



Your Complete Full-Body Exercise Program for Success in 2015

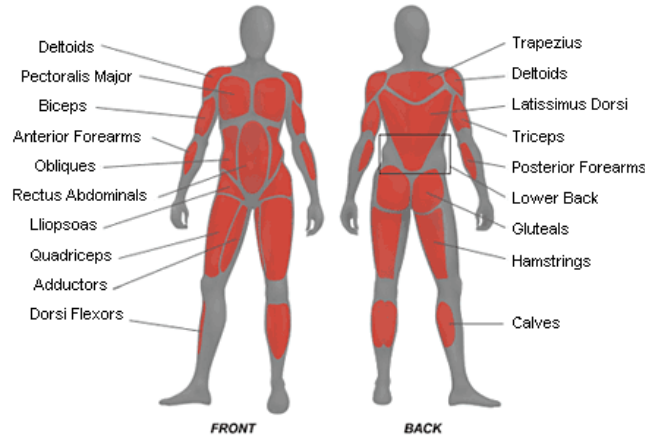


Diagram via www.exercisefortheobese.com

Day One: Legs (*quadriceps/hamstrings/glutes/adductors*)/Abs

- Extra wide sumo squat (Plie squat)
- Calve raises
- Step-back lunges
- Tuck crunch (timed: at least 30 seconds)
- Normal squat
- Calve raises (again)
- Weighted walking lunges
- Leg holds (timed: at least 30 seconds)

Day Two: Chest (*pectoralis major and minor*)/Triceps/Abs

- Dumbbell bench press
- Pushups
- Overhead tricep extension
- Incline butterflies
- Planks (timed: at least 30 seconds)
- Toe touches (timed: at least 30 seconds)
- Overhead tricep extension (4 sets of one minute)
- Dumbbell bench press burnout (4 sets each a burnout)

Day Three: Shoulders (*deltoids*)/Traps/Abs

- Arnold press
- Alternating side/front delt raises
- Reverse butterflies for rear delts
- Dumbbell shrug
- Shoulder press dumbbell
- Supermans
- Mt. Climbers (timed: at least 30 seconds)
- Dumbbell shrug (again)

Day Four: Back (*Latissimus dorsi*)/ Biceps/Abs

- Bent over row with platform
- Hammer curl
- Bent-over rows standing
- Pull-ups if available
- Dumbbell Pullover
- Normal Bicep Curl
- Tic-tocs (timed: at least 30 seconds)
- Crunches (timed: at least 30 seconds)