

I've created these "Express Workouts" to give people an option for a quick yet highly effective workout. There are 15 workouts altogether, each under 10 minutes!

In this program you will find Cardio workouts, Strength/Calorie Burn workouts, Core workouts and Sculpting workouts that target different muscle areas allowing you to focus on the body parts you wish to work on the most.

Though it is resistance training that will sculpt your body, it is very important to add the Aerobic element into the program to help maximize fat burn, strengthen the heart and improve lung capacity.

When combined together these Express Workouts are made to help you get the best possible results in the least amount of time!

In no time you will be able to climb a flight of stairs without getting winded and chase down your kids without having to take a break on the park bench!

The suggested 10 week progressive workout schedule is balanced between Strength/Sculpting exercises, Aerobic exercises and stretching. The workout schedule is given here as a guideline that will show you how you can best progress from one week to the next.

You can also customize your own workout plan by adding or subtracting specific workouts from the program so that you can meet your own individual fitness goals.

The program also includes a warm up and a cool down that you should incorporate at the start and end of any of the other workouts.

Have fun!

Gilad's 8 Week Progressive Workout Chart - Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Wk 1 Cardio Wk 8 Buns/thighs	Wk 10 - Back Wk 11 Core f.	Wk 1 Cardio Wk 11 Shoulders	Wk 7 core Wk 12 Chest	Wk 4 Dynamic M wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs	Rest
Week 2	Wk 1 Cardio Wk 8 Buns/thighs	Wk 10 - Back Wk 11 Core f.	Wk 1 Cardio Wk 11 Shoulders	Wk 7 core Wk 12 Chest	Wk 4 Dynamic M wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs	Rest
Week 3	Wk 1 Cardio Wk 8 buns/thighs	Wk 4 Dynamic M Wk 10 Back Wk 6 core F	Wk 2 Cardio Wk 11 Shoulders	Wk 7 Core C Wk 12 Chest Wk 3 Strength/Bal.	Wk 4 Dynamic M Wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs Wk 6 Core F	Rest
Week 4	Wk 1 Cardio Wk 8 buns/thighs	Wk 4 Dynamic M Wk 10 Back Wk 6 core F	Wk 2 Cardio Wk 11 Shoulders	Wk 7 Core C Wk 12 Chest Wk 3 Strength/Bal.	Wk 4 Dynamic M Wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs Wk 6 Core F	Rest
Week 5	Wk 1 Cardio Wk 8 Buns/thighs Wk 5 Compound	Wk 4 Dynamic M Wk 10 Back Wk 7 Core C	Wk 2 Cardio Wk 11 Shoulders	Wk 6 Core F Wk 12 Chest wk 3 Strength	Wk 4 Dynamic M Wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs wk 7 Core C	Rest
Week 6	Wk 1 Cardio Wk 8 Buns/thighs Wk 5 Compound	Wk 4 Dynamic M Wk 10 Back Wk 7 Core C	Wk 2 Cardio Wk 11 Shoulders	Wk 6 Core F Wk 12 Chest wk 3 Strength	Wk 4 Dynamic M Wk 13 Arms	Wk 1 Cardio Wk 9 Hips/thighs wk 7 Core C	Rest
Week 7	Wk 2 Cardio Wk 6 Core F Wk 5 compound	Wk 4 Dynamic M Wk 10 Back Wk 8 Buns/thighs	Wk 1 Cardio Wk 11 Shoulders Wk 7 Core C	Wk 3 Strength B Wk 12 Chest Wk 6 Core F	Wk 4 Dynamic M Wk 13 Arms Wk 5 Compound M	Wk 2 Cardio Wk 9 Hips/thighs Wk 7 Core	Rest
Week 8	Wk 2 Cardio Wk 6 Core F Wk 5 compound	Wk 4 Dynamic M Wk 10 Back Wk 8 Buns/thighs	Wk 1 Cardio Wk 11 Shoulders Wk 7 Core C	Wk 3 Strength B Wk 12 Chest Wk 6 Core F	Wk 4 Dynamic M Wk 13 Arms Wk 5 Compound M	Wk 2 Cardio Wk 9 Hips/thighs Wk 7 Core	Rest

Gilad's 8 Week Progressive Workout Chart - Intermediate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	WO 1 Cardio WO 3 Strength WO 8 Buns & Thighs	WO 10 Back WO 4 Dynamic moves WO 6 Core	WO 2 Cardio WO 11 Shoulders	WO 7 Core WO 12 Chest	WO 4 Dynamic moves WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs	
Week 2	WO 1 Cardio WO 3 Strength WO 8 Buns & Thighs	WO 10 Back WO 4 Dynamic moves WO 6 Core	WO 2 Cardio WO 11 Shoulders	WO 7 Core WO 12 Chest	WO 4 Dynamic moves WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs	
Week 3	WO 2 Cardio WO 3 Strength WO 8 Buns & Thighs	WO 4 Dynamic moves WO 10 Back WO 7 Core	WO 1 Cardio WO 11 Shoulders	WO 6 Core WO 12 Chest	WO 4 Dynamic moves WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs	
Week 4	WO 2 Cardio WO 3 Strength WO 8 Buns & Thighs	WO 4 Dynamic moves WO 10 Back WO 7 Core	WO 1 Cardio WO 11 Shoulders	WO 6 Core WO 12 Chest	WO 4 Dynamic moves WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs	
Week 5	WO 2 Cardio WO 5 Compound WO Buns & Thighs	WO 4 Dynamic moves WO 10 Back WO 7 Core	WO 1 Cardio WO 11 Shoulders WO 3 Strength	WO 6 Core WO 12 Chest	WO 4 Dynamic WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs WO 7 Core	
Week 6	WO 2 Cardio WO 5 Compound WO Buns & Thighs	WO 4 Dynamic moves WO 10 Back WO 7 Core	WO 1 Cardio WO 11 Shoulders WO 3 Strength	WO 6 Core WO 12 Chest	WO 4 Dynamic WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs WO 7 Core	
Week 7	WO 1 Cardio WO 5 Compound WO 8 Buns & Thighs	WO 2 Cardio WO 10 Back WO 7 Core	WO 4 Dynamic moves WO 11 Shoulders WO 3 Strength Back	WO 1 Cardio WO 6 Core F WO 12 Chest	WO 4 Dynamic WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs WO 7 Core C	
Week 8	WO 1 Cardio WO 5 Compound WO 8 Buns & Thighs	WO 2 Cardio WO 10 Back WO 7 Core	WO 4 Dynamic moves WO 11 Shoulders WO 3 Strength Back	WO 1 Cardio WO 6 Core F WO 12 Chest	WO 4 Dynamic WO 5 Compound WO 13 Arms	WO 2 Cardio WO 9 Hips & Thighs WO 7 Core C	

There are 4 basic workout styles in the 10 week program:

1. Aerobic exercises to help burn off excess fat (workouts 1 and 2)
2. Strength training moves that focus on two or more muscle groups per exercise (workouts 3-5)
3. Core exercise to flatten the tummy and work the entire mid section and extensor muscles (workouts 6 and 7).
4. Toning exercises that focus on specific body parts (workouts 8-13)

CARDIO

- Workout 1 Cardio Basic** This workout includes a combination of low impact favorites like grapevines, forward and back steps and light kick boxing moves that will burn calories without impacting your joints.
- Workout 2 Cardio Challenge** This workout will get your heart pumping with easy-to-follow kickboxing moves that will challenge your muscles and build your stamina.

STRENGTH/CALORIE BURN

- Workout 3 Strength and Balance** This workout uses isometric and balancing moves to strengthen your lower body, mid-section and upper body.
- Workout 4 Dynamic Moves** This invigorating workout uses moves like discus throws, hammer throws and thigh flexes to build explosive strength and burn fat.
- Workout 5 Compound strength** This workout Strengthens and tones your entire body with exercises that combine two or more muscle groups at a time, like lunges combined with shoulder presses, and triceps extensions combined with calf raises.
- A set of light hand weights recommended (1-5 lbs for the beginner and 5-10 lbs for the intermediate)

CORE

- Workout 6 Core Foundations** Work your core with a combination of crunches, oblique turns, back strokes and roll up moves that will strengthen your abdomen oblique and lower back,
- A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)
- Workout 7 Core Challenge** Firm your entire abdomen area, lower back and extensor muscles, with a variety of Pilates based exercises that include concentrated leg lifts, shoulder bridges and half roll-ups,
- A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)

SCULPTING

- Workout 8 Buns and Thighs** Get your lower body "bathing suit-ready" with a combination of squats, lunges, plyometric moves and buttocks lifts that will tone your thighs and buns.
- Workout 9 Hips and Thighs** Shrink and firm your hips and lengthen your outer and inner thighs with abduction and adduction exercises that include straddle lunges and outer and inner thigh lifts.
- A single light hand weight recommended (1-3 lbs for the beginner and 3-5 lbs for the intermediate)
- Workout 10 Back** Sculpt your back and improve your posture with a series of standing exercises such as lat pulls, bent-over rows, dead lifts and one arm pulley rows.
- Two sets of light hand weights recommended (a light set 1-5 lbs and a heavier set 5-10 lbs)
- Workout 11 Shoulders** Shape and strengthen your shoulders including your posterior, anterior and middle deltoids, through a series of exercises that include rotator calf extensions, lateral raises, shoulder presses and one arm concentrated flies
- Two sets of light hand weights recommended (a light set 1-5 lbs and a heavier set 5-10 lbs)
- Workout 12 Chest** Challenge your Pectoral/Chest muscles with time-tested and proven favorites like standing chest flies, supine dumbbell presses and varied-position push ups.
- Two sets of light hand weights recommended (a light set 1-5 lbs and a heavier set 5-10 lbs)
- Workout 13 Arms** This targeted workout will sculpt and strengthen the front of the arm; the biceps and the back of the arm; the triceps. This routine integrates between eccentric and concentric moves that are done with light dumbbells for added resistance.
- A set of light hand weights recommended (1-5 lbs for the beginner and 5-10 lbs for the intermediate)

WARM UP AND COOL DOWN

Workout 14 - General Warm Up Start your workout the right way by warming up your entire body. Easy-to-follow moves like side bends, light twists and stretches will warm up your muscles and prepare them for the exercises ahead.

Workout 15 - General Cool Down Ease out of your workout with light stretches breathing exercises and yoga-inspired moves and that will help relax your entire body and soothe your mind.

The warm up and cool down workouts can be added to the beginning and end of any one of the workouts described in the charts.

CARDIO OPTIONS: There are other aerobic activities you might consider adding into your program in addition to the Cardio 1 and Cardio 2 workouts described in the charts.

You don't have to do anything elaborate to spice up your aerobic program: Walking, swimming, cycling even rope jumping will do. These activities can be incorporated as either a replacement to one of your cardio workouts days as they appear in the chart, or as an additional cardio activity on days when no cardio is described. Feel free to mix up your Cardio workouts. Maybe you'll want to walk on some days or cycle on others. I believe that mixing up your Cardio routines will keep you motivated. Keep in mind that when you are starting out, the most important thing is to get moving and keep moving! Begin with our easy Wam Up then progress to your activity and finish with our Cool Down routine. The following is a list of suggested aeorobic activities:

Options for aerobic activities:

Treadmill for 20-30 minutes

Stationary bike for 20 -30 minutes

Brisk walking for 20 - 30 minutes

Swimming Laps for 20 - 30 minutes

Rope Jumping for 10-15 minutes