

Metabolism Booster

Do this program 3 times per week for 3 weeks. You can add cardio on your off days if you wish.

- **Rest 15 - 30 seconds** between each exercise
- **Rest between circuits is the stretch portion at the end of the circuit. Then start again.**
- Perform each repetition with a moderate tempo: (2 seconds down, 2 seconds up).
- Weights should be heavy enough to barely make it through the reps.
- Cardio is an intense but short bout of exercise which can be done on a bike, a treadmill or even by jumping rope. These cardio intervals along with the resistance training supercharges your metabolism so you burn more calories even while you're sleeping!
- After the initial warm up and stretch do **not** repeat each time through the circuit.

Workout 1		
Perform the sets listed in the program from left to right. Go through 3 times.		
	Exercise	Sets
D a y 1	1 Warmup and Stretch	5 minutes
	2 Push Ups (your best position)	As many as you can
	3 Cardio Interval Training	2 minutes (medium)
	4 Bench Press	15,10,10 reps
	5 Step ups – yep, use something high	5 each leg
	6 Cardio Interval Training	2 minutes - medium
	7 Dumbbell Lateral Raise	15, 10, 10 reps
	8 Dumbbell Rear Lateral Raise	15, 10, 10 reps
	9 Cardio Interval Training	2 minutes - medium
	10 Dumbbell Lying Triceps Extension	20, 15,10 reps
	11 Reverse Crunches	28, 28,28 reps
	12 Cardio Interval Training	2 minutes - easy
	13 Feet Elevated Crunches	40,40,40 reps
	14 Stretch	5 Minutes

Workout 2

Perform the sets listed in your program from left to right. Go through 3 times.

	Exercise	Sets
D a y 2	1 Warmup and Stretch	5 minutes
	2 Close Grip Bent Over Row	20, 15, 10 reps
	3 Dumbbell One Arm Row (elbow close)	20, 15, 10
	4 Bent Knee Crunches	40, 40, 40 reps
	5 Cardio Interval Training	2 minutes
	6 Lat Pulldown Close Grip Front	20, 15, 10
	7 Push Ups (wide position)	As many as you can
	8 Cross Crunches	25, 25, 25 reps
	9 Cardio Interval Training	2 minutes
	10 Bodyweight One Leg Toe Press	10, 10, 10 reps
	11 Cardio Interval Training	2 minutes
	12 Dumbbell Curl	20, 15, 10
	13 No Weight Squats	15, 10, 10
	14 Cardio Interval Training	2 minutes
	15 Stretch	5 Minutes

Workout 3

Perform the sets listed in your program from left to right -2 times through

	Exercise	Sets
D a y 3	1 Warmup and Stretch	5 minutes
	2 Bent Leg Knee Ups from Bench	20,20
	3 Leg Extension	20, 15
	4 Leg Curl	20, 15
	5 Cardio Interval Training	2 minutes
	6 Push Ups (wide position)	As many as you can x 2
	7 Side Lying Outer Thigh Leg Lifts	20, 20
	8 Lunges - your choice	20, 15
	9 Cardio Interval Training	2 minutes
	10 Dumbbell Fly	20, 15
	11 Barbell Side Step Up	20, 15
	12 Cardio Interval Training	2 minutes
	13 Lat Pulldown Wide Grip Front	20, 15
	14 Dumbbell Triceps Ext.	15, 10
	15 Dumbbell Hammer Curl	15, 10
	16 Cross Crunches	40,40
	17 Cardio Interval Training	2 minutes
	18 Stretch	5 Minutes