

WORKOUT 1

On your 1st Orientation, your professional will take you through 5 different exercises. These exercises will be chosen to assess your core strength, overall flexibility, and stamina. This information will be used to design your fitness program. Your workout may be altered based upon the information gathered in Phase I.*

	REPS	WEIGHT	SEAT ADJUSTMENT
LEG PRESS			
STATIC LUNGE			
LEG EXTENSION			
LEG CURL			
STEP-UP OR BALL SQUAT			

CARDIO MACHINE

* Your professional fitness specialist may modify these exercises as appropriate given your individual wellness and fitness levels.

WORKOUT 2

The below workout is referred to as the **Basic 8**. It is designed and written to be a safe and effective workout for the total body. Your trainer will assist in this workout and document the information you will need to continue in the future. As with any workout, your body will eventually "plateau". When this occurs please ask a trainer for assistance. At Sweat PT we are always here to answer your questions.

	REPS	WEIGHT	SEAT ADJUSTMENT
CHEST PRESS			
TRICEPS EXTENSION			
LAT PULL DOWN			
SEATED ROW			
SHOULDER PRESS			
SIDE LATERAL RAISE			
BICEP CURL			
ABDOMINAL WORK			

CARDIO MACHINE

* Your professional fitness specialist may modify these exercises as appropriate given your individual wellness and fitness levels.

Please don't hesitate to contact the Sweat PT manager of your location for any questions or concerns about your personal fitness program.