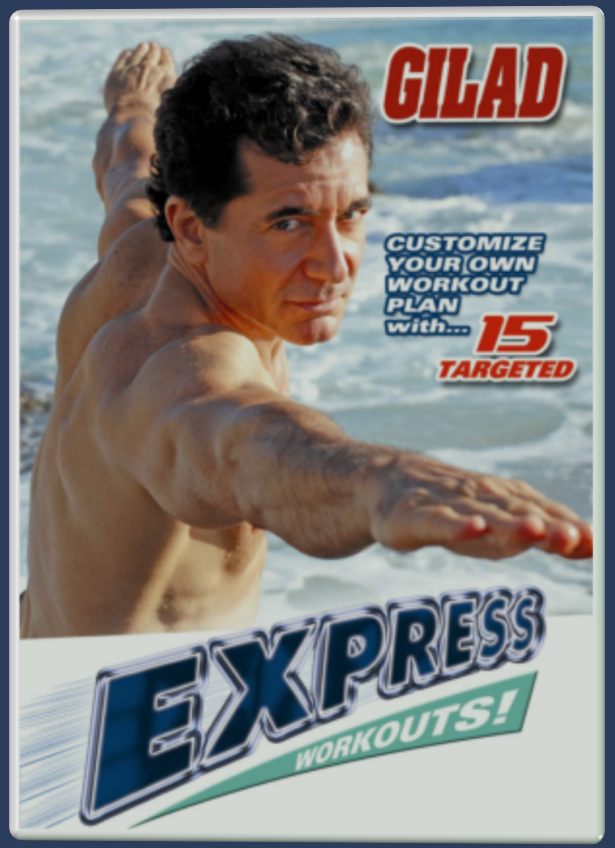
8 WEEK PROGRESSIVE



TRAINING GUIDE

Gilad's 8 Week Progressive Training Guide

I've created these "Express Workouts" to give people an option for a quick yet highly effective workout. There are 15 workouts altogether, each under 10 minutes!

In this program you will find Cardio workouts, Strength/Calorie Burn workouts, Core workouts and Sculpting workouts that target different muscle areas allowing you to focus on the body parts you wish to work on the most.

Though it is resistance training that will sculpt your body, it is very important to add the Aerobic element into the program to help maximize fat burn, strengthen the heart and improve lung capacity.
When combined together these Express Workouts are made to help you get the best possible results in the least amount of time!

In no time you will be able to climb a flight of stairs without getting winded and chase down your kids without having to take a break on the park bench!

The suggested 8 week progressive training guide is balanced between Strength/Sculpting exercises, Aerobic exercises and stretching. The workout schedule is given here as a guideline that will show you how you can best progress from one week to the next.

You can customize your own workout plan by adding or subtracting specific workouts from the program so that you can meet your own individual fitness goals.
This program is unique because, not only can you pick and choose between the 15 short workouts, you can also use either one of the DVDs as a continuous workout that runs a little over an hour. These complete DVD workouts can be done on alternate days.

The program also includes a warm up and a cool down that you should incorporate at the start and end of any of the other workouts.

Have fun!

EXPRESS WORKOUTS!

There are 4 basic workout styles in the 8 week program:

1. Aerobic exercises to help burn off excess fat (workouts 1 and 2)
2. Strength training moves that focus on two or more muscle groups per exercise (workouts 3-5)
3. Core exercises to flatten the tummy and work the entire mid section (workouts 6 and 7).
4. Toning exercises that focus on specific body parts (workouts 8-13)

CARDIO

Workout 1	**Cardio Basic**	This workout includes a combination of low impact favorites like grapevines, forward and back steps and light kick boxing moves that will burn calories without impacting your joints.
Workout 2	**Cardio Challenge**	This workout will get your heart pumping with easy-to-follow kick boxing moves that will challenge your muscles and build your stamina.

STRENGTH/CALORIE BURN

Workout 3	**Strength and Balance**	This workout uses isometric and balancing moves to strengthen your lower body, mid-section and upper body.
Workout 4	**Dynamic Moves**	This invigorating workout uses moves like discus throws, hammer throws and thigh flexes to build explosive strength and burn fat.
Workout 5	**Compound Strength**	This workout strengthens and tones your entire body with exercises that combine two or more muscle groups at a time, like lunges combined with shoulder presses or triceps extensions combined with calf raises. A set of light hand weights recommended (1-5 lbs for the beginner and 5-10 lbs for the intermediate)

CORE

Workout 6	**Core Foundation**	Work your core with a combination of crunches, oblique turns, back strokes and roll up moves that will strengthen your abdomen, obliques and lower back. A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)
Workout 7	**Core Challenge**	Firm your entire abdomen area, lower back and extensor muscles with a variety of Pilates based exercises that include concentrated leg lifts, shoulder bridges and half roll-ups. A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)

SCULPTING

Workout 8	**Buns and Thighs**	Get your lower body “bathing suit-ready” with a combination of squats, lunges, plyometric moves and buttocks lifts that will tone your buns and thighs.
Workout 9	**Hips and Thighs**	Get your lower body “bathing suit-ready” with a combination of squats, lunges, plyometric moves and buttocks lifts that will tone your hips and thighs. A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)
Workout 10	**Back**	Firm your entire abdomen area, lower back and extensor muscles, with a variety of Pilates based exercises that include concentrated leg lifts, shoulder bridges and half roll-ups Two sets of light hand weights recommended (1-5 lbs for the beginner and 3-10 lbs for the intermediate)
Workout 11	**Shoulders**	Shape and strengthen your shoulders including your posterior, anterior and middle deltoids, through a series of exercises that include rotator calf extensions, lateral raises, shoulder presses and one arm concentrated flies. Two sets of light hand weights recommended (1-5 lbs for the beginner and 3-10 lbs for the intermediate)
Workout 12	**Chest**	Challenge your Pectoral/Chest muscles with time-tested and proven favorites like standing chest flies, supine dumbbell presses and varied-position push ups. Two sets of light hand weights recommended (1-5 lbs for the beginner and 3-10 lbs for the intermediate)
Workout 13	**Arms**	This targeted workout will sculpt and strengthen the front of the arm; the biceps and the back of the arm; the triceps. This routine integrates between eccentric and concentric moves that are done with light dumbbells for added resistance. A single light hand weight recommended (1-5 lbs for the beginner and 3-10 lbs for the intermediate)

WARM UP AND COOL DOWN

General Warm Up	Start your workout the right way by warming up your entire body. Easy-to-follow moves like side bends, light twists and stretches will warm up your muscles and prepare them for the exercises ahead.
General Cool Down	Ease out of your workout with light stretches breathing exercises and yoga-inspired moves and that will help relax your entire body and soothe your mind.

The warm up and cool down workouts can be added to the beginning and end of any one of the workouts described in the charts.

Gilad's 8 Week Progressive Training Guide

Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	WO 1 Cardio B WO 8 Buns/thighs	WO 10 - Back WO 11 Core f.	WO 1 Cardio B WO11 Shoulders	WO 7 Core C WO 12 Chest	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs	Rest
Week 2	WO 1 Cardio B WO 8 Buns/thighs	WO 10 - Back WO 11 Core f.	WO 1 Cardio B WO 11 Shoulders	WO 7 Core C WO 12 Chest	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs	Rest
Week 3	WO 1 Cardio B WO 8 buns/thighs	WO 4 Dynamic M WO 10 Back WO 6 core F	WO 2 Cardio C WO 11 Shoulders	WO 7 Core C WO 12 Chest WO 3 Strength/Bal.	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs WO 6 Core F	Rest
Week 4	WO 1 Cardio B WO 8 buns/thighs	WO 4 Dynamic M WO 10 Back WO 6 core F	WO 2 Cardio C WO 11 Shoulders	WO 7 Core C WO 12 Chest WO 3 Strength/Bal.	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs WO 6 Core F	Rest
Week 5	WO 1 Cardio B WO 8 Buns/thighs Wk 5 Compound	WO 4 Dynamic M WO 10 Back WO 7 Core C	WO 2 Cardio C WO 11 Shoulders	WO 6 Core F WO 12 Chest WO 3 Strength	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs WK 7 Core C	Rest
Week 6	WO 1 Cardio B WO 8 Buns/thighs WO 5 Compound	WO 4 Dynamic M WO 10 Back WO 7 Core C	WO 2 Cardio C WO 11 Shoulders	WO 6 Core F WO 12 Chest WO 3 Strength	WO 4 Dynamic M WO 13 Arms	WO 1 Cardio B WO 9 Hips/thighs WO 7 Core C	Rest
Week 7	WO 2 Cardio C WO 6 Core F WO 5 compound	WO 4 Dynamic M WO 10 Back WO 8 Buns/thighs	WO 1 Cardio B WO 11 Shoulders WO 7 Core C	WO 3 Strength B WO 12 Chest WO 6 Core F	WO 4 Dynamic M WO 13 Arms WO 5 Compound M	WO 2 Cardio C WO 9 Hips/thighs WO 7 Core C	Rest
Week 8	WO 2 Cardio C WO 6 Core F WO 5 compound	WO 4 Dynamic M WO 10 Back WO 8 Buns/thighs	WO 1 Cardio B WO 11 Shoulders WO 7 Core C	WO 3 Strength B WO 12 Chest WO 6 Core F	WO 4 Dynamic M WO 13 Arms WO 5 Compound M	WO 2 Cardio C WO 9 Hips/thighs WO 7 Core C	Rest

WO = Workout

Gilad's 8 Week Progressive Training Guide

Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	WO 1 Cardio B WO 3 Strength WO 8 Buns & Thighs	WO 10 Back WO 4 Dynamic M WO 6 Core	WO 2 Cardio C WO 11Shoulders	WO 7 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs	Rest
Week 2	WO 1 Cardio B WO 3 Strength WO 8 Buns & Thighs	WO 10 Back WO 4 Dynamic M WO 6 Core	WO 2 Cardio C WO 11Shoulders	WO 7 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs	Rest
Week 3	WO 2 Cardio B WO 3 Strength WO 8 Buns & Thighs	WO 4 Dynamic M WO 10 Back WO 7 Core	WO 1 Cardio B WO 11 Shoulders	WO 6 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs	Rest
Week 4	WO 2 Cardio C WO 3 Strength WO 8 Buns & Thighs	WO 4 Dynamic M WO 10 Back WO 7 Core	WO 1 Cardio B WO 11 Shoulders	WO 6 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs	Rest
Week 5	WO 2 Cardio C WO 5 Compound WO Buns & Thighs	WO 4 Dynamic M WO 10 Back WO 7 Core	WO 1 Cardio B WO 11 Shoulders WO 3 Strength	WO 6 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs WO 7 Core	Rest
Week 6	WO 2 Cardio C WO 5 Compound WO Buns & Thighs	WO 4 Dynamic M WO 10 Back WO 7 Core	WO 1 Cardio B WO 11 Shoulders WO 3 Strength	WO 6 Core WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs WO 7 Core	Rest
Week 7	WO 1 Cardio B WO 5 Compound WO 8 Buns & Thighs	WO2 Cardio C WO 10 Back WO 7 Core	WO 4 Dynamic M WO 11 Shoulders WO 3 Strength Back	WO 1 Cardio B WO 6 Core F WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs WO 7 Core C	Rest
Week 8	WO 1 Cardio C WO 5 Compound WO 8 Buns & Thighs	WO2 Cardio C WO 10 Back WO 7 Core	WO 4 Dynamic M WO 11 Shoulders WO 3 Strength Back	WO 1 Cardio B WO 6 Core F WO 12 Chest	WO 4 Dynamic M WO 5 Compound WO 13 Arms	WO 2 Cardio C WO 9 Hips & Thighs WO 7 Core C	Rest

WO = Workout

CARDIO OPTIONS: There are other aerobic activities you might consider adding into your program in addition to the Cardio 1 and Cardio 2 workouts described in the charts.

You don't have to do anything elaborate to spice up your aerobic program: Walking, swimming, cycling even rope jumping will do. These activities can be incorporated as either a replacement to one of your cardio workouts days as they appear in the chart, or as an additional cardio activity on days when no cardio is described. Feel free to mix up your Cardio workouts. Maybe you'll want to walk on some days or cycle on others. I believe that mixing up your Cardio routines will keep you motivated. Keep in mind that when you are starting out, the most important thing is to get moving and keep moving! Begin with our easy Warm Up then progress to your activity and finish with our Cool Down routine. The following is a list of suggested aerobic activities:

Options for aerobic activities:

Treadmill for 20-30 minutes
Stationary bike for 20 -30 minutes
Brisk walking for 20 - 30 minutes
Swimming Laps for 20 - 30 minutes
Rope Jumping for 10-15 minutes

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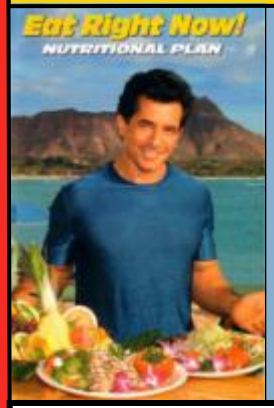

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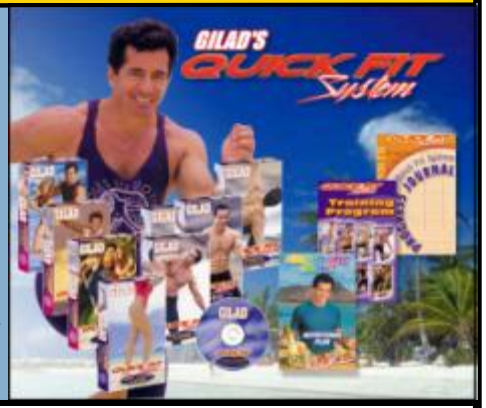

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