



The Three Day Metabolism Jump Start Program

I specifically designed the "THREE DAY" program for the person wanting to loose body fat who doesn't have a lot of time for a workout. This training program consist of training every other day with two days off at the end of each cycle. I.e., Monday, Wednesday & Friday would be training days with Saturday & Sunday as rest days. This program also includes aerobics to help speed up your metabolism, thus faster results.

Many women are concerned about losing extra weight on their lower body, therefore I recommend training the lower body parts twice a week and the upper body once a week, I.e., Monday - lower body, Wednesday - upper body & Friday - lower body. Below is a general workout program to help get you on the way to get you on the way to better health and physical shape.

DAY	BODY PART	MUSCLE GROUP	EXERCISE	SETS	REPS
Day 1-Monday	CHEST	Pectoralis	Vertical Chest Press	2	12-15
			Incline Press	2	12-15
	BACK	Latissimus Dorsi	Pull Down Front	2	12-15
			*Seated Rows	2	12-15
	SHOULDERS	Deltoids	*Military Press	2	12-15
			Trapezius	2	12-15
	ARMS	Biceps	*Curls	2	10-12
			Triceps	*Press Down	2
	LEGS	Quadriceps (Frontal Thigh)	Kick Backs	2	12-15
			*Extensions	2	12-15
			45° Leg Press	2	12-15
			*Leg Curls	2	12-15
	CALVES	Gastrocnemius	*Standing Toe Raise	2	15
	STOMACH	Abdominals	*Crunches w/Knee Bent	3	15
*Seated Leg Raises w/Knee Bent			2	10	
Wednesday	REPEAT DAY 1				
Friday	REPEAT DAY 1				
Saturday & Sunday	OFF DAYS				