

Description of Workout:

The 3 day-per-week whole body toning workout. This workout is designed for people who don't want to build up bulk but just want to tone and strengthen their muscles.

This workout would go well with an existing cardio or weight loss program. You can this workout on the same day or separate days to your cardio, it really doesn't matter.

This workout hits all major muscle groups over 3 days. The total time needed for the workout is about 1 hour or so.

Daily Workout Schedule:

Monday-Full Body Routine (Series 1)		
Full Body		
Exercise	Sets	Reps
45 Degree Leg Press	3	20
Seated Row	3	20
Chest Dip	2	15-20
Machine Shoulder Press	2	20
Cable Curl	2	20
Tricep Extension	2	20
Plank	3	1 minute

Tuesday: Rest Day

Wednesday - Full Body Routine (series 2)		
Full Body		
Exercise	Sets	Reps
Smith Machine Squat	3	20
Seated calf Raise	2	25
Lat Pull Down	3	20
Dumbbell Flys	3	20
Tricep Kickback	2	20
Standing Dumbbell Curl	2	20
Decline Sit Ups	2	MAX

Thursday: Rest Day

Friday- Full Body Routine (series 3)		
Full Body		
Exercise	Sets	Reps
Dumbbell Lunge	4	10 each leg
Wide Grip Pull Up	3	MAX
Barbell Bench Press	3	15-20
Standing Barbell Curl	3	15-20
Tricep Bench Dip	3	15
Horizontal Leg Raise	2	MAX