

Monthly Program

A Woman's Guide to Strength



Custom Program

Jacksonville Fitness Academy

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Legal Disclaimer:

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time consulting with Jacksonville Fitness Academy, LLC,, Inc. you are agreeing to accept full responsibility for your actions. By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Jacksonville Fitness Academy, LLC, Inc., there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Jacksonville Fitness Academy, LLC,Inc., or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program.

A QUICK NOTE ON HOW TO READ PROGRAMS: Each number represents a superset, each letter represents the exercise within that superset. In instances where you see "1A. 1B." you are to perform the exercises back to back, with little or no break in between. Perform each superset for the prescribed amount of sets before moving on to the next. Rest 60-90 seconds between unless otherwise noted.

Every exercise is a weighted exercise- i.e you should be performing them with a weight unless otherwise noted.

Now let's get to your program!

This is a simple 2 workout per week lifting program. Each workout will work your entire body and get you used to the "big lifts". Remember to start slow and only increase the weight you are lifting when you are confident enough. Now go kill it!

Workout 1

Description

Exercise	Sets	Reps	Notes
1A. Goblet Squat	4	10	Hold the weight in front of your chest, right below your chin with both hands. https://www.youtube.com/watch?v=hPc0xLsPcAs
1B. Reverse Lunge	4	12 (6 each leg)	Use the same weight, and hold it in the same position. https://www.youtube.com/watch?v=dbumZ5jNnzs
2A. Push Press	3	12	You can use 2 DBs or a barbell for this, most people prefer to use 2 DBs. Concentrate on keeping your hands above your shoulders and not letting your hands flare out wide. https://www.youtube.com/watch?v=2ZMSi-NuA2g
2B. DB Curl	3	10	You can use the same DBs or switch to new ones, put your hand in whatever position feels the most comfortable (palm facing in, knuckles facing down etc.)
3A. Super Man	3	45 seconds	https://www.youtube.com/watch?v=tZik4r5uQhE Keep your thumbs facing up, as if you were hitch hiking. Squeeze your glutes as hard as you can to lift your thighs off the ground, and sternum off the ground.
3B. Plank	3	45 seconds	https://www.youtube.com/watch?v=ztXXIndiL7w This is an active plank. Squeeze your abs and your butt as hard as you can, breathe deeply into your belly. We want you to be shaking from the difficulty.

Workout 2

A full body strength routine. Done in conjunction with Workout 1. Once again all you need is some dumbbells or kettlebells.

Exercise	Sets	Reps	Notes
1A. One Arm DB Press	4	10	https://www.youtube.com/watch?v=Bildf0vr4Og USE A WEIGHT YOU CAN CONTROL. Keep your elbow close to your body.
1B. Push up/Negative Push up	4	10	https://www.youtube.com/watch?v=0rwY3s5DGT0 For those who are not confident in their push up ability, do a negative push up. Start at the top position and count to 3 as you SLOWLY lower your self to the floor. Reset however you want (knees on the ground) and start over. We are only working this negative plane of motion, think of it as a reverse push up. By going slowly you are still working the same muscles, just in a different fashion.
2A. Forward Lunge	4	12 (6 each leg)	https://www.youtube.com/watch?v=LaG4Y-XpCHU Ensure that you are pressing with your front heel when lifting off the ground.
2B. Alternating Lunge Jump	4	12 (6 each leg)	https://www.youtube.com/watch?v=n2DgB3jDijY Have fun ☺
3A. Hip Thrust	3	30	https://www.youtube.com/watch?v=o3sqipYlwEk Squeeze your glutes as hard as you can.
3B. Mountain Climbers	3	30	https://www.youtube.com/watch?v=5tlTrAXwC50

Cardio/ HIIT

Your recommended cardio protocol is going to be a High Intensity Interval Training model. All that means is you are going to be working very hard for 15-30 seconds, then taking a break to let your heart rate settle and repeating. It is essentially a sprint workout, designed to put your body in a fat burning state, and burn as many calories as possible in the shortest amount of time. That being said, it is going to be hard!

Warm up: 5 minutes at an escalating pace (start slow and build up speed)

30 seconds: Sprint

1 minute: Jogging Pace

Repeat 8 times.

Cool down: 5 minutes.

You will burn a ton of calories in less than 25 minutes. Give this a go instead of steady state cardio.

Your Proposed Schedule

Week 1

M	Tues	W	Thurs	F	Sat	Sun
W1	Cardio	Off	W2	Cardio	Off	Off

Week 2

M	Tues	W	Thurs	F	Sat	Sun
W1	Off	Cardio	W2	Cardio	Off	Off

Try not to miss a scheduled training session, but if you do make it up the next day. Feel free to tweak the schedule to fit yours but this is the general guideline you should follow.

Please contact me whenever you need ANY help or guidance.

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About the Author

Patrick Henigan is the owner and Lead Trainer at [Jacksonville Fitness Academy](#). He is a Philadelphia transplant, who helped found the largest private training facility in that city. Patrick has been recognized and certified by:

- The American Council on Exercise
- The National Soccer Coaches Association of America
- The Functional Movement System

Through his many years of training athletes, former athletes and non-athletes Patrick has developed a high level of proficiency in utilizing and teaching nearly every movement needed to create a solid fitness program.

He prides himself on instilling a sense of self-discipline and accountability in his clients. Patrick views it as his job to instill the necessary skills and mindset shifts to continue their fitness journey for the rest of their lives.

Patrick recognizes that the journey to fitness and health does not just occur in the gym. He provides all his clients with nutrition and fitness information and knowledge relevant to their goals.

His personal blog can be found at www.PatHenigan.com