detail and understanding of concepts through photos and figures New step by step assessment sidebars that make it easy to locate and refer to assessment procedures Modern guidelines for usage of current technology to test and monitor physical activity Demonstrations of many of the assessments and exercises provided in 73 video clips Structured around the five physical fitness components cardiorespiratory capacity muscular fitness body composition flexibility and balance the text begins with an overview of physical activity health and chronic disease including discussion of preliminary health screenings and risk classification Readers will gain insight into field and laboratory assessments and testing protocols for each component along with detailed information on properly administering the most common assessments The 73 related video clips delivered

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**Exercise and Sport Sciences Reviews (ESSR)** John O. Holloszy,1995 Consumer Health & Nutrition Index ,1991

**Landers Film Reviews** ,1988 **Health Fitness Instructor's Handbook** Edward T. Howley,B. Don Franks,1997

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    Media Review Digest C Edward Wall,2005-08      **Braille Book Review** ,2004      Nutrition Abstracts and Reviews ,2003

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