

## Centerpodium.com | Cardio and Weights Training Plan

|                     | Sunday     | Monday           | Tuesday       | Wednesday     | Thursday         | Friday        | Saturday         |
|---------------------|------------|------------------|---------------|---------------|------------------|---------------|------------------|
| <b>12 Weeks Out</b> |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 20 Fast Walk     | 20 Fast Walk  |               | 20 Fast Walk     | 20 Fast Walk  | 20 Fast Walk     |
| Cardio 2            |            |                  |               |               |                  |               |                  |
| <b>11 Weeks Out</b> |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 20 Fast Walk     | 20 Fast Walk  |               | 20 Fast Walk     | 20 Fast Walk  | 20 Fast Walk     |
| Cardio 2            |            | 20 Minute Posing | 20 minute Abs |               | 20 Minute Posing | 20 minute Abs |                  |
| <b>10 Weeks Out</b> |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 25 Fast Walk     | 25 Fast Walk  |               | 25 Fast Walk     | 25 Fast Walk  | 25 Fast Walk     |
| Cardio 2            |            | 20 Minute Posing | 20 minute Abs |               | 20 Minute Posing | 20 minute Abs |                  |
| <b>9 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Fast Walk     | 30 Fast Walk  | 20 minute Abs | 30 Fast Walk     | 30 Fast Walk  | 30 Fast Walk     |
| Cardio 2            |            | 25 Minute Posing | 20 minute Abs |               | 25 Minute Posing | 20 minute Abs | 25 Minute Posing |
| <b>8 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Fast Walk  | 20 minute Abs | 30 Posing        | 30 Fast Walk  | 30 Posing        |
| Cardio 2            |            | 30 Fast Walk     | 30 Fast Walk  |               | 30 Fast Walk     | 30 Fast Walk  | 30 Walking       |
| <b>7 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Fast Walk  | 20 minute Abs | 30 Posing        | 30 Fast Walk  | 30 Posing        |
| Cardio 2            |            | 30 Stairs        | 30 Stairs     |               | 30 Fast Walk     | 30 Stairs     | 30 Walking       |
| <b>6 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Fast Walk  | 20 minute Abs | 30 Posing        | 30 Fast Walk  | 30 Posing        |
| Cardio 2            |            | 30 Stairs        | 30 Stairs     |               | 30 Fast Walk     | 30 Stairs     | 30 Walking       |
| <b>5 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Fast Walk  | 30 Posing     | 30 Fast Walk     | 30 Fast Walk  | 30 Posing        |
| Cardio 2            |            | 30 Stairs        | 30 Stairs     | 20 minute Abs | 30 Fast Walk     | 30 Stairs     | 30 Walking       |
| <b>4 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Light Jog  | 30 Posing     | 30 Light Jog     | 30 Light Jog  | 30 Posing        |
| Cardio 2            |            | 35 Stairs        | 35 Stairs     | 20 minute Abs | 35 Stairs        | 35 Stairs     | 35 Stairs        |
| <b>3 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            |            | 30 Posing        | 30 Light Jog  | 30 Posing     | 30 Light Jog     | 30 Light Jog  | 30 Posing        |
| Cardio 2            |            | 35 Stairs        | 20 sprints    | 20 minute Abs | 20 sprints       | 35 Stairs     | 35 Stairs        |
| <b>2 Weeks Out</b>  |            |                  |               |               |                  |               |                  |
| Training            | REST       | Back             | Chest         | REST          | Arms             | Shoulders     | Legs             |
| Cardio 1            | 45 Bike    | 30 Posing        | 45 Bike       | 30 Posing     | 45 Bike          | 30 Light Jog  | 45 Bike          |
| Cardio 2            | 30 Walking | 45 Stairs        | 20 sprints    | 45 Bike       | 20 sprints       | 45 Stairs     | 45 Stairs        |
| <b>Peak Week</b>    |            |                  |               |               |                  |               |                  |
| Training            | Full Body  | Full Body        | Full Body     | REST          | REST             | REST          | Pre-Judging      |
| Cardio 1            | 30 Posing  | 30 Posing        | 30 Posing     | 20 Posing     | 10 Posing        | REST          |                  |
| Cardio 2            | 45 Walking | 45 Walking       | REST          | 20 Posing     | 10 Posing        | REST          |                  |