



# The Look Good Feel Good Workout



[www.AGELESS-fitness.com](http://www.AGELESS-fitness.com)

# Look Good, Feel Good Workout – Is it for me?

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*No fear. The Ageless superheroes are here with the Look Good, Feel Good machine circuit resistance training program.*

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Interested in lifting weights, but don't know where to start? Aren't comfortable using dumbbells or barbells, but still want the benefits of resistance training? No fear. The Ageless superheroes are here with the Look Good, Feel Good machine circuit resistance training program.

It's the perfect workout for:

- members brand new to resistance training
- members who aren't comfortable lifting free weights (barbells and dumbbells) just yet, but want to build their strength and confidence up so they can eventually progress to free weights
- members who can't find the time to attend our classes so they have to lift on their own
- members that enjoy lifting alone, but are in search of a “map” to feel and look better.
- members interested in adding resistance training to their cardio routine.
- those members that have a little more gray on their head, and want the benefits of resistance training without the risk of falling.

# The Look Good, Feel Good Machine Circuit

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*10 minutes of light cardio training to get your heart rate up before you start the circuit.*

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Our suggestions:

- Perform the workout 3 times weekly on non-consecutive days (Monday, Wednesday, and Friday).
- If you're already performing cardio training, perform it on your off days (Tuesday and Thursday). We highly recommend you exercise daily, even if it's just for 10 minutes.
- Perform 10 minutes of light cardio training (treadmills, bikes, and ellipticals) to get your heart rate up before you start the circuit.
- After your workout consume a meal/shake with protein and carbohydrates. We recommend at least 10 grams of essential amino acids (usually 20-25 grams of a high quality protein shake like whey) within 2 hours of your workout.
- The workout consists of alternating a 10 exercise circuit with 10 minutes of cardio on the treadmill, elliptical, or stationary bike. So you will perform the first exercise, rest 30-60 seconds, then perform the next exercise, and continue doing that until all 10 exercises are completed. That is one circuit. Once you complete a circuit, perform 10 minutes of cardio on the treadmill, elliptical, or stationary bike. Perform the cardio at a pace you are comfortable with. You should be able to hold a conversation while doing the cardio. We don't want it to be so intense you can't complete another circuit. After 10 minutes of cardio, you will perform the machine-based circuit again. Once you complete the circuit for the 2nd time, you will perform 10 minutes of cardio again.

# Progressions

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*Progressive overload is the KEY to any successful program. If you do the same thing every workout and never increase the weight or volume, you will not see an improvement.*

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This is a 6 week program consisting of 2 week training blocks. Progression is already built in to the program in two ways. Every 2 weeks we will increase the volume by performing an additional round in the circuit. So week 1 you will perform the circuit twice performing 15 repetitions for each exercise. On week 2 you will perform the circuit three times performing 15 repetitions for each exercise. Then we drop the volume back down to the initial week, but we reduce the number of repetitions for each exercise so you can increase the weight. So on week 3, you are only doing the circuit twice, but you are only performing 12 repetitions per exercise so you should be able to use more weight. On week 4, you are performing the circuit 3 times with 12 repetitions for each exercise. Thus, we're slowly overloading your body so it grows stronger and healthier. Progressive overload is the KEY to any successful program. If you do the same thing every workout and never increase the weight or volume, you will not see an improvement.

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- WEEK 1 -** Two times through the circuit performing 15 repetitions per exercise.
- WEEK 2 -** Three times through the circuit performing 15 repetitions per exercise.
- WEEK 3 -** Two times through the circuit performing 12 repetitions per exercise. Increase the weight per exercise from week 2.
- WEEK 4 -** Three times through the circuit performing 12 repetitions per exercise.
- WEEK 5 -** Two times through the circuit performing 10 repetitions per exercise. Increase the weight per exercise from week 4.
- WEEK 6 -** Three times through the circuit performing 10 repetitions per exercise.

10 minutes of cardio is performed in between each circuit for all 6 weeks.

If at ANY time you have a question, need an explanation, or can't figure out how to do an exercise, let us know. Ask us at the front desk, [e-mail us](#), or send us a message on [Facebook](#). Do not hesitate to ask. That's what we're here for.



# FAQ

**Q:** Is this a group workout?

**A:** No. This is done on your own whenever you want. You simply grab the workout sheet from the front desk, perform the circuit, and record your weights.

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**Q:** Is this a weight loss workout?

**A:** Yes and no. Will you lose weight from this if you're following a healthy eating plan? Yes. However, it's more than just weight loss. You'll get stronger, move with less pain, and overall feel better – more energy, less tightness, and less stress.

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**Q:** Do we do the same workout during all 3 workouts during the week?

**A:** Yes. The more often you perform an exercise, the quicker you'll learn to perform it correctly, and the faster you will advance.

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**Q:** What if I can't complete 2 rounds of the circuit?

**A:** Don't. Know your limits, and gradually improve. Don't risk energy or exhaustion.

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**Q:** Do I have to perform cardio before the circuit?

**A:** We highly recommend it so that you loosen up your body. It'll reduce the chance of injury.

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**Q:** How long will the workout take?

**A:** Anywhere from 20-60 minutes.

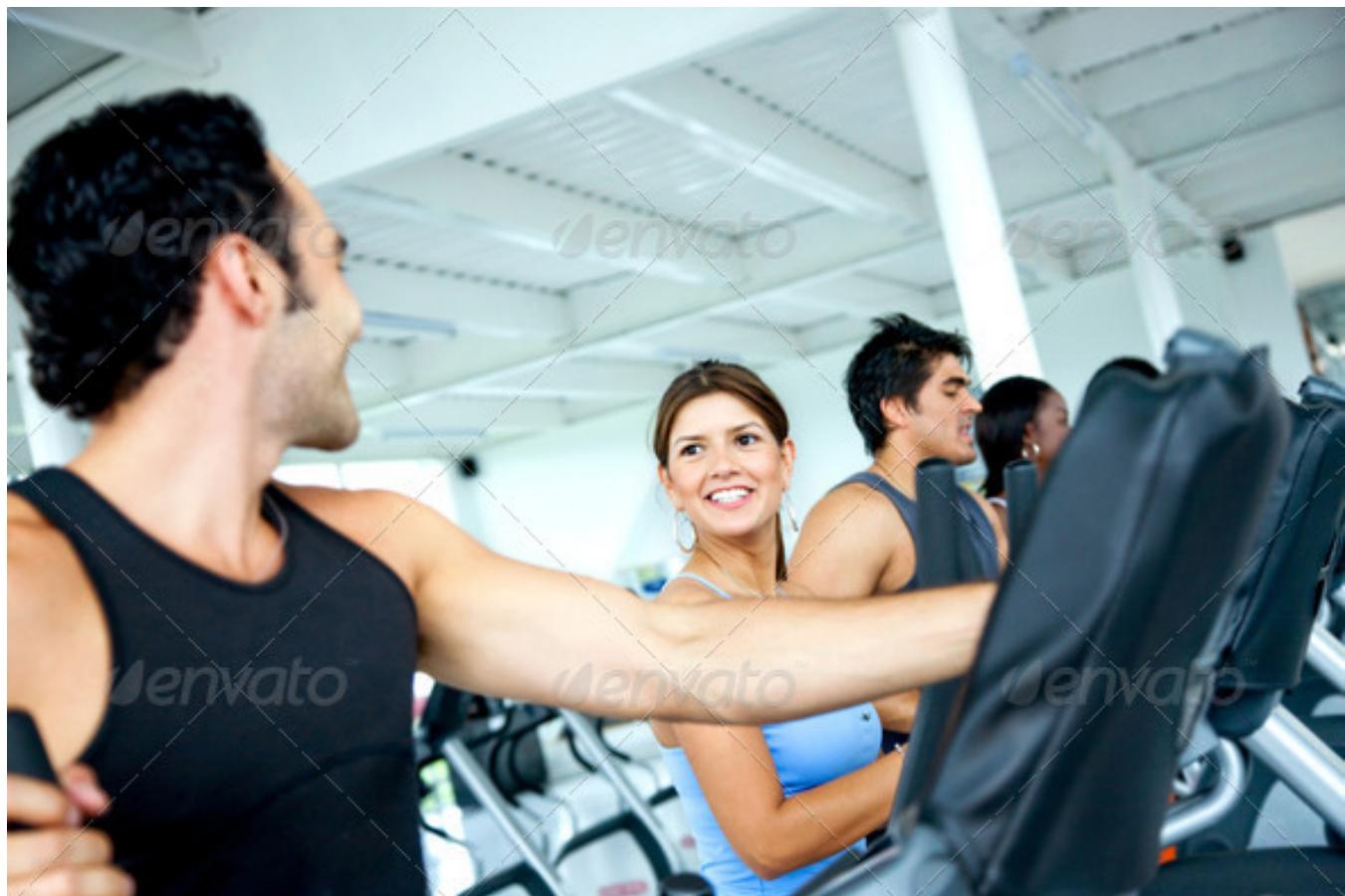
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**Q:** What if it's been 30 seconds and someone is currently using the machine I need to use?

**A:** Go ahead and skip it, and come back to it before you start your next round. The order of exercises are just for convenience.

# Summary

That's it. Don't be fooled by its simplicity. Exercise shouldn't be complex. In fact, the exercise programs that produce the best results are the programs that clients are most compliant with. Consistency is king.

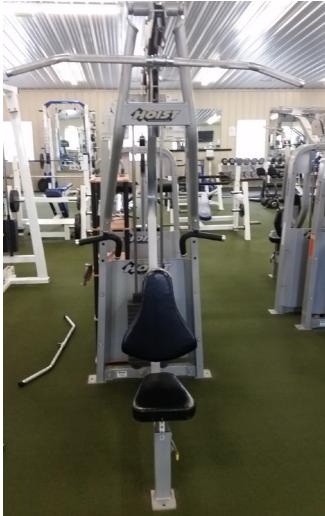


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# Appendix



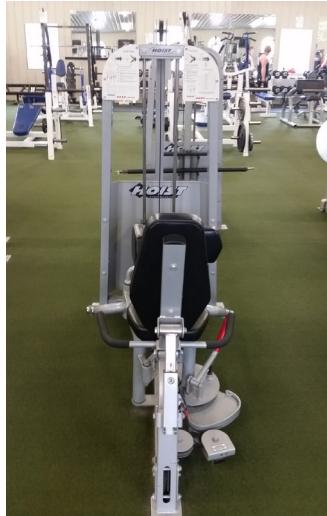
*Rotary Torso Machine*



*Lat Pulldown*



*Multi-Press*



*Abductor Machine*



*Leg Extension Machine*



*Bicep Curl Machine*



*Rear Delt Machine*

# The Look Good Feel Good Workout

Circuit #1			Circuit #2			Circuit #3		
Exercise	Machine	Reps	Exercise	Machine	Reps	Exercise	Machine	Reps
1. Seated Lat Pulldown	Lat Pulldown							
2. Seated Chest Press	Multi-Press							
3. Leg Abductions	Inner/Outer Thigh							
4. Leg Adductions	Inner/Outer Thigh							
5. Seated Leg Extensions	Leg Extensions							
6. Seated Hamstring Curls	Leg Extensions							
7. Standing Bicep Curl	Bicep Curl							
8. Standing Tricep Pressdown	Bicep Curl							
9. Seated Reverse Flye	Reverse Delt							
10. Ab Rotations (each side)	Rotary Torso							

## GUIDELINES

1. Perform 3 times weekly with at least 1 day separating workouts. If you also perform cardio sessions like running on the treadmill, use this resistance training workout on your off days.
2. Rest 30-60 seconds between exercises. Complete 15 repetitions on exercise 1, rest 30-60 seconds and move to exercise 2. Continue until you complete all 10 exercises. That's one circuit.
3. In between circuits perform 10 minutes of cardio on the treadmill, elliptical, or stationary bike. Once that 10 minutes is finished, perform another circuit.
4. Use a new workout sheet for each workout.

## WEEKLY PROGRESSION

- |        |  |
|--------|--|
| Week 1 | Two times through the circuit with 15 reps for each exercise   |
| Week 2 | Three times through the circuit with 15 reps for each exercise |
| Week 3 | Two times through the circuit with 12 reps for each exercise   |
| Week 4 | Three times through the circuit with 12 reps for each exercise |
| Week 5 | Two times through the circuit with 10 reps for each exercise   |
| Week 6 | Three times through the circuit with 10 reps for each exercise |
- \*As you go from 15 reps to 12 reps, the weight you do on each exercise should increase.

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