

## HIGH-INTENSITY FULL-BODY TRANSFORMATION PROGRAM

Scientific breakthroughs have showed that high-intensity training (HIIT) makes it possible to lose weight and improve muscle tone without spending hours in the gym. While this program is tough and demanding, it will turn up your metabolic furnace so that you become a fat-burning dynamo.

DAY	EXERCISE	SETS AND REPS OR TIME	
MONDAY	<b>1. HIGH-INTENSITY, INTERMITTENT EXERCISE</b>		
	ELLIPTICAL TRAINER OR STATIONARY BIKE	20-30 MINUTES	
	<b>2. HIGH-INTENSITY UPPER-BODY TRANSFORMATION WORKOUT</b>		
	SEATED DUMBBELL SHOULDER PRESS	2 SETS OF 10 REPS, 30 SEC REST	
	INCLINE MACHINE CHEST PRESS	2 SETS OF 10 REPS, 30 SEC REST	
	FLAT BENCH DUMBBELL FLYES	2 SETS OF 10 REPS, 30 SEC REST	
	HIGH PULLEY CABLE CROSSOVERS	2 SETS OF 10 REPS, 30 SEC REST	
	LATERAL RAISES, MACHINE	2 SETS OF 10 REPS, 30 SEC REST	
	CABLE KNEELING BENT LATERAL RAISES	2 SETS OF 10 REPS, 30 SEC REST	
	REVERSE-GRIP LAT PULLDOWNS	2 SETS OF 10 REPS, 30 SEC REST	
	ONE-ARM DUMBBELL ROW	2 SETS OF 10 REPS, 30 SEC REST	
	STRAIGHT-ARM PULLDOWNS	2 SETS OF 10 REPS, 30 SEC REST	
	TWO-ARM OVERHEAD DUMBBELL EXTENSIONS	2 SETS OF 10 REPS, 30 SEC REST	
	TRICEPS BENCH DIPS	2 SETS OF 10 REPS, 30 SEC REST	
	FLAT BENCH NARROW GRIP TRICEPS EXTENSIONS	2 SETS OF 10 REPS, 30 SEC REST	
	HAMMER CURLS	2 SETS OF 10 REPS, 30 SEC REST	
	CONCENTRATION CURLS	2 SETS OF 10 REPS, 30 SEC REST	
BARBELL CURLS	2 SETS OF 10 REPS, 30 SEC REST		
<b>3. STRETCHING</b>			
	DO STRETCHING EXERCISES FOR THE MAJOR MUSCLE GROUPS		
TUESDAY	<b>1. HIGH-INTENSITY LOWER-BODY TRANSFORMATION WORKOUT</b>		
	STEP-UPS WITH DUMBBELLS	3 SETS OF 10 REPS, 30 SEC REST	
	LUNGES (REVERSE)	3 SETS OF 10 REPS, 30 SEC REST	
	LEG EXTENSIONS	3 SETS OF 10 REPS, 30 SEC REST	
	STANDING HAMSTRING CURLS	3 SETS OF 10 REPS, 30 SEC REST	
	GLUTE/HAMSTRING SQUEEZES	3 SETS OF 10 REPS, 30 SEC REST	
	LOW PULLEY BUTT KICKBACKS	3 SETS OF 10 REPS, 30 SEC REST	
	HIP ABDUCTION OR PULLEY ABDUCTION	3 SETS OF 10 REPS, 30 SEC REST	
	SINGLE-LEG BRIDGES	3 SETS OF 10 REPS, 30 SEC REST	
	<b>2. AEROBICS</b>		
	CHOOSE AN EXERCISE: WALKING, JOGGING CYCLING, SWIMMING, GYM AEROBICS	60 MINUTES	
	<b>3. STRETCHING</b>		
		DO STRETCHING EXERCISES FOR THE MAJOR MUSCLE GROUPS	
WEDNESDAY	<b>SAME AS MONDAY</b>		
THURSDAY	<b>SAME AS TUESDAY</b>		
FRIDAY	<b>AEROBICS, 60 MINUTES. SEE TUESDAY</b>		
SATURDAY	<b>REST</b>		
SUNDAY	<b>REST</b>		