

INSPIRE FITNESS BEGINNER PROGRAM							
DAY 1 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DB BENCH PRESS	3X15	INCLINE DB PRESS	3X15	DB BENCH PRESS	4X12-15	INCLINE DB PRESS	4X12-15
CABLE ROWS	3X15	LATERAL PULLDOWN	3X15	CABLE ROWS	4X12-15	LATERAL PULLDOWN	4X12-15
DB SHOULDER PRESS	3X15	DB LATERAL RAISE	3X15	DB SHOULDER PRESS	4X12-15	DB LATERAL RAISE	4X12-15
DB FRONT RAISE	3X15	ARNOLD PRESS	3X15	DB FRONT RAISE	4X12-15	ARNOLD PRESS	4X12-15
CABLE CURLS	3X15	DB CURL	3X15	CABLE CURLS	4X12-15	DB CURL	4X12-15
TRICEP ROPE PRESSDOWN	3X15	DB TRICEP KICKBACK	3X15	TRICEP ROPE PRESSDOWN	4X12-15	DB TRICEP KICKBACK	4X12-15
CARDIO	20 MIN		20 MIN		30 MIN		30 MIN
DAY 2 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
SMITH MACHINE SQUAT	3X15	STR LEG DEADLIFT	3X15	SMITH MACHINE SQUAT	4X12-15	STR LEG DEADLIFT	4X12-15
LYING HAMSTRING CURL	3X15	VERTICAL LEG PRESS	3X15	LYING HAMSTRING CURL	4X12-15	VERTICAL LEG PRESS	4X12-15
STANDING CALF RAISE	3X15	ONE LEG CALF RAISE	3X15	STANDING CALF RAISE	4X12-15	ONE LEG CALF RAISE	4X12-15
DB LUNGES	3X15	BACKWARDS LUNGES	3X15	DB LUNGES	4X12-15	BACKWARDS LUNGES	4X12-15
CABLE HIP EXTENSION	3X15	DB SQUATS	3X15	CABLE HIP EXTENSION	4X12-15	DB SQUATS	4X12-15
CABLE HIP ABDUCTION	3X15	SEATED LEG EXTENSION	3X15	CABLE HIP ABDUCTION	4X12-15	SEATED LEG EXTENSION	4X12-15
CARDIO	20 MIN		20 MIN		30 MIN		30 MIN
DAY 3 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN
4 ROUNDS 45 SEC ON/20 OFF		AMRAP X20 MIN		4 ROUNDS		RUN .500 MILE	
PUSHUPS		200 METER RUN (.125)		400 METER RUN (.250)		25 BROAD JUMPS	
BURPEES		20 MOUNTAIN CLIMBERS		10 DB POWER CLEANS		25 BURPEES	
SQUAT JUMPS		20 TWISTING MOUNTAIN CLIMBERS		10 DB PUSH PRESSES		25 PUSHUPS	
BOX JUMPS		10 V-UP SITUPS		20 JUMPING JACKS		RUN .500 MILE	
PLANKS	3X30 SEC	PLANKS	3X30 SEC	PLANKS	3X45 SEC	PLANKS	3X45 SEC
T-RAISE HOLD RIGHT	3X30 SEC	T-RAISE HOLD RIGHT	3X30 SEC	T-RAISE HOLD RIGHT	3X45 SEC	T-RAISE HOLD RIGHT	3X45 SEC
T-RAISE HOLD LEFT	3X30 SEC	T-RAISE HOLD LEFT	3X30 SEC	T-RAISE HOLD LEFT	3X45 SEC	T-RAISE HOLD LEFT	3X45 SEC

SUPERSETS-HIGHLIGHTED