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Beauty Coach

Kathryn Pfender's

Weekly Workout Plan



Note: This is just to share with you where I started.  
Obviously check with your Physician before  
starting any workout plan!!

30 Minutes on Treadmill:

Minutes	Incline	Speed	Completed
3	3.0	3.4	3
1	6.0	3.6	4
1	9.0	3.6	5
1	12.0	3.4	6
1	15.0	3.4	7
1	3.0	3.0	8
1	3.0	5.0	9
1	3.0	3.0	10
1	3.0	3.6	11
1	6.0	3.6	12
1	9.0	3.6	13
1	12.0	3.4	14
1	15.0	3.4	15
1	3.0	3.0	16
1	3.0	5.0	17
1	3.0	3.0	18
1	3.0	3.6	19
1	6.0	3.6	20
1	9.0	3.6	21
1	12.0	3.4	22
1	15.0	3.4	23
1	3.0	3.0	24
1	3.0	5.0	25
3	3.0	3.0	28
2	0	2.0	30

### Example of Weekly Workout Plan

This is an example of where I started as a female beginner that had not worked out. If you are a female that has not worked out in more than 90 days but is otherwise in good health you might want to start here and adjust to heaviest weight you can complete 15 reps with. End each workout with 5-minute stretch routine. See website. Of course check with your physician before starting any workout plan.

#### Monday, Wednesday, Friday: Weight Training Days

Warm up on the elliptical for at least ten minutes also reaching the one mile and 100 calories burned goals.

Plank for a total of one minute to start (even if only a few seconds at a time). See website for proper form.

With weight training it is about getting in three sets of fifteen reps each even if starting with a low weight and gradually increase the weight as it becomes easier. See website for examples of each exercise listed below.

#### Monday – Upper Body

#### Wednesday – Core Strength

#### Friday – Lower Body

#### Tuesday, Thursday, Saturday: Cardio Days

The important thing to remember for your every other day of cardio is to walk a full 30 minutes even if starting out slowly and then build up to a speed that is increasingly more of a challenge as well as the incline until you are doing the routine outlined in the pocket card pictured to the right. Try to at least complete one mile.

Day	Cardio				Planks	Weight Training		
	Minutes	Machine	Miles	Calories	Reps x Minutes	Sets x Reps	Exercise	Weight
Monday	10	Elliptical	1	100	1x1	3x10	Push-ups	Angled
						3x15	Dumbbell Lateral Raises	3 lbs. ea.
						3x15	Dumbbell Forward Raises	3 lbs. ea.
						3x15	Dumbbell Bicep Curls	8 lbs. ea.
						3x15	Triceps Press	10 lbs.
						3x15	Pectoral Fly	25 lbs.
						3x15	Rear Deltoid	25 lbs.
						3x15	Chest Press	15 lbs.
						3x15	Lat Pull-Down	40 lbs.
						3x15	Assisted Pull-Ups	Body Weight
					5 min	5 minutes of Stretches	n/a	

Day	Cardio				Planks	Weight Training		
	Minutes	Machine	Miles	Calories	Reps x Minutes	Sets x Reps	Exercise	Weight
Tuesday	30	Treadmill	1.5	200	5 x 1	5 min	5 minutes of Stretches	n/a
Wednesday	10	Elliptical	1	100	1 x 1	7 min	Back Strengthening Routine	n/a
						2 x 15 ea.	Russian Twist w/Medicine Ball	4 lbs.
						2 x 15	Bosu Ball Crunches	n/a
						2 x 15 ea.	Bosu Ball Mountain Climbers	n/a
						2 x 15	Roman Chair Leg Raises	n/a
						2 x 15 ea.	Torso Rotation Machine	30 lbs.
						2 x 15	Abdominal Machine	30 lbs.
						2 x 15	Back Extensions	10 lbs.
						5 min	5 minutes of Stretches	n/a
Thursday	30	Treadmill	1.5	200	5 x 1 minute	5 min	5 minutes of Stretches	n/a
Friday	10	Elliptical	1	100	1 x 1	3 x 15	Squats w/Dumbbells	5 lbs. ea.
						3 x 15 ea.	Forward Lunges w/Dumbbells	5 lbs. ea.
						3 x 15 ea.	Lateral Lunges w/Dumbbells	5 lbs. ea.
						3 x 15 ea.	Donkey Kicks	n/a
						3 x 15 ea.	Fire Hydrant	n/a
						3 x 15	Glute Bridge	n/a
						3 x 15 ea.	Single-Leg Deadlift w/Dumbbells	5 lbs. ea.
						3 x 15 ea.	Glute Machine	40 lbs.
						3 x 15	Hip Adduction	30 lbs.
						3 x 15	Hip Abduction	40 lbs.
						3 x 15	Leg Extension	40 lbs.
					3 x 15	Seated Leg Curl	50 lbs.	
					3 x 15	Seated Leg Press	140 lbs.	
					5 min	5 minutes of Stretches	n/a	
Saturday	30	Treadmill	1.5	200	5 x 1	5 min	5 minutes of Stretches	n/a