



# EASY PLAN

# EXERCISE CHART

## TOP BODIES EASY PLAN EXERCISE/WEIGHT CHART

LEG GROUP	Sets	Reps	Weight
Squats	2/3/4	10/15/20	
Leg Press	2/3/4	10/15/20	
Lunges	2/3/4	10/15/20	
Side Lunges	2/3/4	10/15/20	
Leg Extension	2/3/4	10/12/15	
Leg Curls	2/3/4	10/12/15	
Glut Extension	3/4	15/20	

### CALVES

Donkey Raises	2/3/4	10/15/20	
Standing calf raises	2/3/4	10/15/20	

### BUTTOCKS

Glute Extensions	2/3/4	10/15/20	
Lateral Leg Lifts	2/3/4	10/15/20	
Deadlifts	2/3/4	10/15/20	

*\*Remember: a good way to get your aerobic exercise done is to do any type of exercise you enjoy. Examples: Rollerblading, Roller skating, Basketball, Soccer, Tennis, Bike Riding, Volleyball, Swimming, Powerwalking and Dance Aerobics to name a few.*

*As your program progresses, you must increase the number of sets and repetitions per exercise.*

ARMS	Sets	Reps	Weight
Bicep Curls	2/3/4	10/15/20	
Barbell curls	2/3/4	10/15/20	
Hammer Curls	2/3/4	10/15/20	
Concentration	2/3/4	10/15/20	
Tricep Extensions	2/3/4	10/15/20	
Tricep Kickbacks	2/3/4	10/15/20	
Tricep Pushdowns	2/3/4	10/15/20	
Backward dips	2/3/4	10/15/20	

### BACK GROUP

Lat Pull Down	2/3/4	10/12/15	
Rear Pull Down	2/3/4	10/12/15	
Pull Ups	2/3/4	6/8/10	
Seated Rowing	2/3/4	10/12/15	
One Arm Rowing	2/3/4	10/12/15	
Out Front Pull Down	2/3/4	10/12/15	

### CHEST GROUP

Chest Press	2/3/4	10/12/15	
Push Ups	2/3/4	8/10/15	
Incline Chest Press	2/3/4	8/10/12	
Pec Dec	2/3/4	10/12/15	
Dumbbell Flys	2/3/4	10/12/15	
Cable Crossovers	2/3/4	8/10/12	

### SHOULDER GROUP

Dumbbell Press	2/3/4	8/10/12	
Barbell Press	2/3/4	8/10/12	
Out Front Raises	2/3/4	8/10/12	
Lateral Raises	2/3/4	8/10/12	

### CARDIO TRAINING 15/25/40 minutes

Aerobics  
Power Walking  
Cycling  
Stairmaster