

Lose a Turkey Challenge

Full body Workout

Routine instructions: Here's the flow of your workout.

1. Warmup: 5-10 min of treadmill or elliptical then perform stretches
2. RESISTANCE WORKOUT: Perform the exercises for the number of reps called for as listed. View the videos of exercised as necessary. WORK AT THE PROPER INTENSITY LEVEL. LET THE REPETITION RANGE DICTATE THE AMOUNT OF WEIGHT YOU WILL USE DURING THE SET. You should fatigue the 12 to 15 Repetitions on most exercises.
3. After each exercise rest the minimum amount of time needed (up to 60) before proceeding to the next exercise. Continue in this manner until all the exercises listed are completed. Rest for up to 2 minutes then repeat the circuit once more.
4. After completing 1-3 above proceed do 20 to 30 mins of cardio type exercise.
5. After your workout, be sure to stretch tight muscles only.

EXERCISE	SETS X REPS	VIDEO DEMONSTRATION
Warmup		
Treadmill or elliptical	5-10 minutes	
Hip flexor stretch chest stretch combo (Hold 12 seconds)	3 times each side	https://youtu.be/4rh0z97cf1Q
Strength Workout		
M11. Seated Leg Press	2x12-15	https://youtu.be/HzFEqXOU5UE
M? Glute Hamstring Developer	2x12-15	https://youtu.be/Qy3k7mNTV9g
M2. Push-ups (Regular or kneeling)	2x12-15	Regular https://youtu.be/AwmXJcOFJkM Knees https://youtu.be/KcJu2GcQlQA
M14. Seated Cable Row	2x12-15	https://youtu.be/FPnwp1h06Q8
Dumbbell Shoulder Press	2x12-15	https://youtu.be/3J3pvMG5gOc
M6. Seated Hi Pulldown	2x12-15	https://youtu.be/Y_UeowY43ew
M7. Dumbbell Bicep Curls-alternate	2x12-15	https://youtu.be/KCiQbhm4mE
OH Triceps Extension	2x12-15	https://youtu.be/WlcG9xnza1c
M8. Abdominal Reach	2x12-15	https://youtu.be/DNZimbCint8
M9. Superman	2x10	https://youtu.be/504vLQmlO2l
Cardio Exercise	20-30 minutes on treadmill	

COOLDOWN: Stretch all muscles worked