

HEALTHY HAPPY HOLY WORKOUT PLAN

I have played multiple organized sports since I was 6 years old, and I was an athlete throughout middle and high school. With a healthy diet and a steady amount of activity, I was always in pretty good shape. However, I could never build as much muscle and strength as I wanted.

I've worked through several different workout plans, including Tony Horton's P90X, Kyle Leon's Somanabolic Training, and Tim Ferriss' 4-Hour Body Workout. I also participated in 4 years of sports weight training with our high school strength coach.

The following workout is a combination of all of the above, and it has helped me to gain 30 pounds of muscle since graduating high school 4 years ago. It has also gotten me in the best shape of my life. The workout is separated into 4 different segments targeting different parts of the body. Ideally, I try to do all 4 of these workouts in one week (usually one on Mon., Tues., Thurs., and Fri.). However, if you can only get to 3 in one week, that's fine too. Each workout body segment should only take one hour to complete.

Each segment is color coordinated with red and blue "super sets". This means you should alternate between doing each of the 2 red sets of exercises before moving on to alternating between the 2 blue sets. These workouts can all be done at home with free weights, although the instructional videos will show you the basic form in a gym setting.

Before each of the four workouts, I alternate between running 2 miles or spending 15 minutes doing abdominal exercises. This helps get your blood pumping and your muscles loose before actually lifting any weights. If you are looking to run 2 miles, do it at a speed you feel comfortable. I run them on a treadmill and keep it to 8-minute miles or less, but just make sure you are running hard enough (inside or outside) to build up a sweat.

If you have questions about any of the lifts, check out our YouTube links on our website. They should show you how to perform each exercise safely. And remember, you should check with your doctor if you have any questions about being healthy enough to engage in a weight-training regimen.

Lastly, I want to remember why I'm working out. It gives my workout more of a purpose. I want to be healthy, more physically fit, and gain more energy, but I also want to honor God with the body He has blessed me with. This short prayer helps me focus in before working out:

"Father, thank you for this body you have blessed me with. Help me to honor You by treating it with respect. Give me the energy and perseverance to complete this workout. Watch over me and keep me healthy as I work out. Thank you for my health and the ability to exercise. Amen."

CHEST & ARMS (4 sets of 8-10 reps each)

Barbell Bench				
Dumbbell Curl				
5 Fast/5 Slow (x2) Push-up				
E-Z Barbell Curl				

LEGS (4 sets of 10 reps each)

Hack Squat				
Leg Curl				
Wall Squat				
Dumbbell Calf Raise				

BACK & TRICEPS (4 sets of 8-10 reps each)

Lying Dumbbell Row				
Triceps Dip				
Seated Row				
Lying Triceps Extension				

SHOULDERS (4 sets of 8-10 reps each)

Standing Front DB Raise				
Standing Barbell Military Press				
Dumbbell Reverse Fly				
Seated Lateral DB Raise				