

## **30 Minute “Blitz” (Female)**

This program is designed to target the entire body and is excellent when there is a shortage of time. It is best to NOT do resistance training on the days before or after the Blitz program. Cardio however is allowed on the days before or after this program. The Blitz workout may be performed every other day or in place of a longer routine when time is limited. It is excellent for firming and overall conditioning as well as building good muscular endurance.

Warm-up: Perform one (1) set of each of the following with a light weight:

|                 |         |
|-----------------|---------|
| Chest Press (5) | 15 reps |
| Mid Row (6)     | 15 reps |
| Knee Ext. (1)   | 15 reps |
| Ball Crunch     | 20 reps |

Use the following to reference the amount of weight to use for each movement in the program.

Light Weight = a weight you can lift **20 to 25** times with good form  
Moderate Weight = a weight you can lift **15 to 20** times with good form  
Heavier Weight = a weight you can lift at least **10** times but less than **15**  
***IMPORTANT!*** *Lifting a weight so heavy that fewer than 8 reps can be performed in strict form increases the likelihood of strains, pulls and possible tendon or ligament rupture.*

Follow the program guidelines closely. Each movement should take no more than 3 minutes to complete. The only rest between movements is the amount of time necessary to move to the next station. Each machine’s number is listed in parenthesis following the movement.

|                        |   |
|------------------------|---|
| <u>Chest Press (5)</u> | 15-20 reps (moderate weight)<br>(rest 10 seconds)<br>10-15 reps (heavier weight)<br>(rest 10 seconds)<br>15-20 reps (moderate weight) |
| <u>Mid Row (6)</u>     | 15-20 reps (moderate weight)<br>(rest 10 seconds)<br>10-12 reps (heavier weight)<br>(rest 10 seconds)<br>15-20 reps (moderate weight) |
| <u>Knee Ext. (1)</u>   | 15-20 reps (moderate weight)<br>(rest 15 seconds)<br>10-15 reps (moderate weight)<br>(rest 15 seconds)                                |

20-25 reps (light weight)

Hamstring Curl (1) 15-20 reps (moderate weight)  
(rest 15 seconds)  
10-15 reps (heavier weight)  
(rest 15 seconds)  
15-20 reps (moderate weight)

Rear Delt (7) 15-20 reps (moderate weight)  
(rest 10 seconds)  
10-15 reps (heavier weight)  
(rest 10 seconds)  
20-25 reps (light weight)

Outer Thigh or Glute (3 or 4) 15-20 reps (moderate weight)  
(rest 10 seconds)  
15-20 reps (moderate weight)  
(rest 10 seconds)  
20-25 reps (light weight)

*If using the Glute Machine there will be no rest time as you move immediately from one side to the other*

Inner Thigh or Plie' (3 or FW) 15-20 reps (moderate weight)  
(rest 10 seconds)  
15-20 reps (moderate weight)  
(rest 10 seconds)  
20-25 reps (light weight)

*Notice: For this last circuit no rest time is allowed. Ab Crunch may be substituted with Stability Ball Crunch. Back Extension Machine may be substituted with Hyperextensions w / weight plate on chest.*

Ab Crunch Machine (9) 15-20 reps (moderate weight)  
Back Ext. Machine (9) 15-20 reps (moderate weight)  
Ab Crunch Machine (9) 15-20 reps (moderate weight)  
Back Ext. Machine (9) 15-20 reps (moderate weight)

Cardio (your choice) remaining time available @ 55-65% MHR