

Example 45-Minute Total Workout

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This workout will give a combination strength and cardiovascular workout in one 45-minute session. The key is to move from exercise to exercise as quickly as possible. Select a weight for each exercise that leads to failure in 12-15 repetitions.

1. 5 minutes warm up on the treadmill

2. 1 set to failure of the following exercises:

- Chest Press
- Leg Press
- Lat Pulldown
- Hamstring Curl
- Biceps Curl
- Triceps Press
- Crunches
- Leg Extension
- Shoulder Press
- Calf Raise
- Seated Row

3. 5 minutes stationary bike, moderate intensity

4. 1 set to failure of the following exercises:

- Crunches
- Lunges
- Chest Press
- Biceps Curl
- Calf Raise
- Lat Pulldown
- Triceps Press
- Seated Row
- Leg Extension

5. 5 minutes elliptical, high intensity

6. 1 set to failure of the following exercises:

- Chest Press
- Hamstring Curl
- Triceps Press
- Leg Extension
- Biceps Curl
- Calf Raise
- Shoulder Press
- Lat Pulldown
- Crunches

7. 5 minutes elliptical, high intensity

8. 5 minutes cooldown on treadmill

Note: Adapted from a workout designed by Patrick S. Hagerman, MS, CSCS.