



Fight the 15 Challenge Training Program

Week One

Day 1 : **Resistance Training #1**

Day 2: Cardio x 20-30 minutes

Day 3: Active rest

Day 4: **Resistance Training #2**

Day 5: Cardio x 20-30 minutes

Day 6: Active Rest

Day 7: REST

Notes

- Select a weight appropriate for the designated repetition weight. If the weight is too light for the designated reps, increase the weight!
- Rest 60 Seconds Between Rounds (a little longer if you need it)
- Cardio: Moderate intensity (5 or 6 on an exertion scale of 1-10)
Mode: Stationary bike, treadmill walk, elliptical, stair stepper, rowing machine, aerobics class, you choose!)

Day One

Warm up: 5-10 minutes bike or walking

Rest 30-60 seconds between sets

- Db or stability ball squats x 15 reps x 2 sets
 - Seated row machine x 15 reps x 2 sets
 - Seated chest press x 12 reps x 2 sets
 - Stationary lunge x 15 reps each leg x 2 sets
 - Db lateral raise x 15 reps x 2 sets
 - Tricep bench dips x 15 reps x 2 sets

Core: Crunches (feet on ball or feet flat on floor) x 20 reps / Superset with Ab crunch hold x15-30 seconds x 3 sets

Day Two

Warm up: 5-10 minutes elliptical or rowing machine

Rest 30-60 seconds between sets

Warm up: body weight squats x 20 reps x 2 sets

Leg press x 15 reps x 2 sets

Push ups (regular or modified) x 10 reps x 2 sets

Wide grip lat pulldown x 12 reps x 2 sets

Db shoulder press x 12 reps x 2 sets

Seated hamstring curl machine x 15 reps x 2 sets

Db bicep curls x 12 reps x 2 sets

Core: Reverse crunches x 20 reps / superset with Alternating quadriped reach x 10 reps x 3 sets

