

October Workout – 4 Weeks

You should add the *Optional Interval Training on your days off* for maximum fat burning.

How to determine what weight to use?

Choose a weight that when doing 12 repetitions, the last 2 repetitions are tough to push through. So when doing 10 repetitions, obviously you will increase the weight by 2-5 pounds if possible. And same goes for the 8 repetitions. Always be challenging yourself and increasing your weights. This is the best way to build lean muscle mass and decrease body fat!

Sample Schedule:

Monday: Workout A-

Tuesday: Intervals

Wednesday: Workout B-

Thursday: Intervals

Friday: Workout A-

Saturday: Intervals or Tabatas

Sunday: REST

Before you get started on setting up your routine, there are some points for you to keep in mind:

1. **Always perform a warm up.** You want to make sure your muscles are warmed up and ready to go to help prevent any injuries. You can warm up by doing some light cardio or doing lighter sets of the first couple exercises you will be doing. A simple warm up would be some squats and pushups-this will warm up your entire body and you will be ready to go.
2. **Make sure to breathe.** Don't hold your breath when you are working out. The best way to breathe is to exhale during the contraction of the muscle you're working. That's the part of the exercise that occurs when you're working against gravity (or whatever is providing the resistance). Most people will do this naturally.
3. **Pay attention to your posture.** Stand up straight or if bending over, make sure to keep your back straight. Engage your abs, which will help your balance and protect your spine. Never roll your shoulders forward.
4. **Lift and lower your weights slowly.** Using momentum does not benefit your muscles and could cause injury. If you feel you have to swing the body part you are using, you are using too much weight or have reached your maximum repetition.

***Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.*

If you have any questions about the workouts, feel free to email me at buildabetteru@gmail.com or post them on www.fitchickexpress.ning.com.

October Workout

Workout A- Supersets

Wk 1

Wk 2

Wk 3

Wk4

A1 Overhead Squat	3x 10-12				
A2 Push Up Tap	3x 10-12				
B1 Deadlift	3x 10-12				
B2 Pullover	3x 10-12				
C1 Toe Touches	3x 10-12				
C2 Bird Dog	3x 10-12 total				

[Click here for the video demo](#)

Workout B – Circuits

Wk 1

Wk 2

Wk 3

Wk4

A1 Walking Lunge Twist	3x 20 total				
A2 Swings	3x 20				
A3 Renegade Rows	3x 20 total				
A4 Alt Sumo Press	3x 20 total				
B1 Skiing	3x 20 total				
B2 Bicycle	3x 20 total				

[Click here for the video demo](#)

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