

3-Apple-A-Day Plan

12-Week Beginner's Exercise Program

Begin each exercise session with a five minute warm-up and stretch. Warming up includes walking in place or using your favorite cardio equipment, stepping, jumping jacks, twisting, arm circles. You get the idea! Follow your warm-up with light stretching. Rest between sets should be 60-90 seconds. The progression pace we have here assumes someone who has had little exercise experience.

This is just one idea for a simple 3-day-a-week plan. We list the number of sets for you to do before the number of repetitions for that set – (2 sets x 12 repetitions).

Repetitions (called, reps) - This refers to the number of times you actually move the weight through its full range of motion. You lift your child from the ground to overhead 10 times in a row before resting and you have performed 10 repetitions of “child presses”! We have your repetitions increasing as the weeks go by. You will also be increasing the amount of weight that you use. If you can complete your sets and repetitions with good form, increase your weight on your next workout by about 5%.

Sets - A set is a group of repetitions. You would normally rest after each set. We are recommending that you rest for only 60-90 seconds.

Weeks, Sets and Repetitions

Day & Exercise		Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-8	Weeks 9-10	Weeks 11-12
Monday	Squats	1x8	2x8	2x10	3x12	3x12	3x15
	Lunges	1x8	2x8	2x10	3x12	3x12	3x15
	Dumbbell Chest Press	1x8	2x8	2x10	3x12	3x12	3x15
	Triceps pushdowns	1x8	2x8	2x10	3x12	3x12	3x15
	Ab*-crunches	1x20	2x20	2x25	3x25	3x30	3x30
	Cardiovascular**	15 min	20 min	25 min	30 min	35 min	35 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min
Tuesday	Cardiovascular**	15 min	20 min	30 min	30 min	40 min	40 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min
Wednesday	Leg Press	1x8	2x8	2x10	3x12	3x12	3x15
	Leg Curls	1x8	2x8	2x10	3x12	3x12	3x15
	Lat Pull-downs	1x8	2x8	2x10	3x12	3x12	3x15
	Dumbbell Bicep Curls	1x8	2x8	2x10	3x12	3x12	3x15
	Reverse Crunch (Abs)	1x20	2x20	2x25	3x25	3x30	3x30
	Cardiovascular**	15 min	20 min	25 min	30 min	30 min	35 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min
Thursday	Cardiovascular**	15 min	20 min	30 min	30 min	40 min	40 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min
Friday	Squats	1x8	2x8	2x10	3x12	3x12	3x15
	Lunges	1x8	2x8	2x10	3x12	3x12	3x15
	Overhead Press	1x8	2x8	2x10	3x12	3x12	3x15
	Push-ups	1x5	2x8	2x10	3x12	3x12	3x15
	Ab*-crunches	1x20	2x20	2x25	3x25	3x30	3x30
	Cardiovascular**	15 min	20 min	25 min	30 min	30 min	35 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min
Saturday & Sunday	Cardiovascular**	15 min	20 min	30 min	30 min	40 min	40 min
	Stretch	5 min	5 min	5 min	5 min	5 min	5 min

*Ab (Abdominal) crunches

**Cardiovascular training can be walking, cycling, running, jumping jacks or rope, stair climbing, exercise videos or other cardiovascular exercise machines at the gym.

Ask a Trainer for proper demonstration of exercises or other exercise programs. You may get different recommendations from a trainer. That's okay, trainers have good reasons for their recommendations!

Consult your physician before beginning any exercise program.