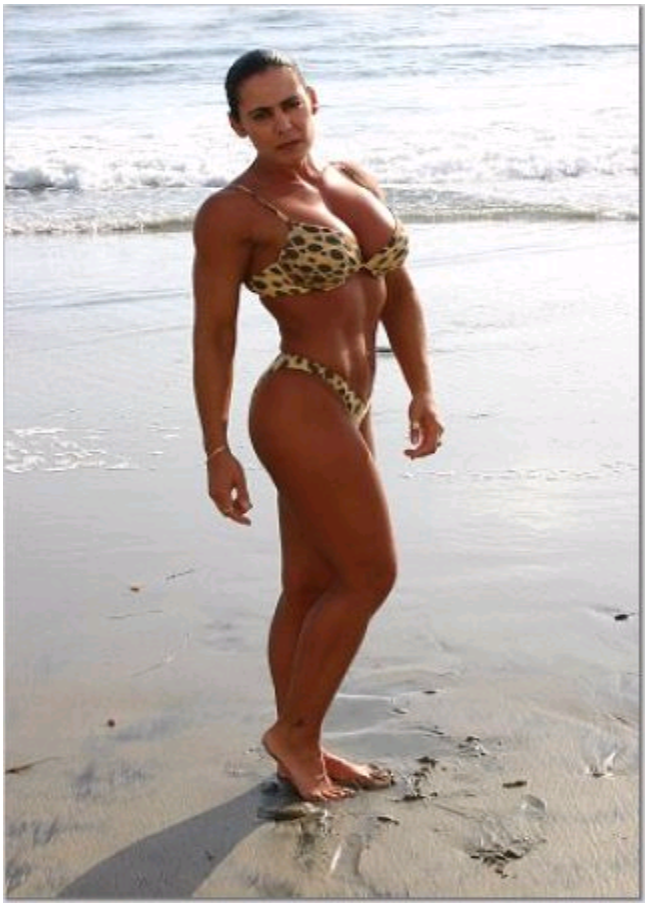
5 Day Simple Work our Routine for Men and Women



Deana Sicari BS CCN
Clinical Nutrition and Fitness
NUTRI-FIT
760-940-4148

PLEASE BE ADVISED THAT YOU MUST FIRST SEEK PERMISSION BY YOUR PHYSICIAN OR HEALTH CARE PRACTITIONOR BEFORE YOU BEGIN ANY EXERCISE PROGRAM. THE FOLLOWING WORKOUT IS TO BE PERFORMED AT YOUR OWN RISK.

If you are a San Diego County resident and would like Deana Sicari to personally teach you this exercise, routine please call or email the information below discounts on personal training packages.

Day one back
Day two legs

Day three arm and shoulders
Day four abs and more cardio
Day five chest

Day one

Lat pull downs, seated cable rows, high pulley rows, one are DB rows and back extensions.....40 minutes cardio

Day two

Leg extensions, leg curls, leg press, bent kneed dead lift, free squats, inner thigh, outer thigh and seated calf raises. 40 minutes cardio

Day three

Over head DB press, seated side laterals, rear lateral raises and upright rows
Super set standing e-z curls with lying French press, superset pushdown and cable curls.
40 minutes cardio.

Day four

Set of 5 giant set. All done in consecutive order
Crunches 30 to front, 30 to left, 30 to right, reverse trunk curls for 30 and a 30 Sec leg air bicycle. 1-hour cardio.

Day five

Incline press, flat bench flys; incline fly's, dips, and pullovers.
40 minutes cardio.

3 sets of 12 to 15 for all except abs.

For more information, contact Deana at 760-940-4148 or e-mail at deana@thenutri-fit.com