



Ms.	Exercise HR Zone: 92 - 130 bpm	Calorie Burning: Min. 2500 Kcal/wk
Updated Pred. VO2max: 37	Upper Left/Right Balance: Balanced	Overweight
Fitness Score: 68, Average	Lower Left/Right Balance: Balanced	Flex./Ext.: Deficient
Heart Rate Max. 186 bpm	Upper/Lower Balance: Balanced	

1 Time Cardio

Min. 10 min WarmUp at HRZone LIGHT
HRZ Light: 112 - 130
HRZ Mod.: 130 - 149
HRZ Hard: 149 - 167

1 Cycle Upper Body

Fly
3x 16 Reps 2x3kg
HR 102 - 120 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Pull-down
3x 16 Reps x 38kg
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Lower Body

Leg Press
3x 17 Reps x 27kg
R/L Legs Balanced
HR 102 - 121 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Push Up
2 Sets x 16 Reps
HR 83 - 102 bpm
Time: ~ 3 min.

1 Cycle Upper Body

Bent-Over-Row
3x 16 Reps 2x4kg
R/L Arms Balanced
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Lower Body

Abduction
3x 16 Reps x 18kg
HR 102 - 121 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Chest Press
3x 21 Reps 2x3kg
HR 102 - 120 bpm
Time: ~ 8 min.

1 Cycle Upper Body

Lat
2x 16 Reps x 14kg
HR 102 - 120 bpm
Time: ~ 5 min.

1 Cycle Lower Body

Adduction
3x 17 Reps x 19kg
HR 102 - 121 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Triceps
3x 16 Reps x 4kg
R/L Arms Balanced
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Delta
2x 16 Reps x 6kg
HR 92 - 111 bpm
Time: ~ 5 min.

1 Cycle Lower Body

Leg Curl
3x 17 Reps x 20kg
R/L Legs Balanced
HR 102 - 121 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Biceps
3x 17 Reps x 0kg
R/L Arms Balanced
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Trunk

Back Extension
3x 18 Reps x 30kg
+ 10 Reps x 21kg
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Lower Body

Leg Extension
3x 16 Reps x 13kg
R/L Legs Balanced
HR 102 - 121 bpm
Time: ~ 7 min.

1 Cycle Upper Body

Push up
3x 16 Reps x 12kg
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Trunk

Row/Rear Delt
3x 16 Reps 2x4kg
HR 102 - 120 bpm
Time: ~ 7 min.

1 Cycle Lower Body

Lunge
3x 16 Reps 2x1kg
HR 112 - 130 bpm
Time: ~ 7 min.

♥ After your workout program continue with Exercise 1 and train at Heart Rate Zone LIGHT until you have reached your calorie burning target based on 2500 Kcal/wk. ♥	Day 1	Day 2	Day 3
	2	3	5
	3	4	6
	4	5	7
	9	12	15
	10	13	16
	11	14	17
	19	19	20
	20	21	21
	21	22	22
Tot. Time (min.)	60	63	61

1 Cycle Trunk

Abdominals
3x 16 Reps x 28kg
HR 92 - 111 bpm
Time: ~ 7 min.

1 Cycle Lower Body

Calf Extension
3x 15 Reps 2x1kg
HR 112 - 130 bpm
Time: ~ 7 min.

1 Cycle Trunk

Rotary Torso
3x 16 Reps x 35kg
HR 92 - 111 bpm
Time: ~ 7 min.

	Recommended Aerobic Classes	Class Name	Coach	Class Type	Day / Time	HR Zone
				2:squat		