Consecrated
LIFE IN ABUNDANCE

Monday- Cardio Day

- 30 minutes fast walk on treadmill at 12 incline, 3.0 speed
- 15 minutes Elliptical machine at incline 5 level 10 (increase by one incline & two levels every month)

Tuesday- Cardio Day

- 30 minutes fast walk on treadmill at 12 incline, 3.0 speed
- 15 minutes on indoor cycling machine at level 10 (increase by one level every week)

Wednesday- Arms & Upper Body

- 10 reps 5 sets on seated row machine
- 10 reps 5 sets on assisted pull-up machine (for ease, set pin to heavier weight & reduce weight as you go)
- 10 reps 5 sets on lateral pulldown machine
- 10 reps 5 sets with 5-7 kg weights for dumbbells; overhead tricep extensions, bicep curls, lateral rises

Thursday- Legs and Lower Body

- 10 reps 5 sets on leg press machine
- 10 reps 5 sets on outer/inner thigh machine- outer thigh workout (cushions on the outer side of knees)
- 10 reps 5 sets on outer/inner thigh machine- inner thigh workout (cushions inner side of knees)
- 10 reps 5 sets leg curl machine

*** We encourage you to start with light weights and increase as you go for all machines and equipment.**

*** Cardio days work out lower body more than upper hence more sets on Arms & Upper Body day to balance this out.**

Consecrated
LIFE IN ABUNDANCE



Elliptical Machine



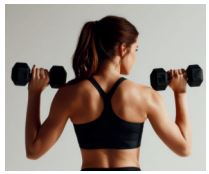
Treadmill



Indoor Cycling Machine



Seated Row Machine



Dumbbells



Assisted Pull-up Machine



Lateral Pulldown Machine



Leg Press Machine



Outer/Inner Thigh Machine



Leg Curl Machine

*** We encourage you to start with light weights and increase as you go for all machines and equipment.**

*** Cardio days work out lower body more than upper hence more sets on Arms & Upper Body day to balance this out.**