

Dr. Todd's Weekly Workout Plan & Final Project Sample

10,000 Steps

F: 6 Days/Week (Sunday-Friday)

I: Easy, Brisk Walk

T: Roughly 1hr, 10 min

T: Level 1 of Fitness Pyramid

Incline Treadmill Cardio

F: 1 Day/Week (Saturday)

I: Difficult, High Heart Rate

T: 45 minutes

T: Level 3 of Fitness Pyramid, Vigorous Aerobics

Tom Merrick's Flexibility Routine Video

F: 1 Day/Week (Saturday)

I: Stretch only to minor stress

T: 45 minutes

T: Level 5 of Fitness Pyramid

Weight Training

F: 3 Days/Week

I: He

Fail

T: 45

Weights Workout 1: Heavy Chest

Bench Press (5x5)

Dip (4x10)

Incline Dumbbells (5x8)

Military Press (5x5)

Other minor lifts for triceps

Weights Workout 2: Heavy Back

Power Clean (5x5)

Barbell Row (5x5)

Pull ups (4x10)

T-Rows (4x10)

Seated Rows (4x10)

Other minor lifts for biceps

Weights Workout 3: Heavy Legs

Back Squat (5x5)

Dead Lift (4x5)

Leg Press (4x12)

Leg Extensions (4x12)