Urth.
FITNESS

WORKOUT GOAL:

EXERCISE	SETS	REPS

WORKOUT NOTES AND PERSONAL BESTS:

Urth. FITNESS

Example Program 1:
Quick Workout Session

WORKOUT GOAL:

If you want a workout you can do in just 30 minutes, while still knowing you're hitting every muscle group, this is the one for you.

LET'S GET STARTED:

We've used our Online Workout Guide to create a workout that requires minimal setup, equipment and time to get you in and out of the gym in less than 30 minutes. To set up this workout, all you need is a bench, a couple of dumbbells and a single weight plate. The more you repeat this workout, the more confident you'll feel in knowing what weights to choose, so don't stress if you're unsure the first time.

EXERCISE	SETS	REPS
Goblet Squat, Heels Elevated	4	10-12
30° Incline Dumbbell Row	4	10-12
Hip Thrust from the Floor	4	10-12
Dumbbell Bench Press	4	10-12

WORKOUT NOTES:

Complete this workout as a circuit, in the order specified. Do 4 total sets of 10-12 reps of each exercise. When you can successfully complete 12 reps of an exercise for all for sets, increase the weight you're using. Take up to one minute rest between each exercise. The heavier you're lifting, the more rest you will need, so allow this to increase gradually as you progress.

Urth. FITNESS
Example Program 2:
Body Strength and Mobility

WORKOUT SUMMARY:

If you want to improve your strength and mobility at the same time, try this workout. We've chosen the exercises that focus on stability and balance, while still building lean and strong muscle in your upper and lower body.

LET'S GET STARTED:

We've used our Online Workout Guide to create a workout that builds strength in the postural muscles, as well as creating excellent balance between your left and right side. Make sure that when you're doing the single arm and single leg exercises, to do your weaker side first. Then complete the same number of reps on the stronger side.

EXERCISE	SETS	REPS
Deadlift	4	12-15
Single Arm Kettlebell Press, Kneeling	4	12-15
Split Squat	4	12-15
Lat Pull Down Machine	4	12-15

WORKOUT NOTES:

You can also complete this workout as two "supersets." That means, you will complete two different exercises back to back before resting. This will double the workout you're doing each set (you'll end up doing 24-30 reps total, but between two exercises).

For example, in this workout you'll do one deadlift set and then kettlebell press set back to back, and then do the same thing with the split squat and pull down machine. Do this for 4 total sets, taking 30-60 seconds rest between each set. Complete 12-15 reps of each exercise. When you can complete 4 sets of 15 reps with any exercise, increase the weight you're using.

Urth. FITNESS

Example Program 3:
Advanced Muscle and Fitness

WORKOUT GOAL:

If you can hit the gym a few times per week, and want some more variety, this program incorporates two different workouts you can alternate between, as well as extra cardio at the end.

LET'S GET STARTED:

We've used our Online Workout Guide to create a program that will challenge you and hit every muscle from several angles. Use this workout program if you're coming to the gym 3 or more times per week, and want good variety in your program, while still hitting every major muscle group.

WORKOUT

EXERCISE	SETS	REPS
Leg Press	4	8-10
Romanian Deadlift	4	8-10
Push Up	4	8-10
Straight Arm Row with Resistance Band	4	8-10
Cardio Training: 30 Minutes		

WORKOUT TWO

EXERCISE	SETS	REPS
Step Up	4	8-10
Leg Curl Machine	4	8-10
Dumbbell Shoulder Press	4	8-10
Seated Row Machine	4	8-10
Cardio Training: 30 Minutes		

WORKOUT NOTES:

You can also complete these workouts as supersets. This means you'll pair the Leg Press with the Romanian Deadlift, and the Push Up with the Straight Arm Row etc.
To complete each superset, take turns completing a set of two exercises back to back. Do this for 4 sets, taking 30-60 seconds rest between each set.

Complete 8-10 reps of each exercise. When you can complete 4 sets of 10 reps with any exercise, increase the weight you're using.

After your lower body workout, you complete an upper body workout. This gives your legs enough time to recover before hitting your cardio workout. You can go back and watch our Cardio section in the Exercise Library for what to do.

This workout is tougher than it looks, especially when you focus on progressively building what you're doing with the weights you are lifting, and monitoring your heart rate in the cardio training.