



## WEIGHT-TRAINING TUTORIAL

If you're interested in following the "Hot for the Holidays" women's transformation in WellBella, you can get started with the following workout. Not for the uncommitted, this rigorous program aims to mold hourglass figures by building muscle in the shoulders, arms and legs while whittling waists (as in the previous transformation at left). It involves techniques such as giant sets (doing 3 or more sets of an exercise without resting in between) that increase fat burning. It also includes near-daily cardio routines, with only one day off per week. Don't forget your warm-up stretches and perfect form. And if you haven't worked out in awhile, start at your comfort level and work up gradually. If you're carrying enough extra weight to create health concerns, seek the advice of your physician before starting an exercise program.

## Month 1 Training Regimen

For those dedicated women who are eager to get fitness-model-ready, Dave Hawk shares the participants' first-month workout.

### Day 1

#### MORNING: 30 minutes of cardio

• Hawk suggests the following 30-minute treadmill (or sidewalk) routine: 5 minutes of walking, 15 minutes of jogging, 3 minutes of walking, 5 minutes of jogging, 2 minutes of walking.

MUSCLE GROUP	EXERCISE	SETS/REPS
WAIST & GLUTES	* Side bend*	3/20
	* Giant set with bar twist*	3/20
	* Giant set with standing kick-back*	3/20

\* No weights

#### AFTERNOON: Legs

MUSCLE GROUP	EXERCISE	SETS/REPS
HAMSTRINGS	* Lying leg curl	3/20, 15, 15
	* Seated leg curl	3/12
	* Giant set with stiff-legged dumbbell deadlift	3/12
	* Giant set with machine kick-back	2/10, 5
QUADRICEPS	* Leg extension	3/25, 20, 15
	* Leg press (wide or close)	3/20
	* Giant set with single-leg extension	2/10, 5 (each leg)
	* Giant set with side cable lunge	3/20
INNER & OUTER THIGHS	* Abductor	3/20
	* Superset with adductor	3/20
CALVES	* Machine seated calf stretch	3/20
	* Seated calf stretch	2/15

MUSCLE GROUP	EXERCISE	SETS/REPS
ABS & LOWER BACK	* Decline crunch	3/25
	* Giant set with leg lift	3/20
	* Giant set with high-cable ab crunch	3/30
	* Giant set with machine back extension	3/20

### Day 2

#### MORNING: 30 minutes of cardio

#### AFTERNOON: Chest, Shoulders, Triceps

MUSCLE GROUP	EXERCISE	SETS/REP
CHEST	* Machine press	2/20, 15
	* Dumbbell incline press	3/15, 12, 10
	* Machine flye	3/15
SHOULDERS	* Superset with dumbbell pull-over	3/15
	* Machine seated press	3/15, 12, 10
	* Dumbbells (side or front) lateral	3/15 to failure
	* Machine reverse shoulder kick-back	4/15, 12, 10, 8, 6, 4, 2
ABS & HIPS	* Machine crunch	3/20
	* Giant set with side bend*	3/20
	* Giant set with bar twist*	3/20
	* Giant set with kneeling kick-back*	3/20
	* High-cable ab crunch	3/30

\* No weights

End session with 20 to 30 minutes of cardio.

### Day 3

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Back, Triceps & Biceps

MUSCLE GROUP	EXERCISE	SETS/REPS
Back	* Machine pull-down	3/20, 15, 15
	* Hammer high row	3/20, 15, 15
	* Machine mid/lower-back row	3/20, 15, 15
Triceps	* V-bar cable push-down	3/15
	* Giant set with overhead cable press	3/15 reps
	* Giant set with machine triceps press or machine dip	3/15 reps
Biceps	* Straight-bar curl	3/10 to 15
	* Giant set with hammer curl	3/10 to 15
	* Giant set with machine preacher curl	3/10 to 15
End session with 20 to 30 minutes of cardio.		

### Day 4

Off

### Day 5

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Legs

MUSCLE GROUP	EXERCISE	SETS/REPS
Hamstrings	* Lying leg curl	3/15
	* Giant set with seated leg curl	3/12
	* Giant set with high leg press (top, off heels)	3/20
	* Giant set with machine kick-back	2/10, 5 (each leg)
Quadriceps	* Machine squat	3/20
	* Giant set with single-leg extension	2/10, 5 (each leg)
	* Giant set with rope hack*	3/20
* No weights		
Inner & Outer Thighs	* Abductor	3/25
	* Superset with adductor	3/25

Calves	* Machine seated calf stretch	3/20
	* Seated calf stretch	2/15
Abs & Lower back	* Decline crunch	3/20
	* Giant set with leg lift	3/15
	* Giant set with high-cable ab crunch (right, left, center)	3/15 (each)
	* Giant set with machine back extension	3/20

### Day 6

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Full Body

MUSCLE GROUP	EXERCISE	SETS/REPS
Chest	* Chest press	2 to 3/15, 12, 10
	* Machine chest flye	2 to 3/15, 12, 10
Back	* Hammer machine pull	2 to 3/15, 12, 10
Shoulders	* Machine shoulder flye	2 to 3/15, 12, 10
Triceps	* Machine triceps press	2 to 3/15, 12, 10
Biceps	* Machine preacher curl	2 to 3/15, 12, 10
Abs & Waist	* Machine crunch	3/20
	* Giant set with side bend*	3/20
	* Giant set with bar twist*	3/20
* No weights		
Thighs & Glutes	* Abductor	3/20
	* Giant set with adductor	3/20
	* Giant set with machine kickback	3/20

End session with 30 minutes of cardio.

### Day 7

30 to 40 minutes of cardio

## Month 2 Training Regimen

Here's the second-month workout.

### Day 1

**MORNING:** 30 minutes of cardio\*

**AFTERNOON:** Chest, Hamstrings

EXERCISE	SETS/REPS
<b>CHEST</b>	
* Machine press	3/20, 15, 12
* Machine incline press	3/15, 12, 10
* Machine flye	3/15
* Giant sets (3) with	
- Cable flye	15
- Dumbbell pull-over	15
<b>HAMSTRINGS</b>	
* Lying leg curl	4/20, 15, 15, 12
* Giant sets (4) with	
- Seated leg curl	15
- Machine kick-back	15 (each leg)
<b>ABS &amp; LOWER BACK</b>	
* High-cable ab crunch	3/40
* Giant sets (3) with	
- Machine back extension	20
- Side bend	25
- Twist	25

End session with 20 to 30 minutes of cardio.

### Day 2

**MORNING:** 30 minutes of cardio\*

**AFTERNOON:** Back, Traps

EXERCISE	SETS/REP
<b>BACK</b>	
* High-cable lat pull-down	3/15, 15, 12
* Hammer machine high row	3/15, 15, 12
* Cable row	3/15
* Giant sets (3) with	
- Reverse inner pull-down	15
- Behind-the-neck pull-down	15
<b>TRAPS</b>	
* High-cable trap pull	3/15
<b>ABS</b>	
* Lying ab weighted crunch	3/25
* Giant sets (3) with	
- Leg lift	20
- Twist	20
- Side bend	20

End session with 20 to 30 minutes of cardio.

### Day 3

**MORNING:** 30 minutes of cardio\*

**AFTERNOON:** Legs

EXERCISE	SETS/REPS
<b>QUADS</b>	
* Leg extension	5/25, 20, 15, 10 (single leg, each), 5 (single leg, each)
* Giant sets (3 or 4) with	
- Smith-machine squat	20
- Leg press, wide	15
- Leg press, close	15
- Lunges off a box*	10 (single leg, each)
<b>INNER &amp; OUTER</b>	
	3/20
<b>THIGHS &amp; ADDUCTOR</b>	
<b>CALVES</b>	
* Giant sets (3) with	
- Abductor	20
- Machine-seated calf raise	15 (toes pointed out)
- Machine seated calf raise	15 (toes pointed in)**
- Leg press calf raise	15 (toes pointed out)
- Leg press calf raise	15 (toes pointed in)**

End session with 20 to 30 minutes of cardio.

### Day 4

Off

A giant set in this program consists of 3 or 4 exercises done in a row with little or no rest in between. There is a warm-up set for each body part.

\* No weight or light dumbbells.

\*\* Stretch calves after each of these sets.

### Day 5

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Shoulders, Triceps, Biceps

EXERCISE	SETS/REPS
<b>SHOULDERS</b>	
* Machine seated press	3/15, 12, 10
* Dumbbell side lateral	3/15, 12, 10
* Dumbbell front lateral	1-2/12, 10, 8
* Machine reverse shoulder kick-back	4/15
<b>TRICEPS</b>	
* V-bar cable push-down	2-3/15
* Giant sets (2-3) with	
- Overhead cable press	15
- EZ-bar skull crusher	15
- Machine dip	15
<b>ABS &amp; LOWER BACK</b>	
* Machine crunch	3/20
* Giant sets (3) with	
- Back extension	20
- High-cable ab crunch	30
- Twist	20
- Side bend	20

† No weight.

\*\* Stretch calves after each of these sets.

### Day 6

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Light Leg Day

EXERCISE	SETS/REPS
<b>HAMSTRINGS</b>	
* Lying leg curl	3/15
* Superset with seated leg curl	3/15
<b>QUADS</b>	
* Giant sets (3) with	
- Single leg extension	10 each leg; 5 (each leg)
- Machine squat off heels	25
- Tope hack†	20
<b>INNER &amp; OUTER THIGHS</b>	
* Machine kick-back	3/10 (each leg),
3/5 (each leg)	
* Giant sets (3) with	
- Abductor	25
- Adductor	25
<b>CALVES</b>	
* Machine seated calves	3/20**
* Seated calves	2/15**

### Day 7

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Abs

EXERCISE	SETS/REPS
* Lying ab weighted crunch	3/25
* Giant sets (3) with	
- Left and right side crunch off bench	20 (each side)
- Leg lift	20
- Twist	20
- Side bend	20

## Month 3 Training Regimen

Take a deep breath and dive into this month's six-day-a-week routine. Take Day 4 off for some needed rest.

### Day 1

**MORNING:** 30 minutes of cardio on treadmill

**AFTERNOON:** Legs, Abs

EXERCISE	SETS/REPS
<b>HAMSTRINGS</b>	
* Lying leg curl - (pyramid drop sets)*	1 warm-up set 2/10–12, 15
* Giant sets (3) with - seated leg curl - machine kickback - stiff-legged deadlift	15 15 15
<b>QUADS</b>	
* Leg extension - (pyramid drop sets)	1 warm-up set 2/15, 20
* Giant sets (3) with - machine leg press (wide st.) - machine leg press (narrow st.) - dumbbell walking lunge - single leg extension	15–20 15–20 15–20 15–20
<b>INNER &amp; OUTER THIGHS/CALVES</b>	
* Giant sets (3) with - adductor - abductor - machine seated calf raise	15–20 15–20 15–20
<b>ABS &amp; LOWER BACK</b>	
Giant sets (3) with - high-cable ab crunch - back extension - side bend - twist	40 25 25 25

\* Reduce weight each successive set (e.g., 60 lb, 50 lb, etc.)

### Day 2

**MORNING:** 40 minutes of cardio on treadmill

**AFTERNOON:** Chest, Shoulders & Triceps

EXERCISE	SETS/REPS
<b>CHEST</b>	
* Machine press - (pyramid drop sets) Giant sets (2) with - machine flye - low-cable cross-over - dumbbell pull-over	1–2 warm-up sets 2/10–12, 15 15 15 15
<b>SHOULDERS</b>	
* Machine press - (pyramid drop sets) * Giant sets (3) with - single-arm cable lateral raise - cable front raise (with rope) - machine rear flye	1–2 warm-up sets 2/10–12, 15 15 15 20
<b>TRICEPS</b>	
* Giant sets (3) with - cable push-down - overhead cable French press - machine dip	10–15 10–15 10–15

End session with 20 minutes of cardio on stair climber.

A giant set in this program consists of 3 or 4 exercises done in a row with little or no rest in between. There is a warm-up set for each body part.

### Day 3

**AFTERNOON:** Legs

EXERCISE	SETS/REPS
<b>BACK</b>	
* Lat pull-down (wide grip) - (pyramid drop sets)	1-2 warm-up sets 2/10-12, 15
* Giant sets (2) with - hammer machine high row	10-15
- seated cable row	10-15
- behind-the-neck pull-down	10-15
- reverse-grip pull-down	10-15
<b>BICEPS</b>	
* Giant sets (2-3) with - standing cable curl	10-15
- dumbbell hammer curl	10-15
- machine preacher curl	10-15
<b>ABS &amp; LOWER BACK</b>	
* Giant sets (4) with - machine ab crunch	40
- cable oblique crunch	25
- oblique crunch	25
- seated leg lift off bench	30
- side bend	30
- twist	25

End session with 30 minutes of cardio on bike.

### Day 5

**MORNING:** 40 minutes of cardio

**AFTERNOON:** Legs, Abs

EXERCISE	SETS/REPS
<b>HAMSTRINGS</b>	
* Giant sets (3) with - lying leg curls	20
- seated leg curl	20
- stiff-legged deadlift with dumbbell	20
<b>QUADS &amp; THIGHS</b>	
* Giant sets (3) with - leg extension	15-20
- machine leg press	15-20
- rope back squat	15-20
- adductor	15-20
- abductor	15-20
<b>CALVES</b>	
* Seated calf press	3/25
<b>ABS &amp; LOWER BACK</b>	
* Giant sets (3) with - high-cable ab crunch	40
- machine back extension	25
- side bend	25
- twist	25

End session with 20-30 minutes of cardio on stair climber.

### Day 6

**MORNING:** 40 minutes of cardio

**AFTERNOON:** Chest, Back, Arms & Abs

EXERCISE	SETS/REPS
<b>CHEST</b>	
* Machine press - (pyramid drop sets)	1 warm-up sets 1/10, 12, 15
* Cable crossover	2-3/15-20
<b>BACK</b>	
* Giant sets (2) with - behind-the-neck pull-down	15-20
- reverse pull-down	15-20
<b>SHOULDERS, ARMS</b>	
* Giant sets (2-3) with - single-arm cable flye	15
- reverse triceps push-down	15
- cable curl	15
<b>ABS</b>	
* Oblique crunch	3-4/15-25

### Day 7

**MORNING:** 30 minutes of cardio

**AFTERNOON:** Abs & Lower Back (same as Day 3)