

TM Fitness



Private Personal Training & Health Club

TM Fitness Workout 1

Warm Up- Treadmill or AMT 10 minutes

Round 1-15 Reps

Round 2-12 Reps

Round 3-10 Reps

1. TRX Squat
2. Lat Pull-Down 40lbs
3. DB Bicep Curls 5lbs
4. Seated Chest press

Cardio/Core Work

Front Plank 30 sec

Rowing Machine 40 sec

Finish- Treadmill or AMT 10 minutes

Cardio Workout

Bike 5-10 minutes

Treadmill 5-10 3.5 to 4.0

Elliptical or AMT 5-10 minutes



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TM Fitness Workout 2

Warm Up- Treadmill or AMT 10 minutes

Round 1-15 Reps

Round 2-12 Reps

Round 3-10 Reps

1. Diverging Seated Row- (adjust weight as needed)
2. Tricep bar pull down- (adjust weight as needed)
3. TRX side lunge
4. Seated Chest press

Core Work

Front Plank 30 sec

Side Plank 30 sec each side

Finish- Treadmill or AMT 10 minutes

Cardio Workout

Bike 5-10 minutes

Treadmill 5-10 3.5 to 4.0

Elliptical or AMT 5-10 minutes



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TM Fitness Workout 3

Warm-up - Treadmill - 10 min

Rep Counts - 15,12,10

1. Tricep Cable Extension
2. Incline Chest Press
3. TRX Alternating Lunges - 10 each side
4. Upright Bike - 20 sec work, 10 sec Break

Core Work: 2 reps

1. Front Plank - 1 min
2. Side Plank - 30 sec each
3. Stretch

Treadmill Finisher: 5 min @ 3 mph

TM Fitness Cardio Workout

1. Treadmill - 15 min @ 3 mph
2. Elliptical- 10 min
3. Bike - 5-10 min
4. Rower - 5 - 10 min



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TM Fitness Workout 4

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Shoulder press with dumbbells
2. Seated Row
3. Deadlift w/ 10lbs plates- adjust weight accordingly
4. Back extensions

Core Work

1. Hanging knee lifts
2. Cable Machine-horizontal wood chop

Treadmill Finisher: 10 min-20 min

Cardio WORKOUT

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 5

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Bent over row with dumbbells- adjust weight accordingly
2. Lateral side raise with dumbbells
3. Single arm shoulder press with dumbbells
4. Bent over tricep kickbacks with dumbbells

Core Work

1. Planks 45 secs
2. Weighted sit-ups with 5-10 lbs plate

Treadmill Finisher: 10 min-20 min

Cardio WORKOUT

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 6

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Diverging Seated Row- (adjust weight as needed)
2. Tricep Pull Down- (adjust weight as needed)
3. TRX side lunge
4. Seated Chest press

Core Work

1. Front Plank 1 min x 2
2. Side Plank 30 sec x 2

Treadmill Finisher: 5 min @ 3mph

Cardio WORKOUT

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 7

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. TRX Squats
2. Deadlifts with bar
3. Walking lunges (with or without weights)
4. Single leg pulls with cable machine

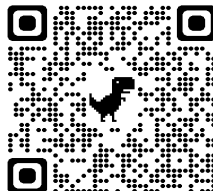
Core Work

1. Front Plank 30min x 2
2. Side Plank 15 sec x 2

Treadmill Finisher: 5 min

Cardio Work 1-2 x a week

1. Treadmill 15 min
2. Elliptical 5 min
3. Bike 5 min
4. Rower 2 min



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TM Fitness Workout 7

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

5. TRX Squats
6. Deadlifts with bar
7. Walking lunges (with or without weights)
8. Single leg pulls with cable machine

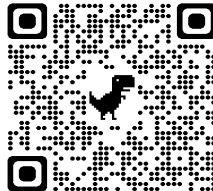
Core Work

3. Front Plank 30min x 2
4. Side Plank 15 sec x 2

Treadmill Finisher: 5 min

Cardio Work 1-2 x a week

5. Treadmill 15 min
6. Elliptical 5 min
7. Bike 5 min
8. Rower 2 min



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TM Fitness Workout 8

Warm Up- Treadmill or AMT 10 minutes

Round 1-15 Reps

Round 2-12 Reps

Round 3-10 Reps

1. Leg Press
2. Leg Extension
3. Leg Curls
4. TRX lunges (side, back)

Cardio/Core Work

Front Plank 30 sec

Rowing Machine 40 sec

Finish- Treadmill or AMT 10 minutes

Cardio Workout

Bike 5-10 minutes

Treadmill 5-10 3.5 to 4.0

Elliptical or AMT 5-10 minutes



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TM Fitness Workout 9

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Lat Pulldown
2. Bicep Curl
3. Rower Machine 45 sec.
4. TRX Squats

Core Work

Front Plank 1 min x 2

Side Plank 30 sec x 2

Treadmill Finisher: 5 min @ 3mph

Cardio WORKOUT

Treadmill 15 min

Elliptical 10 min

Bike 5-10 min

Rower 5-10 min

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TM Fitness Workout 10

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Bent over row with dumbbells
2. TRX Squats
3. Bench press
4. Lateral lunges with dumbbells

Core Work

1. Planks 30 secs
2. Hanging knee lifts

Treadmill Finisher: 10 min-20 min

Cardio WORKOUT

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 11

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Rows with cable machine
2. Squat with dumbbell
3. Push ups
4. Reverse lunges with TRX

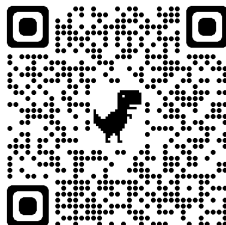
Core Work

1. Leg raise toe touch
2. Reverse crunch

Treadmill Finisher: 10 min-20 min

Cardio WORKOUT

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 12

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Bicep curls with barbell
2. Squats with barbell
3. TRX Push ups
4. lunges with barbell

Core Work

1. Superman- hold and extend
2. Heel touches- side to side

Treadmill Finisher: 10 min-20 min

Cardio Workout

1. Treadmill 15 min
2. Elliptical 10 min
3. Bike 5-10 min
4. Rower 5-10 min



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TM Fitness Workout 13 - **Lower Body**

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Goblet Squat with dumbbell (adjust weight accordingly)
2. Calf Raises
3. Leg Extension
4. Prone Leg Curl

Core & Cardio Work

1. 30 sec Plank x 2
2. Russian Twists (add weight if desired)
3. 45 sec Rower x 2

Treadmill Finisher: 10 min-20 min

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TM Fitness Workout 14- **Upper body and Chest**

Warm up Treadmill or Bike 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Wide push ups on bar
2. Dumbbell bench press
3. Incline bench fly with dumbbells
4. Seated tricep press
5. Cable machine tricep pull down

Core Work

1. Front planks 30 sec x 2
2. Side planks 30 sec each side x 2

Treadmill or Bike Finisher: 10 min-20 min

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TM Fitness Workout 15

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. DB Deadlift
2. Single DB Alt Reverse Lunge
3. DB Bent Over Row
4. Single DB Pullover
5. Side Plan w/ Rear Delt Raise

Core Work

1. Russian Twist w/ weight ball
2. Reverse crunch

Treadmill Finisher: 10 min-20 min

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TM Fitness Workout 16

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. DB Thruster
 - Squat down with weights shoulder width apart, drive up, push weights straight up
2. DB Pushup on toes or knees
3. Goblet Kneel Stand
4. DB Floor Fly

Core Work

1. Flutter Kicks
2. Weighted Sit ups

Treadmill Finisher: 10 min-20 min

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TM Fitness Workout 17

Warm up Treadmill 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. Single arm DB row
2. Barbell Deadlifts
3. Cable Machine Pull Downs
4. Alternate DB Stepback lunges
5. Red Box Push-ups→ High/low

Core Work

1. Front Plank→ 20 steps
2. Side plank hold→10 sec
3. Russian Twist with 4lb med ball
4. 4lbs Med Ball Sit Up

Treadmill Finisher: 10 min-20 min



TM Fitness Workout 18

Warm up Treadmill/Bike 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. TRX rows
2. Diverg. Lat Pulldown
3. EZ Bar upright rows
4. Front Raise with 5/10lbs plate
5. Incline Shoulder Flyes

Arm/Core Work

1. Front plank shoulder taps- 25 (repeat x2)
2. Tricep dips- 20 (repeat x2)
3. Sit ups with 4lbs med ball -15 (repeat x2)
4. Side toe touches-15 (repeat x2)

Treadmill Finisher: 10 min-20 min

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TM Fitness Workout 19

Warm up Treadmill/Bike 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. TRX Squats
2. Suitcase Deadlifts
3. Sumo goblet squats dumbbell
4. Lateral Lunges with dumbbell
5. Leg Press with wide stance

Leg/Core Work

1. Donkey Kicks 20 per side (repeat x2)
2. Fire Hydrants 20 per side- 20 (repeat x2)
3. Front plank alternating foot step out- 30 sec (repeat x2)

Treadmill/AMT Finisher: 10 min-20 min



TM Fitness Workout 20

Warm up Treadmill/Bike 10 min

Round 1-15 reps

Round 2-12 reps

Round 3-10 reps

1. TRX Squats
2. Cable Machine Tricep pull down (black rope)
3. Incline Bench press
4. Cable Machine Tricep pullovers (black rope)
5. Seated Bicep Curls

Walking lunges & Core Work

1. Walking lunges- 8 down, 8 back (repeat x2)
2. Single leg deadlift with barbell 15 each side (repeat x2)
3. Calf raises- 20 (repeat x2)
4. Russian Twist- 20 (repeat x2)
5. Front plank 30-45 sec (repeat x2)

Treadmill/AMT Finisher: 10 min-20 min

Disclaimer: This guidance program is for information use only. Before performing exercise you should always consult your healthcare provider.

By following these exercises, you agree to hold TM FITNESS LLC harmless from any liability or injury associated with this program.

If at anytime you do not feel well during the program, please stop and contact a health professional.

