

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

FIT LIKE FEN; PART I-FEN’S VIRTUAL TRAINING ROUTINES

5 OPTIONS WEEKLY TO COVER ALL THE BASES. FEN SAYS “ROTATE WEEKLY OPTIONS AND MIX IT UP!”

OPTION #1 ARMS, HEART, TRUNK

- 20 minutes elliptical/manual; 6% incline ramps, level 6
- medicine ball twists 2 x 20
- v-ups 3 x 25
- bicycles 3 x 25
- 20 minutes conditioning

OPTION #2; ARMS, DETAILS

- incline dumbbell skull crushers 12-15 lbs. 3 x 10-15
- Stiff-legged deadlifts -DBS 30 lbs. 3 x 12-15
- dips on bench 3 x 10-15
- Seated leg curls 100-120 (hamstrings) 3 x 12
- seated alternating curls 20-25 lbs. 3 x 10-15
- 25-45 minutes elliptical @ 5% incline ramps, level 5

OPTION #3: CONDITIONING/ABS

- Weighted ball crunches 15 lbs. 3 x 15
- Bicycles 3 x 15
- Frog crunch 3 x 15
- 30-45 minutes conditioning

OPTION #4: LEGS

- walking lunges - 20-25 lbs. 2 x 15-25
- Straight-leg deadlifts 25-30 lbs. 3 x 10-15
- Machine shoulder press 45-60 lbs. 3 x 10-15
- One-leg dipping lunge 3 x 12
- 20-35 minutes conditioning

OPTION #5: CONDITIONING

30-45 minutes conditioning

Fentris uses 25lbs. plates to increase range of motion on T-Bar Rows.

Fentris Performs tri-sets for triceps, doing a set each exercise back to back, equaling 1 set

Note: Abs are worked ever other training session or approximately 3 times per/wk. Fentris does 30 minutes of cardiovascular two-times per/day (AM & PM session), 6 days a week.