



A workout program just for you.

**ONLINE TRAINING**

One Month of Workouts

## **Legal Disclaimer:**

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time consulting with Jacksonville Fitness Academy, LLC,, Inc. you are agreeing to accept full responsibility for your actions. By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Jacksonville Fitness Academy, LLC, Inc., there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Jacksonville Fitness Academy, LLC,Inc., or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program.

**A QUICK NOTE ON HOW TO READ PROGRAMS: Each number represents a superset, each letter represents the exercise within that superset. In instances where you see "1A. 1B." you are to perform the exercises back to back, with little or no break in between. Perform each superset for the prescribed amount of sets before moving on to the next. Rest 60-90 seconds between unless otherwise noted.**

**Use the columns marked 1,2,3 and 4 to track how much weight you are lifting each week. The goal here is to slowly get stronger, so tracking the weight you use each week will help us determine if the plan is working. Only record the heaviest weight you used to complete each set. So if you do 2 sets to completion with 15 lbs and 2 sets to completion with 20 lbs, record the 20 lbs.**

**Now let's get to your program!**

**This program is designed to make you look damned sexy.**

## Mobility and Warm Up

The following routine is designed to double as a Mobility routine and a warm up. It is short but is the perfect warm up to perform before lifting. This routine will start on the floor and slowly force you to make your way to your feet.

Perform this in its entirety once. It should take no more than 5 minutes. Feel free to perform on your off days as a form of active recovery. The more mobility work you do, the better.

Movement	Reps/Time	Notes
<a href="#">Cat/Cow</a>	30 seconds	Get as much movement in your spine as possible. Think Bend then Extend.
<a href="#">Scapular Push Ups</a> (On Knees is perfectly fine)	30 seconds	Keep your arms straight, dip your chest towards the ground then push your spine towards the ceiling.
<a href="#">T-Spine Rotation</a>	10 each arm	Remain as loose as possible, don't force your hands towards the ceiling, try to rotate so your chest is facing the wall.
<a href="#">Hip Flexor Stretch</a>	However long you need	You're sitting at the bottom of a lunge here. Squeeze your glutes as hard as you can. Switch legs when you feel loose.
<a href="#">T-Spine Bridge</a>	10 each side	Once you rotate, push your hips towards the ceiling.
<a href="#">Shoulder Bridge</a>	30 Seconds	
<a href="#">Push Up with Twist</a>	6 each side	
Squat Hold	30 seconds	Just hold at the bottom of a squat, put your elbows inside your knees and push out.
<a href="#">Lunge Walk</a>	10 steps each side	
<a href="#">Band Pull Apart</a>	10	
<a href="#">No Money's</a>	10	
<a href="#">Band Shoulder Dislocator</a>		

# Your Macro Guideline

Based on your current weight, and your goals these are the daily macronutrient intake you should be consuming. Macronutrients simply refer to the amount (in grams) of Protein, Carbohydrates and Fats you should be eating. You will need to download a free app like [MyFitnessPal](#) to easily track your intake. A food scale is also recommended.

To find EXACTLY how much you should be eating follow the steps on this [blog post](#) and use the sheet below to keep track of them.

## Workout Days

**Protein:**

**Fat:**

**Carbs:**

**Total Calories:**

## Off Days

**Protein:**

**Fat:**

**Carbs:**

**Total Calories:**

# Upper Body Workout 1

**A QUICK NOTE ON HOW TO READ PROGRAMS:** Each number represents a superset, each letter represents the exercise within that superset. In instances where you see "1A. 1B." you are to perform the exercises back to back, with little or no break in between. Perform each superset for the prescribed amount of sets before moving on to the next. Rest 60-90 seconds between unless otherwise noted.

Exercise	Sets	Reps	1	2	3	4	Notes
1A. <a href="#">Push Press</a>	4	10					
1B. Bent Over DB Row	4	10					
2A. <a href="#">One Arm DB Press</a>	3	15					
2B. <a href="#">Bent Over Row</a>	3	15 (each arm)					
3A. <a href="#">One Arm Arnold Press</a>	3	12					
3B. <a href="#">Lateral Raise</a>	3	12					
3C. <a href="#">Front Raise</a>	3	12					

# Lower Body Workout 1

A full body strength routine. Once again all you need is some dumbbells or kettlebells.

Exercise	Sets	Reps	1	2	3	4	Notes
1A. <a href="#">Goblet Squat</a>	5	10					
1B. <a href="#">Squat Jump</a>	5	10					Land SOFTLY!!
2A. <a href="#">Reverse Lunge</a>	4	8(each leg)					Hold the weights at your side.
2B. <a href="#">Bulgarian Split Squat</a>	4	5(Each leg)					Hold the weights at your side.
3A. <a href="#">Hanging Leg Raise</a>	3	12					
3B. <a href="#">Hollow Man Leg Raise</a>	3	10					

## Upper Body Workout 2

A full body strength routine. Done in conjunction with Workout 1. Once again all you need is some dumbbells or kettlebells.

Exercise	Sets	Reps	1	2	3	4	Notes
1A. <a href="#">Bent Over Row</a>	4	12(each arm)					
1B. <a href="#">Alternating DB Press</a>	4	12(each arm)					
2A. <a href="#">One Arm Floor Press</a>	3	10(each arm)					
2B. <a href="#">Reverse Fly</a>	3	12					Squeeze your shoulder blades together at the top of the movement.
2C. Push Up	3	15					
3A. Hammer Curl	3	8					Keep your thumbs facing up, palms facing in. 😊
3B. Chin Up	3	5					Palms facing you, hands shoulder width apart. Concentrate on pulling your elbows to your ribs.
3C. <a href="#">Tricep Pull down</a>	3	15					Use a cable machine or attach a band to a pull up bar!

## Lower Body Workout 2

A full body strength routine. Done in conjunction with Workout 1. Once again all you need is some dumbbells or kettlebells.

Exercise	Sets	Reps	1	2	3	4	Notes
1A. <a href="#">Kettlebell Deadlift</a>	4	12					
1B. <a href="#">Offset Goblet Squat</a>	4	10(each arm)					
2A. <a href="#">Lunge Walk</a>	3	12 steps					Hold the weights at your side, not overhead like in the video.
2B. <a href="#">Alternating Lunge Jumps</a>	3	12 (each leg)					Land softly and take your time. You don't want to lose balance.
3A. <a href="#">Reverse Lunge</a>	3	10 (each leg)					
3B. <a href="#">Hanging Leg Raise</a>	3	12					
4A. <a href="#">Plank with Shoulder Touch</a>	3	1 minute					
4B. <a href="#">Hollow Man Hold</a>	3	25 seconds					

## Cardio/ HIIT

Your recommended cardio protocol is going to be a High Intensity Interval Training model. All that means is you are going to be working very hard for 15-30 seconds, then taking a break to let your heart rate settle and repeating. It is essentially a sprint workout, designed to put your body in a fat burning state, and burn as many calories as possible in the shortest amount of time. That being said, it is going to be hard!

Warm up: 5 minutes at an escalating pace (start slow and build up speed)

30 seconds: Sprint

1 minute: Jogging Pace

Repeat 8 times.

Cool down: 5 minutes.

You will burn a ton of calories in less than 25 minutes. Give this a go instead of steady state cardio.

<u>Minutes</u>	<u>Action</u>
1-5	Slowly warm up
5-5:30	Sprint
5:30-6:30	Jog
6:30-7	Sprint
7-8	Jog
8-8:30	Spring
8:30-9:30	Jog
9:30-10	Sprint
10-11	Jog
11-11:30	Sprint
11:30-12:30	Jog
12:30-13	Sprint
13-14	Jog
14-14:30	Sprint
14:30-15:30	Jog
15:30-16	Sprint
16-21	Jog/Cool Down

## Your Proposed Schedule

### Week 1

M	Tues	W	Thurs	F	Sat	Sun
UBW1	LBW1	Cardio	LBW2	UBW2	Cardio	Off

### Week 2

M	Tues	W	Thurs	F	Sat	Sun
LBW2	Off	UBW1	Cardio	LBW1	UBW2	Off

### Week 3

M	Tues	W	Thurs	F	Sat	Sun
UBW1	LBW1	Off	LBW2	UBW2	Cardio	Off

### Week 4

M	Tues	W	Thurs	F	Sat	Sun
LBW2	OFF	UBW1	Cardio	LBW1	UBW2	Off

Try not to miss a scheduled training session, but if you do make it up the next day. Feel free to tweak the schedule to fit yours but this is the general guideline you should follow.

Please contact me whenever you need ANY help or guidance.

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## About the Author

Patrick Henigan is the owner and Lead Trainer at Jacksonville Fitness Academy. He is a Philadelphia transplant, who helped found the largest private training facility in that city. Patrick has been recognized and certified by:

- The American Council on Exercise
- The National Soccer Coaches Association of America
- The Functional Movement System

Through [his many years](#) of training athletes, former athletes and non-athletes Patrick has developed a high level of proficiency in utilizing and teaching nearly every movement needed to create a solid fitness program.

He prides himself on instilling a sense of self-discipline and accountability in his clients. Patrick views it as his job to instill the necessary skills and mindset shifts to continue their fitness journey for the rest of their lives.

Patrick recognizes that the journey to fitness and health does not just occur in the gym. He provides all his clients with nutrition and fitness information and knowledge relevant to their goals.

**You too can be lucky enough to be personally trained by Pat...ok, by me. I don't like talking in third person. I am accepting a limited amount of [online](#) and [in person](#) clients. Try be one of the lucky few. You can email me at [Pat@jaxfitacademy.com](mailto:Pat@jaxfitacademy.com) or find me on [Instagram](#).**