

6 week fitness plan essay



Diana is a 38 year old mother of 4, who would like to start losing some body fat before her sister's wedding. She has set goals to lose at least 2 percent body fat and 10 pounds in the next 6 weeks. Diana does not have any injuries, but has not exercised regularly for ten years. She does not have a job, but works to raise her 4 children, ages 8, 10, 14, and 15. She just recently joined LA fitness, which is one mile away, and does not have any exercise equipment. The goal for Diana for her first week is to build up her cardio and increase muscular strength.

The muscles that are being targeted are her quadriceps, gastrocnemius, biceps, and triceps. Rest days are Sunday, Tuesday, Thursday, and Saturday.

Week 1: Monday Warm Up: Slowly jog to LA fitness (one mile). Leg and Arm Stretches.

Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Hamstrings, Quadriceps, and Gastrocnemius| Barbell Lunges| 3| 10 reps @ 10 pounds| 8 reps @ 15 pounds| 6 reps @ 20 pounds| Hamstrings, Quadriceps, and Gastrocnemius| Barbell Squats| 3| 10 reps @ 10 pounds| 8 reps @ 15 pounds| 6 reps @ 20 pounds| Biceps| Modified Pull-Ups| 3| 4 reps| 8 reps| 12 reps| Biceps| Hammer Curl| 3| 5 reps @ 20 pounds| 10 reps @ 15 pounds| 15 reps @ 10 pounds| Biceps| Alternate Hammer curls| 3| 5 reps @10 pounds| 10 reps @ 15 pounds| 15 reps @ 20 pounds| Cool Down: Leg and Arm Stretches. Walk home from LA fitness (one mile)Week 1: Wednesday Warm Up: Jog to LA fitness (one mile). Leg and Arm stretches.

Muscle| Exercise| Laps per set| Time 1 | Time 2| Time 3| Gastrocnemius and Quadriceps| Jogging| 2| 6: 42| 6: 23| 6: 36| Muscle| Exercise| Sets of Zumba|

Time for set 1| Time for set 2 | Time for set 3| Triceps, Biceps, and Quadriceps| Dancing Zumba| 3| 10: 55| 11: 37| 11: 04| Muscle| Exercise| Laps per set| Time 1 | Time 2| Total 3| Gastrocnemius and Quadriceps| Walking| 1| 5: 13| 5: 21| 5: 34| Cool down: Leg and Arm Stretches. Week 1: Friday Warm Up: Leg and Arm Stretches. Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Biceps| Concentration Curls (right arm)| 3| 3 reps @ 10 pounds| 6 reps @ 15 pounds| 9 reps @ 20 pounds| Biceps| Concentration Curls (left arm)| 3| 3 reps @ 10 pounds| 6 reps @ 15 pounds | 9 reps @ 20 pounds| Gastrocnemius | Seated Calf Raise| 3| 5 reps @ 10 pounds| 10 reps @ 15 pounds| 15 reps @ 15 pounds| Quadriceps| Double Leg Butt Kick| 3| 10 reps| 15 reps| 20 reps| Gastrocnemius and Quadriceps| Barbell Split Side Squat| 3| 6 reps @ 15 pounds| 12 reps @ 15 pounds| 18 reps @ 20 pounds| Cool Down: Leg and Arm stretches. 0 minute walk. Diana progression has been remarkable and her muscle endurance is starting to increase. Her running and walking times need a little bit of work though, so next week she will work on Cardiovascular Endurance so she can improve her running and walking times. Diana has been eating healthy recently ever since she started working out. Diana has lost a pound or two since she started her workouts and has been eating healthier.

This week, Diana goal is to improve her cardiovascular endurance and continue to work on her muscular endurance. Her target muscles for this week are her Gastrocnemius, Quadriceps, Abdominals, and Deltoids. Week 2: Monday Warm Up: Walk to LA fitness. Leg stretches. Muscle| Exercise| Sets| Set 1 time | Set 2 time| Total time| Gastrocnemius and Quadriceps| Running the mile| 1 set= 1 lap| 3: 10| 3: 24| 6: 34| Gastrocnemius and Quadriceps|

Running the Mile | 1 set = 2 laps| 5: 36| 5: 52| 11: 28| Cool Down: Walk for 12 minutes. Leg stretches. Week 2: Wednesday Warm Up: Arm stretches
Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Abdominals| Air Bikes| 3| : 30| : 40| : 55| Abdominals| Russian Twists| 3| : 15| : 35| : 50| Abdominals and Deltoids| Barrel Ab Rollouts| 3| 6 reps| 9 reps| 12 reps| Deltoids| Cable Rope Rear-Delt Rows| 3| 7 reps @ 10 pounds| 14 reps @ 12 pounds| 21 reps @12 pounds| Cool Down: Arm Stretches.

Week 2: Friday Warm Up: Walk to LA fitness (one mile). Leg Stretches.
Muscle| Exercise| Sets| Set 1 | Set 2| Total Time:| Gastrocnemius and Quadriceps| Running | 2sets= 1 laps| 2: 56| 3: 03| 5: 59| Gastrocnemius and Quadriceps| Running the mile| 2 sets= 2 laps| 5: 12| 4: 56| 10: 08| Cool Down: Leg stretches. Walk home from LA fitness (one mile). Diana's progression this week on her cardio has definitely improved from 11: 45 to 11: 28, then to 10: 08. Diana continues to eat healthy and occasionally rewards herself with a little bit of ice cream and a few cookies, but still controls her healthy diet.

For these first two weeks, in total, Diana has lost 4 ? pounds. These first two weeks made Diana a little bit sore, so she wants to do some flexibility along with cardio for her third week. For Diana's third week, she wants to focus on a little bit of Flexibility, Cardiovascular Endurance, and Muscular Endurance. The targeted muscles are Quadriceps, Gastrocnemius, Hamstrings, and the Latissimus Dorsi. Week 3: Monday Warm Up: Lower back and Hamstring stretches. Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Hamstrings| The Straddle| 3| : 30| : 50| 1: 10| Latissimus Dorsi| Side-Lying Floor Stretch| 3| 10 reps| 15 reps| 20 reps| Hamstrings| World's Greatest Stretch| 3| 7 reps| 14
<https://assignbuster.com/6-week-fitness-plan-essay/>

reps| 21 reps| Latissimus Dorsi| Chair Lower Back Stretch| 3| 10 reps| 20
 reps| 30 reps| Cool Down: Lower back and Hamstring stretches. Week 3:
 Wednesday Warm Up: Leg stretches.

Walk to LA fitness (one mile). Muscle| Exercise| Sets| Set 1| Set 2| Total
 time:| Gastrocnemius and Quadriceps| Running| 2 sets= 1 lap| 2: 34| 2: 31|
 5: 05| Gastrocnemius and Quadriceps| Running the mile| 2 sets= 2 laps| 4:
 29| 4: 36| 9: 05| Cool Down: Leg Stretches. Walk home from LA fitness (one
 mile). Week 3: Friday Warm Up: Arm and Back stretches. Muscle| Exercise|
 Sets| Set 1| Set 2| Set 3| Latissimus Dorsi| Underhand Cable Pull downs| 3|
 10 reps @ 12 pounds| 15 reps @ 12 pounds| 20 reps @ 14 pounds|
 Hamstrings| Front Box Jump| 3| 5 reps| 10 reps| 15 reps| Latissimus Dorsi|
 Pull ups| 3| 7 reps| 14 reps| 21 reps| Hamstrings| Hurdle Hops| 3| 10 reps| 20
 reps| 35 reps| Cool Down: Arm and Back stretches. Diana's progression has
 greatly improved and her mile times are much faster than what she started
 with 3 weeks ago. She works really hard on trying to lose those ten pounds
 and she is more than halfway done with her goal. Hopefully, she will lose ten
 pounds by the end of six week, and maybe ever more.

Diana has lost a total of 7 pounds. Again, Diana's diet continues to be
 healthy and has officially quit junk food from her diet until she can control he
 dietary habits. For Diana's fourth week, she will be focusing on
 cardiovascular endurance and a little bit of muscular endurance because she
 feels confident that her mile times have improved and cardio is one of the
 best ways to lose weight fast.

Her targeted muscles for this week are going to be her Gastrocnemius, Quadriceps, Biceps, and Triceps. Week 4: Monday Warm Up: Walk to LA fitness (one mile). Leg stretches. Muscle| Exercise| Sets | Set 1| Set 2| Total Time:| Gastrocnemius and Quadriceps| Running | 2 sets = 1 lap| 2: 33| 2: 59| 5: 32| Gastrocnemius and Quadriceps| Running the Mile| 2 sets = 2 laps| 4: 25| 4: 22| 8: 47| Cool Down: Leg stretches. Walk home from LA fitness (one mile). Week 4: Wednesday Warm Up: Arm stretches.

Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Biceps| Dumbbell Bicep Curl| 3| 10 reps @ 15 pounds| 15 reps @ 20 pounds| 20 reps @ 20 pounds| Triceps| Cable Rope Overhead Triceps| 3| 5 reps @ 15 pounds | 10 reps @ 20 pounds| 15 reps @ 25 pounds| Biceps| Preacher Curls| 3| 10 reps @ 15 pounds| 15 reps @ 20 pounds| 20 reps @ 20 pounds| Triceps| Parallel Bar Dip| 3| 7 reps | 14 reps| 21 reps| Cool Down: Arm stretches. Week 4: Friday Warm Up: Walk to LA fitness (one mile). Leg stretches. Muscle| Exercise| Sets| Set 1 | Set 2| Total Time:| Gastrocnemius and Quadriceps| Running| 2 sets = 1 lap| 3: 21| 3: 19| 6: 40| Gastrocnemius and Quadriceps| Running the mile| 2 sets = 2 laps| 5: 32| 5: 40| 11: 12| Cool Down: Leg stretches. Walk home from LA fitness (one mile).

Diana's progression on Monday has improved her running and her muscular endurance is very well, but by the end of the week, Diana got slower and her times were slightly back to the way they started. She claimed that she hasn't been eating right the day before and was not staying hydrated. Fortunately, she has lost a total of eight pounds over four weeks.

Diana's goal for her fifth week is to regain her mile time from the previous week, which is cardiovascular endurance, and maintain her muscular endurance. The muscles targeted for this week are Gastrocnemius, Quadriceps, Pectorals, and abdominals. Week 5: Monday Warm Up: Walk to LA fitness (one mile). Leg stretches.

Muscles| Exercise| Sets| Set 1| Set 2| Total time:| Gastrocnemius and Quadriceps| Running| 2 sets = 1 lap| 3: 09| 2: 38| 5: 47| Gastrocnemius and Quadriceps| Running the mile| 1 set = 2 laps| 4: 27| 4: 33| 9: 00| Cool Down: Leg stretches. Walk home from LA fitness (one mile). Week 5: Wednesday Warm Up: Arm stretches. Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Pectorals| Butterfly| 3| 6 reps @ 10 pounds| 9 reps @ 15 pounds| 12 reps @ 15 pounds| Pectorals| Decline Push-Up| 3| 5 reps| 10 reps| 15 reps| Abdominals| Ab crunch machine| 3| 10 reps @ 10 pounds| 15 reps @ 10 pounds| 20 reps @ 15 pounds| Abdominals| Cable Reverse crunch| 3| 5 reps| 10 reps| 15 reps| Cool down: 10 minute walk. Arm stretches. Week 5: Friday Warm up: Walk to LA fitness (one mile). Leg stretches.

Muscle| Exercise| Sets| Set 1| Set 2| Total Time:| Gastrocnemius and Quadriceps| Running| 1 set = 1 lap| 2: 31| 2: 47| 5: 18| Gastrocnemius and Quadriceps| Running the mile| 1 set = 2 laps| 4: 31| 4: 28| 8: 59| Cool Down: Leg stretches. Walk Home from LA fitness (one mile). Diana has been working hard over the last few weeks and had improved in her running once again and will try to maintain that along with her muscular endurance, which is an accomplishment too. Diana had lost a total of 8 ? pounds and is almost at her goal weight of 140.

If she can pull off her last week of her fitness plan, she will successfully reach her goal. Diana's last goal for this week is to keep maintaining her muscular endurance and cardiovascular endurance. Her targeted muscles are her Abdominals, Obliques, Gastrocnemius, and Quadriceps. Week 6: Monday Warm Up: Side stretches and arm stretches. Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Obliques| Seated Cable rolls| 3| 10 reps @ 10 pounds| 15 reps @ 15 pounds| 20 reps @ 15 pounds| Obliques| Alternating Kettlebell row| 3| 7 reps @ 10 pounds| 14 reps @ 15 pounds| 21 reps at 15 pounds| Abdominals| Alternate Heel Touchers| 3| 10 reps | 20 reps| 30 reps| Abdominals| Barbell Ab Rollout| 3| 5 reps | 10 reps| 15 reps| Cool Down: 10 minute walk.

Arm stretches. Week 6: Wednesday Warm Up: Walk to LA fitness (one mile).

Leg stretches. Muscle| Exercise| Sets | Set 1| Set2| Total Time:|

Gastrocnemius and Obliques| Running| 1 set= 1 lap| 2: 29| 2: 36| 5: 05|

Gastrocnemius and Obliques| Running the mile| 1 set = 2 laps| 4: 40| 4: 23|

9: 03| Cool Down: Leg stretches. Walk home from LA fitness (one mile). Week

6: Friday Warm up: Arm stretches.

Muscle| Exercise| Sets| Set 1| Set 2| Set 3| Deltoids| Bent Over Two-Dumbbell

Row With Palms In| 3| 6 reps @ 10 pounds| 9 reps @ 15 pounds| 12 reps @

15 pounds| Abdominals| Bent-Knee hip Raise| 3| 10 reps| 15 reps| 20 reps|

Abdominals| Butt-Ups| 3| : 30| : 40| : 55| Cool Down: Arm stretches. Diana

has finally reached her goal and lost 10 pounds. Her hard work and

dedication had paid off and she will look stunning at her sister's wedding. It

may have led to the point where it was all sweat and tears, but Diana knew

that she could pull it off.

The 2 percent of body fat that she had? Gone. A healthy lifestyle will lead her in a happy life.