

## SCULPT THE PERFECT BODY WORKOUT

Choose 1 move from each column. All three moves equals 1 set.

After you complete your third move, rest 30 seconds to one minute.

Then move on to your next set or your next exercise.

*Ex: Lunges superset with Step-ups and finish with Incline Ball Raises... 3 sets*

Beginners are to include 1 warm-up and 1 working set.

Intermediate trainees are to include 1 warm-up and 2-3 working sets.

Advanced trainees are to include 1 warm-up and 3-4 working sets.

BASIC MOVES* ALL LEVELS	PLYOMETRIC MOVES	AB MOVES**
Barbell Squats (intermediate level trainee)	Jump Rope (Roman Chair)	Knee-Ups/Straight Leg Raises
Lunges	Jumping Jacks (beginner level trainee)	Bench V-Ups
Hack Squats	Step-Ups	Incline Leg-Hip Raises (advanced with twists)
Lying Leg Curls	Bench Jumps	Incline Crunches with Ball
Romanian Deadlifts	Squat Jumps	Bicycles
Leg Extensions	Exercise Bike or Other piece of Cardio Equipment	Cardio Bonanza
Standing Calves		
Seated Calves		

\*Perform each exercise for 8-12 reps for hypertrophy. Don't be afraid to lift heavy and only reach 8 reps.

\*\*All abdominal moves should be performed for as many reps as you can, using your own bodyweight. Advance with medicine ball weights or hand/leg placement.

## BIKE INTERVALS

Once you're squared away on your workouts, Ava still recommends incorporating some cardio sessions into your weekly exercise routine. "Bike intervals- that's the only thing I've found that took off the last fat on my legs and thighs. I couldn't do it with diet and training alone," says Ava.

**AVA'S CARDIO TIP:** "Change something every time you do cardio, i.e., the kind of machine, amount of time on the machine, intensity, or amount of days you do cardio." These small changes alone will boost your metabolism back into gear.

Bike intervals should be performed no more than three days per week. Ava suggests if you are going to do intervals in the early morning to definitely have your normal breakfast (moderate protein; moderate carbs; low fat) before your session.

Ava's breakfast: 5 egg whites, 1 slice of low-fat cheddar cheese and 2 slices of light style whole-wheat bread with butter spray.

Warm-Up	5 minutes
Intervals	45 seconds at 50 percent max Final 15 seconds of minute at 100 percent max effort
Cool-down	10 minutes spinning at 50 percent max effort
To Advance	Add 2 intervals every 2 weeks
# Of Days per Week	1-2