



Healthy Lifestyle Program Diet - Training Month Two

Month Two Training Program

After one month, you should be starting to notice some changes in your body composition, energy levels and sense of well being – particularly if you have never followed an exercise program (or have not exercised for a long time).

You should also feel stronger and fitter. Now it's time to make some changes to “shock” your body so that you're able to continue to progress closer to your goals.

Changes include:

- Heavier weights and therefore a reduction in total repetitions per exercise
- Constant changes to cardio length and intensity
- Introduction of trisets

We hope you find this month's program equally enjoyable and challenging.

Don't forget to read through your goals daily. Some of them may need adjusting now.



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WEEK ONE – MONTH TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Weights workout:</p> <p>Chest Incline Press: 4 x 12 reps Bench Press: 4 x 12 reps Flies: 3 x 12 reps</p> <p>Shoulders Military Press: 3 x 12 reps Lateral raises: 3 x 12 reps Upright rows: 3 x 12 reps Bent over raises: 2 x 12 reps</p> <p>Triceps Extensions: 3 x 12 reps Bench dips: 3 x 12 reps Dumbbell kick backs: 2 x 12 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p> <p>NOTE: Weight used should be increasing, which is why the repetition totals have dropped</p>	<p>Cardio: 40 minutes of lower intensity cardio performed on bike/stepper/cross trainer/ treadmill (or combination). HR target: 60-70 per cent of maximum</p>	<p>Cardio: 25 minutes of high intensity interval training on bike/stepper/cross trainer/ treadmill. For example: 5 minutes warm up 2 minutes flat out 2 minutes slow to recovery 2 minutes flat out 2 minutes slow to recovery 2 min flat out 2 min slow to recovery 1 min flat out 2 min slow to recovery 2 min flat out 3 minutes cool down</p>	<p>Weights workout:</p> <p>Legs Leg curls: 3 x 15 reps Stiff-legged dead lifts: 2 x 15 reps Leg extensions: 3 x 15 reps Leg press: 3 x 15 reps Walking Lunges: 2 x 20 meters</p> <p>Calves: Standing calf raises: 3 x 15 reps</p> <p>Abs Leg Raises and rope crunches (superset): 3 x 20 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	<p>Weights workout:</p> <p>Back Lat pull downs: 3 x 15 reps Seated rows: 3 x 15 reps One arm dumbbell rows: 3 x 15 reps</p> <p>Biceps Standing barbell curls: 3 x 15 reps Seated dumbbell curls: 2 x 15 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill at AFTER weights</p>	OFF	OFF



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WEEK TWO- MONTH TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Weights workout:</p> <p>Chest Incline Press: 4 x 12 reps Bench Press 4 x 12 reps Flies: 3 x 12 reps</p> <p>Shoulders Military Press 3 x 12 reps Lateral raises 3 x 12 reps Upright rows: 3 x 12 reps Bent over raises: 2 x 12 reps</p> <p>Triceps Extensions: 3 x 12 reps Bench dips: 3 x 12 reps Dumbbell Kick backs: 2 x 12 reps</p> <p>Cardio: 30 minutes low intensity on bike/treadmill AFTER weights</p>	<p>Cardio: 25 minutes high intensity interval training on a bike/stepper/cross trainer/ treadmill.</p>	<p>Cardio: 40 minutes of lower intensity cardio on a bike stepper/cross trainer/ treadmill (combination). Target HR: 60-70 per cent of maximum</p>	<p>Weights workout:</p> <p>Legs Leg curls: 3 x 15 reps Stiff legged dead lifts 2 x 15 reps Leg extensions: 3 x 15 reps Leg press: 3 x 15 reps Walking Lunges 2 x 20 meters</p> <p>Calves: Standing calf raises: 3 x 15 reps</p> <p>Abs Leg Raises and rope crunches (superset): 3 x 20 reps</p> <p>Cardio: 30 minutes low intensity on bike/treadmill AFTER weights</p>	<p>Weights workout:</p> <p>Back Lat pull downs: 3 x 15 reps Seated rows: 3 x 15 reps One arm dumbbell rows: 3 x 15 reps</p> <p>Biceps Standing barbell curls: 3 x 15 reps Seated dumbbell curls: 2 x 15 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	OFF	OFF



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WEEK THREE – MONTH TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Weights workout:</p> <p>Chest Incline press: 4 x 12 reps Bench press 4 x 12 reps Flies: 3 x 12 reps Cable cross overs 2 x 15 reps</p> <p>Shoulders Military Press 3 x 12 reps Lateral raises 3 x 12 reps Upright rows: 3 x 12 reps Bent over raises: 3 x 12 reps</p> <p>Triceps Extensions: 3 x 12 reps Bench dips 3 x 12 reps Dumbbell kick backs: 3 x 12 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	<p>Cardio: 25 minutes high intensity interval training on bike/stepper/ cross trainer/ treadmill. For example: 5 minutes warm up 2 minutes flat out 2 minutes slow to recovery 2 minutes flat out 2 minutes slow to recovery 2 min flat out 2 min slow to recovery 1 min flat out 2 min slow to recovery 2 min flat out 3 minutes cool down</p>	<p>Cardio: 40 minutes lower intensity cardio performed on a bike/stepper/cross trainer /treadmill (combination). Target HR:60-70 per cent maximum</p>	<p>Weights workout:</p> <p>Legs Leg curls: 3 x 15 reps Stiff legged dead lifts: 3 x 15 reps Leg press: 3 x 15 reps Walking Lunges: 3 x 20 meters Leg extensions: 3 x 15 reps</p> <p>Calves Standing calf raises 3 x 15 reps Seated calf raises: 2 x 15 reps</p> <p>Abs Leg Raises, rope crunches and scissor crunches (triset): 3 x 20 reps (each exercise)</p> <p>Cardio: 30 minutes low intensity on bike/treadmill AFTER weights</p>	<p>Weights workout:</p> <p>Back Lat pull downs: 4 x 15 reps Seated rows: 3 x 15 reps One arm dumbbell rows: 3 x 15 reps. Hyperextensions: 2 x 20 reps</p> <p>Biceps Standing barbell curls: 3 x 15 reps Seated dumbbell curls: 3 x 15 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	OFF	OFF



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WEEK FOUR – MONTH TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Weights workout:</p> <p>Chest Incline press: 4 x 12 reps Bench press: 4 x 12 reps Flies: 3 x 12 reps Cable cross overs: 2 x 15 reps</p> <p>Shoulders Military press: 3 x 12 reps Lateral raises 3 x 12 reps Upright rows: 3 x 12 reps Bent-over raises: 3 x 12 reps</p> <p>Triceps Extensions: 3 x 12 reps Bench dips 3 x 12 reps Dumbbell kick backs: 3 x 12 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	<p>Cardio: 45 minutes lower intensity cardio performed on a bike/ stepper/ cross trainer or treadmill (or combination) Target HR: 60-70 per cent of maximum</p>	<p>Cardio: 45 minutes lower intensity cardio performed on a bike/stepper/ cross trainer/ treadmill (or combination). Target HR: 60-70 per cent of maximum</p>	<p>Weights workout:</p> <p>Legs Leg curls: 3 x 15 reps Stiff legged dead lifts 3 x 15 reps Leg press: 3 x 15 reps Walking Lunges 3 x 25 meters Leg extensions: 3 x 15 reps</p> <p>Calves: Standing calf raises 3 x 15 reps Seated calf raise 2 x 15 reps</p> <p>Abs Leg Raises, rope crunches and scissor crunches (triset): 3 x 20 reps (each exercise)</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	<p>Weights workout:</p> <p>Back Lat pull downs: 4 x 15 reps Seated rows: 3 x 15 reps One-arm dumbbell rows: 3 x 15 reps. Hyperextensions: 2 x 20 reps</p> <p>Biceps Standing barbell curls: 3 x 15 reps Seated dumbbell curls: 3 x 15 reps</p> <p>Cardio: 30 minutes low intensity on bike/ treadmill AFTER weights</p>	OFF	OFF