

# Gilad's BEST BODY EVER TRAINING PROGRAM

Below is Gilad's simple weekly training schedule that is easy to follow and will show you how to use the 5 workouts in the best sequence.

## **MONDAY - Peak Performance workout # 1** (Voted best overall workout by fitness magazine for 2010)

This is a 45 minute overall workout that includes a cardio segment. This workout will serve notice to the muscles of your lower and upper body preparing them for the transformation that is about to take place!

## **TUESDAY - Cuts & Curves**

This 60 minute workout will be a wake-up call for your muscles! Here Gilad expertly targets the larger muscle groups of the lower body, back and chest and the smaller muscle groups of the shoulders, arms and calves. The resistance band is used for extra resistance.

## **WEDNESDAY - Core & More**

This 62 minute workout targets your whole mid section. Here Gilad applies Pilates principals in order to engage your deepest core muscles from all angles so you too can get a toned sexy waistline, a strong core and a better posture.

## **THURSDAY - Peak Performance workout # 2** (Voted best overall workout by fitness magazine for 2010)

This is a 45 minute overall workout that includes a cardio segment. This workout will target your hips, thighs, chest and shoulders. A short abs segment is included.

## **FRIDAY - Power and Grace**

This 55 minute athletic workout focuses on energizing combinations of functional moves combined with plyometrics and isometrics to help you develop your athletic abilities and improve your strength, stamina and balance.

## **SATURDAY - Take the day off**

It's important to allowing the muscles a chance to recuperate and grow! Or if you missed one of the workouts during the week this is the day to make it up. You can also add your favorite workout as an additional 6th day training session.

## **SUNDAY Day off!**