



IIMYFG

WORKOUT GUIDE



Notes

Welcome to the IIMYFG program:

What is IIMYFG? This program was made with you in mind. IIMYFG simply stands for If it makes you feel good. In this program, you will find a variety of workouts for you to try. It is designed to be flexible & easy to customize. The goal of this program is to offer you a variety of full body workouts that can be adapted & changed depending on your needs. Working out should be fun- so play around and do what is the most enjoyable for you. There is no right or wrong way to do this program. Strive to complete 3-4 workouts a week.

Dynamic Warm ups:

Dynamic Warm ups start the beginning of each workout. Alternatively, 5-10 minutes of light cardio can be done to warm up. Starting each workout with a warm up will increase your heartrate, warm up your muscles, and aid in injury prevention. Warm up for 5-10 minutes before starting your workout.

Example: Shoulder roll; plank walkout; runners lunge w twist; triangle (hamstring stretch); to standing x 5 on each leg

Example: 5 minutes on spin bike or walking on treadmill

Static Stretching:

Roll out with foam roller or stretch sore muscle groups for 5-10 minutes before beginning workouts as needed.

Lift Days:

Each lift day follows the same template & is a full body workout. Each day focuses on opposing muscle groups between the upper and lower body. You can complete all four workouts in a week or you can pick two of these workouts and pair them with circuits. Each workout ends with intervals and a core circuit. A variety of core circuits have been provided. You can choose any core circuit you like to complete with the workout selected.

Intervals:

The goal of these intervals is to increase your heart rate at the end of your workout. If you are injury free, try to choose cardio equipment with higher impact that is easy to switch speeds & resistance. The following template can be used when completing intervals:

3-minute warm up

8 rounds of intervals; 1:1 work/rest ratio; try 30 seconds working; 30 seconds rest

3-minute cool down

Example: Stair Climber

3-minute warm up- level 8

8 rounds of intervals: 30 sec work- level 15; 30 sec rest- level 5

3-minute cool down- level 8

Circuit Days:

Each circuit follows the same template: An upper body circuit paired with a lower body circuit. These days were created to be a fun and fast way to incorporate cardio & strength training into your day. There are a variety of circuits to try which incorporate different pieces of equipment. You can choose to do circuit training for your entire program or pair a couple circuits a week with lift days.

Core Circuits:

Core circuits were created to be completed at the end of lift days. A variety of circuits have been provided to keep things fun, fresh or easy to complete on active recovery days or on the fly.

Lift Days

Upper Push/ Lower Pull One:

Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Super Set One:				
DB Chest Press	3	8-12		
Bulgarian Split Squats	3	8-12		Per side
Super Set Two:				
Push ups	3	8-12		
KB Side Lunges	3	8-12		Per side
Super Set Three:				
Reverse Flys	3	8-12		
Leg Curls	3	8-12		Use machine or Bosu Ball
Core Circuit				
Cardio Intervals	8	14 Minutes		See Interval Guide below
Static Stretching		5-10 Minutes		

Lower Push/ Upper Pull One:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Super Set One:				
Barbell Squat	3	8-12		Can do front or back squat
Bent Over Barbell Row	3	8-12		
Super Set Two:				
KB Swing	3	8-12		
Seated Rows	3	8-12		
Super Set Three:				
Leg Extensions	3	8-12		
Upright Rows	3	8-12		Use barbell or Dumbbells
Core Circuit				
Cardio Intervals	8	14 Minutes		See Interval Guide below
Static Stretching		5-10 Minutes		

Upper Push/ Lower Pull Two:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Super Set One:				
Push ups	3	8-12		
Deadlifts	3	8-12		Can use barbell, KB, DB, or Cables
Super Set Two:				
Standing Military Press	3	8-12		
Step Downs	3	8-12		Per side
Super Set Three:				
Tricep Dips	3	8-12		Use bench
Jump Squats	3	8-12		
Core Circuit				
Cardio Intervals	8	14 Minutes		See Interval Guide below
Static Stretching		5-10 Minutes		

Lower Push/ Upper Pull Two:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Super Set One:				
Assisted Pull ups	3	8-12		Use smith machine, bands, pull up machine or TRX
Donkey Kicks/ Glute Bridge	3	8-12		Per side
Super Set Two:				
Lat Pulldowns	3	8-12		
Goblet Squats	3	8-12		Use KB or DB
Super Set Three:				
Back extensions	3	8-12		
BB Step Back Lunges	3	8-12		
Core Circuit				
Cardio Intervals	8	14 Minutes		See Interval Guide below
Static Stretching		5-10 Minutes		

Circuit Days

TRX Circuit:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Upper Circuit	3-5	30 seconds		
TRX Push up				
TRX Pull up				
TRX Roll out				
TRX Bicep Curls				
TRX Tricep Extensions				
Lower Circuit	3-5	30 seconds		
TRX Squat				
TRX Split Squat				
TRX Y Pull				
TRX Pistol Squat- LS				
TRX Pistol Squat- RS				
Static Stretching		5-10 Minutes		

Kettle Bell Circuit:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Upper Circuit	3-5	30 seconds		
KB Upright Row				
KB Bicep Curls				
KB Tricep Extensions				
KB Single Arm Shoulder Press- LS				
KB Single Arm Shoulder Press- RS				
Lower Circuit	3-5	30 seconds		
KB Swing				
KB Goblet Squat				
KB Side Lunges				
KB Single Leg Deadlift- LS				
KB Single Leg Deadlift- RS				
Static Stretching		5-10 Minutes		

Dumbbell or Barbell Circuit:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Upper Circuit	3-5	30 seconds		
Bicep Curls				
Overhead tricep extensions				
Shoulder Press				
Front raise				
Lower Circuit	3-5	30 seconds		
Walking Lunges				
Sumo Squat				
Hip thrusts				
Step ups				
Static Stretching		5-10 Minutes		

Body Weight Circuit:				
Exercise	Sets	Reps	Weight	Comments
Dynamic Warm Up	1	5-10 Minutes		Can be subbed for 5 minutes cardio
Static Stretching	1	5-10 Minutes		Stretch or roll out any sore muscles as necessary
Upper Circuit	3-5	30 seconds		
Push ups				
Tricep Dips				
Burpees				
Inch Worm				
Plank				
Lower Circuit	3-5	30 seconds		
Walking Lunges				
Squats OR Jump Squats				
Curtsey Lunges				
Glute Bridges				
Bear Crawls				
Static Stretching		5-10 Minutes		

Core Circuits

Med Ball Abs

Exercise	Sets	Reps	Weight	Comments
Use Medicine Ball for each exercise	3	30 seconds		
Russian Twists				
Sit ups				
Alternating leg raises				
Side Plank with extensions				

Swiss Ball Abs

Exercise	Sets	Reps	Weight	Comments
Use Swiss Ball for each exercise	3	30 seconds		
Sit ups				
Side Crunch				
Plank & Tuck				
Glute Bridge & Leg Extension				
Dead Bugs OR V-Sits				

TRX Abs				
Exercise	Sets	Reps	Weight	Comments
Use TRX for each exercise	3	30 seconds		
Plank				
Hip Raises- LS				
Hip Raises- RS				
Mountain Climbers				
Pike				

Abs 4 Anywhere				
Exercise	Sets	Reps	Weight	Comments
Body weight	3	30 seconds		
Side Crunch				
Leg Lifts				
Boat Pose				
Bicycles				
Plank				