



21-DAY JUMP START PROGRAM

Disclaimer:

If you have any health concerns, please consult a doctor before beginning any type of health or fitness program. The information in this program is not professional therapy or medical opinion. Readers should seek professional therapy or consult a primary care physician before starting any health or fitness coaching program.

Should you participate in the 21-Day Jump Start Program, please understand that you are doing so at your own risk. This includes any injury and/or damage suffered while engaging in physical exercise.

Be smart. Be safe.



Build Muscle, Burn Fat, Get Back on Track:

Welcome to the 21-Day Jump Start!

Since you're here, it means you want to make a change. You want to build muscle, burn fat, and get back on track. You want to feel healthier, more athletic, and more confident.

Well, I've got great news for you... This program is designed to help you achieve all of those goals!

This program was born out of necessity. Personally, I needed it.

I found myself in a place where I wasn't feeling my best. After football season, Thanksgiving, and the holidays, I certainly wasn't feeling athletic or healthy. Rather, I felt sluggish. I felt a bit unhealthy. I felt un-athletic.

Instead of feeling sorry for myself, I took action — just like you took action by downloading this program — and put together a plan aimed at getting back on track. It was all focused around three goals: **building muscle, burning fat, and feeling great.**

Losing weight wasn't the primary goal. I didn't design this as a weight-loss program (though, I did lose weight). Rather, I designed it as a body re-composition program.

In the end, after applying myself each day and sticking to the plan, I saw great results! I lost five pounds of body fat while building muscle in the process.

I felt more athletic again. I was energized and more confident. And most importantly, I got back into practicing healthy habits on a daily basis. Check out [my Instagram post](#) with before-and-after photos if you'd like to learn more about how the program worked for me!

This program isn't a "fix" or some type of "cleanse." It's the beginning of a new you. It's the foundation from which you can build upon to create a healthy and active lifestyle that can last forever.

If you're willing to commit yourself to better health and fitness, I promise this plan can work for you, too. You downloaded this program, so you're searching for something more. Commit yourself to the program, complete each task on a day-to-day basis, and you'll see results.

Once you're finished with this program, you'll be in better shape and have a wealth of information to build upon to keep improving your health and fitness.

In the pages ahead, I've provided everything you need to know to experience results.



It's time to find that inner drive and really commit to this program. If you can do that, you'll find yourself feeling **happier, healthier, and stronger** than ever before!

Anybody can commit to something for three weeks. Prove it to yourself by reading on and committing to this program!



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General Program Notes:

Before we get into the nuts and bolts of this program, let's talk about some general items to keep in mind...



This is a six-day a week program designed to help you build muscle, burn fat, and generally feel healthier. I understand that everyone has a different starting point. While it's impossible to create something customized to everyone who downloads this program, it is possible to help guide you through this journey.

To do that, I've created two tracks for this program:

- **Beginner Track**
- **Advanced Track**

You'll notice every exercise has a track assigned to it. That's done for a reason, as I want you to self-select your current fitness status and navigate the program accordingly.

How do you know what track to complete?

You should follow the **Beginner Track** if any of these statements apply to you:

- I don't regularly participate in weight training.
- I don't regularly participate in cardio.
- I don't work out at all.
- I haven't ever followed a fitness program before.
- I consider myself a novice when it comes to fitness.

The **Beginner Track** is designed to get you moving, and you'll see as you progress through the program that your overall workload will increase. This program is designed to introduce you to weight training and cardio within an intentional structure.

Take the **Advanced Track** if any of these statements apply to you:

- I occasionally lift weights.
- I occasionally participate in cardio.
- I regularly lift weights.
- I regularly participate in cardio.
- I consider myself experienced when it comes to fitness.

For the **Advanced Track**, you'll be taking on a larger workload right from the start, as compared to the **Beginner Track**. You'll be completing anywhere from 10-15 weekly sets of weight training for each muscle group, and you'll be hitting cardio more frequently throughout.

Have you selected your track for this program? If not, and you still have questions, [contact me](#) and I'll help you get situated.



Once you've selected a track, here are some additional notes...

Rest Periods:

For the weightlifting portion of each workout, plan on taking anywhere between 30-60 second breaks in between sets. This should give you adequate time to recover and then complete the next set.

Pull up the stopwatch on your smart phone or watch and use that to time your rest periods. If you're in a gym with a clock that counts seconds, that will work, too.

We want to create a relatively intense workout so that you're challenging yourself. Frequent rest periods of longer than 60 seconds are not going to create that type of environment. And rest periods of fewer than 30 seconds won't provide you enough time to recover in between sets.

These sets and workouts are meant to be challenging. Give yourself adequate time to rest, but then get right back after it when your rest time is up!

If you find yourself needing to take longer than 60 seconds of rest in between sets, that means you're probably using weight that is too heavy. Drop the weight down and find something that allows you to complete the assigned sets and reps.

Cardio:

Along with weightlifting, there's cardio assigned throughout this program. You can do your cardio before or after you lift (*though I normally recommend you lift first and follow it up with cardio*).

You also have the option of breaking up the daily workouts. When I completed this program, I did my weight training early in the day and did cardio in the evenings. This was based around personal preference — it was best for me to do two separate workouts. Complete the assigned workouts in a way that is most enjoyable and feasible for you.

You will also notice that I ask you to do a specific number of **calories** of cardio for most cardio workouts. I understand this may be a foreign concept, so let me explain what I mean here...

Counting cardio in "calories" is something popularized by CrossFit. Often those athletes will have to complete a spin or hop on the rower and complete 'X' number of calories as part of a workout. That's essentially what I'm asking you to do with your cardio in this program. The reason being, it's all about putting a certain amount of effort into each cardio session.



Nowadays, just about every piece of cardio equipment will tell you how many calories you've burned during your workout, and if it's not on the piece of equipment it's on your Fitbit, Apple Watch, or some other wearable or smart device. The number of calories isn't necessarily accurate, but that doesn't matter.

What does matter is the "calories" number is telling us how much effort you put into that cardio session.

For example, you could complete the same 30-minute spin on two different days and find that on one day you burned 180 calories, while on the other day you burned just 150. The calories represent the amount of effort you put into each cardio session. In that second spin workout, you clearly weren't working as hard as you did during first spin, and it shows in the "calories burned" reading.

Time is a bad standard for us to use.

Mileage can be, too. If I ask you to walk or run two miles, the pace and effort you put into that walk or run will largely determine how much energy you expend. I do have a few assigned workouts where we track mileage, but those are mostly to provide a break and add some variety into the program.

Tracking "calories" is what I consider to be the gold standard, so that's how we'll operate. It's all about effort.

I want you to hit the calorie number assigned for each cardio workout in order to ensure you're putting in an adequate amount of effort each day. It doesn't matter how long it takes you to get to 150, 175, or 200 calories. What matters is that you hit that number.



Nutrition:

For any successful program, there is a nutritional element. That nutritional element should be customized to each individual, as we're all unique and have different likes, dislikes, needs, and more when it comes to food and drink.

I can't prescribe a customized nutrition plan for each and every one of you. Rather, I won't. But we can set up a plan.



Some coaches will hand out generic meal plans with their programs. I'm not that kind of coach.

I've always felt doing that is extremely irresponsible.

Managing a nutrition plan or diet is something that needs to be carefully crafted and customized to each individual.

What I will do for this program is outline a schedule for you.

I practiced intermittent fasting while running this program, and I credit that as a large reason why I experienced so much success. If you're unfamiliar with what intermittent fasting is and how it can be applied, check out my article about [skipping breakfast](#). I've also written a separate article on [intermittent fasting and fasted cardio](#). Those have everything you need to know.

For the purposes of this program, we're talking about limiting the amount of time you can eat in a given day. More specifically, I want you to use the 16-8 principle.

- 16 hours in which you should fast
- 8 hours in which you can eat

It's up to you to choose when those 8 hours of eating will occur. When I ran this program, I skipped breakfast every morning in order to create a window between Noon-8 p.m. each day where I ate my food. Yours can be the same, similar, or completely different. Just make sure you restrict yourself to 8 hours a day!

The reason for this is simply to put a cap on the number of calories you end up eating. When we reduce the amount of time you can eat each day, we'll likely reduce the number of calories you end up eating.

This will hopefully get you in a slight calorie deficit each day, which will lend itself to body re-composition.

The timing isn't magical. It's simply for restrictive purposes.

You need to exercise self-control and practice good, healthy habits with your diet. Lean on whole, quality foods and steer clear of some of those holiday treats that have made you feel sluggish and out of shape!

A diet full of lean cuts of meat, rice, vegetables, fruits, etc. is going to help you achieve a higher level of success. Read my [Hack Your Diet article](#) for more specifics on the nutrition front.



Exercises:

Each of the 21 days in this program are purposeful. There are specific exercises and goals to achieve each day.

While I've outlined specific exercises to do each day, I understand everyone has access to different equipment for their workouts. With that in mind, I've outlined various alternate exercises you can do each day.



For each week, I've detailed specific workouts with specific exercises for you to complete. I understand that not everybody has access to this equipment, so below is a comprehensive list of alternate exercises you can substitute for instances where you can't do a specific movement.

For example, if you don't have the ability to do a cable cross-over, I've detailed a number of alternate chest exercises you can do in its place for the same amount of sets and reps.

For your convenience, I've also included links to video examples of each exercise. These are courtesy of Central Athlete, which is a company that provides resources to Chris Gates Fitness through my partnership with True Coach. All of my clients have access to the True Coach app, where we set up programming each week.

For the [dumbbell chest press](#), [incline dumbbell chest press](#), and [cable cross overs](#), you can substitute in any of the following movements:

- Push Ups
- [Barbell bench press](#)
- [Dips](#) (assisted, body weight, or weighted)
- [Cable Press](#) (lying down or standing)
- [Dumbbell Floor Press](#)
- [Dumbbell Push Up](#)
- [Incline Bench Press](#)
- [Seated Chest Press](#)

For the [triceps push down](#) or [overhead triceps extension](#), you can substitute in any of the following movements...

- [Bench Dips](#)
- [Close-Grip Bench Press](#)
- [Bodyweight Triceps Extension](#)
- [Dumbbell Close-Grip Press](#)
- [Dumbbell Skull Crusher](#)
- [Seated Triceps Extension](#)
- [Skull Crushers](#)

For the [cable lateral raise](#) and [dumbbell lateral raise](#), you can substitute in any of the following movements...

- [Seated Single-Arm Dumbbell Press](#)
- [Behind the Back Lateral Raise](#)
- [10-Month Dumbbell Press](#)



For the [rear delt flies](#) and [face pulls](#), you can substitute in any of the following movements...

- [Kneeling Cable Pull](#)
- [High-Low Banded Row](#)
- [Low-High Banded Row](#)
- [Band Pull Aparts](#)

You should be able to do **abdominal crunches** just about anywhere. If you'd like to add weight to the movement, that's great! Grab a dumbbell or plate and make the crunches as intense as you'd like!

For the [leg press](#) and [leg extension](#), you can substitute in any of the following movements...

- [Air Squat](#)
- [Back Squat](#)
- [Box Squat](#)
- [Box Step Up](#)
- [Dumbbell Squat](#)
- [Kettlebell Squat](#)
- [Front Squat](#)
- [Goblet Squat](#) (Kettlebell or Dumbbell)

For the [dumbbell RDL](#) and the [seated hamstring curl](#), you can substitute in any of the following movements...

- [Band Pull Through](#)
- [Hip Thrust](#)
- [Good Morning](#)
- [Romanian Deadlift](#)
- [Barbell One-Leg Romanian Deadlift](#)
- [Deadlift](#)
- [Kettlebell Swing](#)

For the [seated calf raise](#), you can substitute in any of the following movements...

- [3-Way Calf Raises](#)
- [Single Leg Calf Raise](#)
- [Barbell Standing Calf Raise](#)
- [Machine Standing Calf Raise](#)

For the [barbell curl](#) and [dumbbell bicep curl](#), you can substitute in any of the following movements...

- [Banded Bicep Curl](#)
- [Barbell Drag Curl](#)
- [Concentration Curl](#)
- [Hammer Curl](#)



- [Incline Dumbbell Curl](#)
- [Seated Curl](#)

For the [barbell row](#), [dumbbell row](#), [close-grip cable row](#), [lat pull down](#), and [shrugs](#), you can substitute in any of the following movements...

- [High-Low Banded Row](#)
- [Low-High Banded Row](#)
- [Bent Over Barbell Row](#)
- [Bent Over Single-Arm Row](#)
- [Chest Supported Incline Dumbbell Row](#)

And finally, let's talk about alternate versions of cardio... I've specifically assigned walking, running, and cardio on the spin bike. While those should be pretty easily accessible to just about everyone, I understand that's not always the case. If you can't do the exact assigned cardio, do something similar. Most importantly, make sure you do something where you can **track those calories**. That's going to be the most important element of your cardio each day.



Daily Workouts:

It's time!

Remember what we went over at the beginning of this program: This program isn't a "fix" or some type of "cleanse." It's the beginning of a new you. It's the foundation from which you can build upon to create a healthy and active lifestyle that can last forever.

If you're willing to commit yourself to better health and fitness, I promise this plan can work for you, too. You downloaded this program, so you're searching for something more. Commit yourself to the program, complete each task on a day-to-day basis, and you'll see results down the road.

GO TIME!!!



Day 1:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Dumbbell Chest Press	4	10-12	Beginner/Advanced
Cable Lateral Raises	3	15	Beginner/Advanced
Face Pulls	3	15	Beginner/Advanced
Triceps Push Down	6	12	Advanced
Cable Cross Overs	3	15	Advanced
Abdominal Crunches	4	12	Beginner/Advanced
Dumbbell Lateral Raises	3	12	Advanced
Rear Delt Flies	3	12	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the final two exercises as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	150 Calories	Beginner/Advanced



Day 2:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Leg Press	4	8	Beginner/Advanced
Dumbbell RDL	4	10	Beginner/Advanced
Calf Extension	3	12	Beginner/Advanced
Leg Extension	4	12-15	Advanced
Seated Hamstring Curl	4	12-15	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.



Day 3:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Barbell Curl	3	8-10	Beginner/Advanced
Barbell Row	3	8	Advanced
Dumbbell Shrug	4	8	Beginner/Advanced
Dumbbell Biceps Curls	3	12	Advanced
Dumbbell Rows	3	12	Beginner/Advanced
Abdominal Crunches	4	8-10	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	150 Calories	Beginner/Advanced



Day 4:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
<u>Dumbbell Chest Press</u>	4	12	Advanced
<u>Dumbbell Lateral Raises</u>	3	12	Advanced
<u>Rear Delt Flies</u>	3	8	Advanced
<u>Triceps Overhead Extension</u>	6	12	Beginner/Advanced
<u>Incline Dumbbell Chest Press</u>	3	12	Beginner/Advanced
<u>Cable Lateral Raises</u>	3	15	Beginner/Advanced
<u>Face Pulls</u>	3	15	Beginner/Advanced
Abdominal Crunch	4	8-10	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the cable lateral raise and face pulls as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	150 Calories	Advanced



Day 5:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Close-Grip Cable Row	3	8-10	Beginner/Advanced
Dumbbell Biceps Curls	6	8	Beginner/Advanced
Dumbbell Shrugs	6	8	Beginner/Advanced
Lat Pull Down	3	12	Advanced
Leg Extension	4	10	Advanced
Dumbbell RDL	4	8	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	150 Calories	Advanced



Day 6:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Walk/Run	2 miles	Beginner/Advanced

Some notes about this workout:

- The goal here is to get mileage in, however possible. While the majority of our cardio workouts will be focused around calories, this weekly walk/run is designed to get you outside for some fun and a change of scenery.
- No need to monitor calories or intensities. Just complete the two miles.
 - This can be solely walking, solely running, or some combination of the two.



Day 7:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Advanced



Day 8:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Dumbbell Chest Press	4	10-12	Beginner/Advanced
Cable Lateral Raises	3	15	Beginner/Advanced
Face Pulls	3	15	Beginner/Advanced
Triceps Push Down	6	12	Beginner/Advanced
Cable Cross Overs	3	15	Beginner/Advanced
Abdominal Crunches	4	12	Beginner/Advanced
Dumbbell Lateral Raises	3	12	Advanced
Rear Delt Flies	3	12	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the final two exercises as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Beginner/Advanced



Day 9:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Leg Press	4	8	Beginner/Advanced
Dumbbell RDL	4	10	Beginner/Advanced
Calf Extension	4	12	Beginner/Advanced
Leg Extension	4	12-15	Beginner/Advanced
Seated Hamstring Curl	4	12-15	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.



Day 10:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Barbell Curl	3	8-10	Beginner/Advanced
Barbell Row	3	8	Beginner/Advanced
Dumbbell Shrug	4	8	Beginner/Advanced
Dumbbell Biceps Curls	3	12	Advanced
Lat Pull Down	3	12	Beginner/Advanced
Abdominal Crunches	4	8-10	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Beginner/Advanced



Day 11:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Dumbbell Chest Press	4	12	Advanced
Dumbbell Lateral Raises	3	12	Beginner/Advanced
Rear Delt Flies	3	8	Beginner/Advanced
Triceps Overhead Extension	6	12	Beginner/Advanced
Incline Dumbbell Chest Press	3	12	Beginner/Advanced
Cable Lateral Raises	3	15	Beginner/Advanced
Face Pulls	3	15	Beginner/Advanced
Abdominal Crunch	4	8-10	Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the cable lateral raise and face pulls as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Advanced



Day 12:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Close-Grip Cable Row	3	8-10	Beginner/Advanced
Dumbbell Biceps Curls	6	8	Beginner/Advanced
Dumbbell Shrugs	6	8	Beginner/Advanced
Lat Pull Down	3	12	Advanced
Leg Extension	4	10	Advanced
Dumbbell RDL	4	8	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Beginner/Advanced



Day 13:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Walk/Run	2 miles	Beginner/Advanced

Some notes about this workout:

- The goal here is to get mileage in, however possible. While the majority of our cardio workouts will be focused around calories, this weekly walk/run is designed to get you outside for some fun and a change of scenery.
- No need to monitor calories or intensities. Just complete the two miles.
 - This can be solely walking, solely running, or some combination of the two.



Day 14:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	175 Calories	Advanced



Day 15:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Dumbbell Chest Press	4	10-12	Beginner/Advanced
Cable Lateral Raises	3	15	Beginner/Advanced
Face Pulls	3	15	Beginner/Advanced
Triceps Push Down	6	12	Beginner/Advanced
Cable Cross Overs	3	15	Beginner/Advanced
Abdominal Crunches	4	12	Beginner/Advanced
Dumbbell Lateral Raises	3	12	Beginner/Advanced
Rear Delt Flies	3	12	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the final two exercises as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	200 Calories	Beginner/Advanced



Day 16:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Leg Press	4	8	Beginner/Advanced
Dumbbell RDL	4	10	Beginner/Advanced
Calf Extension	5	12	Beginner/Advanced
Leg Extension	4	12-15	Beginner/Advanced
Seated Hamstring Curl	4	12-15	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.



Day 17:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Barbell Curl	3	8-10	Beginner/Advanced
Barbell Row	3	8	Beginner/Advanced
Dumbbell Shrug	4	8	Beginner/Advanced
Dumbbell Biceps Curls	3	12	Beginner/Advanced
Dumbbell Rows	3	12	Beginner/Advanced
Abdominal Crunches	4	8-10	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	200 Calories	Beginner/Advanced



Day 18:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Dumbbell Chest Press	4	12	Beginner/Advanced
Dumbbell Lateral Raises	3	12	Beginner/Advanced
Rear Delt Flies	3	8	Beginner/Advanced
Triceps Overhead Extension	6	12	Beginner/Advanced
Incline Dumbbell Chest Press	3	12	Beginner/Advanced
Cable Lateral Raises	3	15	Beginner/Advanced
Face Pulls	3	15	Beginner/Advanced
Abdominal Crunch	4	8-10	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.
- You can do the cable lateral raise and face pulls as a superset if desired. This will make the workout a little more intense and also cut down on the overall duration of your workout.
 - A superset is where you do two exercises back to back without taking rest in between. For the last two exercises, you would do 12 reps of the dumbbell lateral raises and then 12 reps of the rear delt flies before taking your 60-second rest period.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	200 Calories	Beginner/Advanced



Day 19:

<u>Exercise:</u>	<u>Sets:</u>	<u>Reps:</u>	<u>Track:</u>
Close-Grip Cable Row	3	8-10	Beginner/Advanced
Dumbbell Biceps Curls	6	8	Beginner/Advanced
Dumbbell Shrugs	6	8	Beginner/Advanced
Lat Pull Down	3	12	Beginner/Advanced
Leg Extension	4	10	Beginner/Advanced
Dumbbell RDL	4	8	Beginner/Advanced

Some notes about this workout:

- Rest periods in between sets should be 30-60 seconds.
- For each movement, you should use a weight that is challenging. Don't go through the movements without feeling like you're working. Ideally, you're using a weight for each movement that makes it difficult to finish the last 1-2 reps of each set.
 - You don't have to use the same weight for each set. If you find the weight you select is too difficult, or not difficult enough, you should absolutely change it up in order to successfully finish the sets and reps.
- When there's a rep range (ex: 10-12), you should try and work towards the higher amount of reps, but it's OK if you fall somewhere in between those numbers for any given set.

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	200 Calories	Beginner/Advanced



Day 20:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Walk/Run	2 miles	Beginner/Advanced

Some notes about this workout:

- The goal here is to get mileage in, however possible. While the majority of our cardio workouts will be focused around calories, this weekly walk/run is designed to get you outside for some fun and a change of scenery.
- No need to monitor calories or intensities. Just complete the two miles.
 - This can be solely walking, solely running, or some combination of the two.



Day 21:

<u>Cardio:</u>	<u>Calories:</u>	<u>Track:</u>
Spin Bike	200 Calories	Beginner/Advanced



You're finished... NOW WHAT???

So, you completed the program... Congratulations!

Let me be the first to say I'm proud of you for the work you put in and the commitment you made to bettering yourself through fitness and nutrition.

But more than anything, you should be proud of yourself!

Take some time to reflect on the last 21 days. Think about the hard work you put in and how good it made you feel. Think about how much more athletic and fit you feel. Think about how much stronger and confident you feel.

All of those things, and more, are products of a lifestyle based around healthy lifestyle choices. You can feel like this every day of your life but putting in a little bit of work every day to better yourself.

You can continue doing that with this program. Keep working on the exercise routines. Keep trying to progress in each workout. Strive to lift a little bit more weight, or get those calories completed in a little bit shorter time span — or perhaps even increase your calories in your cardio sessions.

This program is something you can continue to use for a long time.

Or, if you want to build on this program and truly up-level your fitness and nutrition, you can always reach out to me and we can talk about how coaching may benefit you.

I've worked with clients with goals across the board, and we've consistently achieved positive results. Whether it be building muscle, burning fat, achieving a combination of the two, or something else like competing in a competition or running a race... I'd love to get the opportunity to work with you and help you continue the progress you've made.

If coaching interests you, check out my [Coaching Services web page](#) to learn more about what I offer, and [contact me](#) if you'd like to talk more!

Whatever your next step may be, make sure you seize the momentum you created by completing this 21-Day Jump Start Program and KEEP GOING!

Keep working and keep pursuing the best version of yourself. Keep the fire lit to that inner drive you created and commit to your health and fitness long term.

Commit to yourself long term. **Be happy, healthy, and strong.**