



CATHY SAVAGE FITNESS

April Figure Training

This packet contains:

Weight Training

Figure Functional Workout

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SAVAGE ONLINE PROGRAMS

April 2010 Figure Training

PLEASE SEE BELOW FOR ANY WORKOUT GUIDELINES

R = REST

	Sets/Reps	R	Sets/Reps	R	Sets/Reps	R	Sets/Reps	R
	WEEK 1	R	WEEK 2	R	WEEK 3	R	WEEK 4	R
A (hamstrings/calves/core)								
S/L Deadlifts with DB's	3x10	0	3x12	0	3x15	0	4x12	0
Low back hyperextensions (roman chair)	3x10	0	3x12	0	3x15	0	4x12	0
Pogos - rapid	3x30s	60s	3x40s	60s	3x45s	60s	4x30s	60s
Lateral lunges with DBs touch to floor	3x10 each way	0	3x12 each way	0	3x15 each way	0	4x12 each way	0
Prone hamstring curls	3x15	60s	3x15	60s	3x15	60s	4x15	60s
BB Squats feet wide	4x10	0	4x12	0	4x15	0	4x10	0
Split Jump Lunges	4x10	60s	4x10	60s	4x10	60s	4x10	60s
Pendulum Lunges with BB or DBs	3x10	0	3x12	0	3x15	0	4x10	0
High Pogos	3x20	45s	3x20	45s	3x20	45s	3x20	45s
B (Chest, Back)								
Push ups, traveling over MB	3x10(T)	0	3x12(T)	0	4x10(T)	0	3x12(T)	0
Wide grip lat pull downs	3x10,8,6	60s	3x15	60s	4x10,8,6,4	60s	3x15	60s
Flat DB chest press with twist (pinkys together)	3x15	0	4x10	0	4x8	0	4x10	0
Straight arm pull downs	3x10,8,6	60s	3x15	60s	4x12	60s	3x15	60s
Cable cross over flye's	3x10,8,6	0	3x15	0	3x10,8,6	0	3x15	0
Bent over narrow grip BB rows or T bar rows	3x10,8,6	60s	3x15	60s	3x10,8,6	60s	3x15	60s
Close grip pull ups (unassisted or assisted)	2 x AMAP	45S	2XAMAP	45S	2XAMAP	45S	2XAMAP	45S
C (Legs/Core)								
Leg press - narrow stance	3x15,10, 8	0	4x8	0	3x15	0	4x12,10,8,6	0
Leg Extensions	3x12, 10,8	60s	4x8	60s	3x15	60s	4x12,10,8,6	60s
BB squats (neutral stance)	3x10	0	3x15	0	4x8	0	3x15	0
Plie Squats with DB touch to floor	3x10	60s	3x15	60s	4x8	60s	3x15	60s
Bosu over the dome hop overs	3x20(T)	0	3x20 (T)	0	3x30(T)	0	3x30(T)	0
MB Jump squats (touch MB to floor)	3x15	60s	3x15	60s	3x20	60s	3x20	60s
SB pike ups (bent or straight knees)	3x10	0	3x12	0	3x15	0	3x15	0
High knees jog in place	3x30(T)	0	3x30(T)	0	3x30 (T)	0	3x30 (T)	0
Isometric wall sit	3x60s	60s	3x75s	60s	3x60s	60s	3x75s	60s
D (Arms)								
Military push ups (hand under shouldler, elbows in)	3x15	45s	3x18	45x	3x20	60s	3x22	60s
Unassisted or assisted dips	3x10	0	3x12	0	3x15	0	4x10	0
Alternating DB bicep curls	3x15	60s	3x15	60s	3x15	60s	4x10	60s
Preacher curls	3x10	0	3x12	0	3x15	0	4x10	0
Tricep rope extensions overhead	3x12	60s	3x15	60s	3x18	0	4x12	60s
BB reverse curls	3x12	0	3x15	0	3x18	0	4x10	0
skull crushers	3x12	60s	3x15	60s	3x18	60s	4x10	60s

E (Shoulders/Core)	WEEK 1	R	WEEK 2	R	WEEK 3	R	WEEK 4	R
Arm step ups on aerobics bench	3x20(T)	0	3x20 (T)	0	3x20(T)	0	3x20	(T)
Plank on elbows	60sec	60s	60s	60s	60s	60s	60s	60s
Handstand push ups/inverted push ups	3x6	0	3x8	0	3x8	0	3x10	0
Woodchoppers with MB	3x15	60s	3x15	60s	3x15	60s	3x15	60s
Upright rows on cable with straight bar, to chin	4x10	0	3x15	0	4x8	0	3x15	0
Seated rows with elbows high (shoulder level)	4x10	60s	3x15	60s	4x8	60s	3x15	60s
Lat Raises kneeling on incline bench (30 degrees) <i>*(lie on your side with arm by side, raise up to shoulder level)*</i>	3x12	45s	4x10	45s	3x15	45s	4x10	45s

Schedule:

Day 1: A
Day 2: B
Day 3: Functional
Day 4: C
Day 5: D
Day 6: Rest
Day 7: E

Abbreviations

DB=Dumbbell
BB=Barbell
SB=Stability Ball
S/L = single leg
D/L = double leg
MB=Medicine Ball
T= total reps

Notes
Exercises listed without a space in between should be done as a superset.
Handstand push ups: feet up against a wall
Inverted push-ups: place your feet on a pile of aerobic steps or windowsill and invert your upper body so that the top of your head and shoulders are over your hands, like you are performing an overhead press.



April 2010 Figure Functional Workout

Equipment: 5-10# DBs, stopwatch or clock with second hand, mat

Space: Aerobics room

Warm-up: Do dynamic warm-up (You can find this in the specialty workouts section of the private site)

Set 1 - Perform the following sequence of exercises consecutively. Repeat sequence 3x.

1. Squat knee lift with hands behind head 15x each side
2. Up down elbow plank 5x each side
3. Sprint 4 lengths of the room
4. 10 one leg push-ups (5x each side)
5. 20 Russian twist (10x each side)
6. Rest 20 seconds

Set 2 – Tabata Training – Perform the following exercises using the Tabata method. **How it works:** Do exercise 1 for 20 seconds, then rest for 10 seconds. Do that 8x, for a total of 4 minutes of that same exercise. Then move on to exercise 2. Do it for 20 seconds then rest 10 seconds. Repeat 8x. Do the same for exercises 3 and 4. This set will take 16 minutes. You should be working hard during the 20 second work phases. Have a variety of weights available.

1. Stationary lunge with a shoulder press – R leg in front
2. Stationary lunge with a bicep curl – L leg in front
3. Bench dips
4. Plie squat with a lateral raise.

Set 3 – Perform the following sequence of exercises consecutively. Repeat sequence 3x. Set up at one end of the aerobics room. To perform “lengths,” do each activity listed one length of the room. EX – carioca, carioca, sprint, back pedal – start at one end of room, carioca down, carioca back, sprint down, back pedal back.

1. Lengths – carioca, carioca, sprint, back pedal
2. 20 mountain climbers, 20 floor jacks
3. Lengths – lateral shuffle, lateral shuffle, bear crawl forward, bear crawl backwards
4. pogos 40 seconds
5. lengths – crab walk forward, crab walk backward, walking lunges, big jumps
6. 5 push-ups
7. Rest 40 seconds

Set 4 – Abs! Repeat sequence 3x.

1. Plank twisters 20x each side
2. Suitcases 15x
3. Reverse curl toe touch 20x