



# “Perfect 10” Total Body Conditioning System

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*The “Perfect 10” Total Body Conditioning System is a 16-week exercise program designed to optimize results and guide each client to achieve their own level of Fitness Excellence<sup>sm</sup>.*

*The “Perfect 10” Total Body Conditioning System can considerably improve each client’s strength, musculoskeletal and cardiovascular endurance, flexibility, body composition, self esteem and motivation to exercise. The program produces results for clients through interval training. This method of conditioning has been scientifically proven to be superior to slow, aerobic training.*

- ✓ *Interval training burns 3X as much fat as running at a steady pace does.*
- ✓ *Interval training elevates your good cholesterol that turns your arteries into whooshing streams (that's a good thing).*
- ✓ *Interval training increases blood supply to the cells, the cells use oxygen more efficiently and the enzymes that help create energy increase. That improves your fitness.*

*The “Perfect 10” Total Body Conditioning System takes each client on a 16-week fitness journey which is divided up into 4-week phases. Program participants will safely and effectively improve their fitness level by gradually increasing the intensity of each exercise session. Clients will exercise 2-5 days per week, each exercise session lasts between 30 – 60 minutes and is designed to burn 400-800 calories. Clients will be given regular assessments and can also track their progress with the monthly “Super Circuit Challenge”.*

Contact Chris to schedule your FREE Fitness Consultation and Session via email for more information. [chris@fitnessexcellence.com](mailto:chris@fitnessexcellence.com)



## *Phase Description for the “Perfect 10” Total Body Conditioning System*

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### **“3 for a Healthier Me” – Weeks 1-4**

Objective: Introduce clients to proper form and techniques to jump start their fitness program. The workouts will include conducting intervals of three (3) resistance exercises combined with three (3) minutes of cardiovascular exercises. Resistance exercises are basic strength/endurance exercises targeting the largest muscle groups.

Length of Workouts: 30 – 45 minutes

### **“5, I’m Coming Alive” – Weeks 5-8**

Objective: Open up the client’s fat burning window and increasing muscular and cardiovascular endurance. The workouts will include conducting intervals of five (5) resistance exercises combined with five (5) minutes of cardiovascular exercises. Resistance exercises incorporate strength with movement exercises targeting the largest muscle groups and whole body movements.

Length of Workouts: 45 – 60 minutes

### **“7 Feeling Like Heaven” – Weeks 9-12**

Objective: Increase glycogen storage, RMR and train clients to safely perform functional training movements. The workouts will include conducting intervals of seven (7) resistance exercises combined with seven (7) minutes of cardiovascular exercises. Resistance exercises include dynamic, multi-joint movement and plyometric exercises.

Length of Workouts: 45 – 60 minutes

### **The “Perfect 10” – Weeks 13-16**

Objective: The final phase challenges clients with a combination of all types of exercises from the previous segments. Clients will realize the achievement of their fitness goals and set new goals for the next phase in their pursuit of Fitness Excellence<sup>sm</sup>. The workouts will include conducting intervals of ten (10) resistance exercises combined with ten (10) minutes of cardiovascular exercises.

Length of Workouts: 60 minutes



## *Assessment Protocol and Program Design for Each Phase*

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### **Assessment Protocol:**

**Weight**

**Body Comp or Circumference**

**Flexibility**

**Push Ups (to muscle failure) (knees vs toes)**

**Sit Ups (full in 60 secs)**

**Plank (on toes, time to failure)**

**10 minute treadmill or stationary bike (distance and HR)**

### **“3 for a Healthier Me” – Weeks 1-4**

Length of Workouts: 30 – 45 minutes

Cardio:

Type: Treadmill, Elliptical, Cross-Trainer, Rower, Stationary Bike, StairMaster

Time: 3 minute intervals (complete 5 – 8 sets)

Intensity: Target heart rate 50% – 70% of MaxHR.

Resistance:

Muscle Groups: Legs, Back, Chest and Core

Type: Squats, Lunges, Lat Pull Down, Back Rows, Chest Press, Chest Fly's, Stability Ball

Reps/Time: 10-15reps/15-30secs (complete 6 – 10 sets)

Intensity: moderate fatigue at the end of each set

Homework: Complete 2-3 cardio workouts lasting 30 – 45min each. Target heart rate 50% – 70% of MaxHR.

### **“5, I’m Coming Alive” – Weeks 5-8**

Length of Workouts: 45 – 60 minutes

Cardio:

Type: Treadmill, Elliptical, Cross-Trainer, Rower, Stationary Bike, StairMaster

Time: 5 minute intervals (complete 4 – 6 sets)

Intensity: Target heart rate 60% – 75% of MaxHR.



## ***Assessment Protocol and Program Design for Each Phase***

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### **“5, I’m Coming Alive” – Weeks 5-8**

Resistance:

Muscle Groups: Legs, Back, Chest, Shoulders, Arms and Core

Type: Walking Lunge, Reverse Lunge, Split Squats, Reverse Flys, Push Ups, Curls, Presses

Reps/Time: 12-20reps/30 - 45secs (complete 5 – 8 sets)

Intensity: moderate to full muscle fatigue at the end of each set

Homework: Complete 2-3 cardio workouts lasting 30 – 45min each. Target heart rate 60% – 75% of MaxHR.

### **“7 Feeling Like Heaven” – Weeks 9-12**

Length of Workouts: 45 – 60 minutes

Cardio:

Type: Treadmill, Elliptical, Cross-Trainer, Rower, Stationary Bike, StairMaster

Time: 7 minute intervals (complete 3 – 5 sets)

Intensity: Target heart rate 70% – 85% of MaxHR.

Resistance:

Muscle Groups: Total Body

Type: Squat and Press, Tube Flys w/ Reverse Lunge, Lunge and Curl, Step Up and Press

Reps/Time: 15-20reps/45-60secs (complete 4 – 6 sets)

Intensity: full muscle fatigue at the end of each set

Homework: Complete 2-3 cardio workouts lasting 45 – 60min each. Target heart rate 70% – 85% of MaxHR.

### **The “Perfect 10” – Weeks 13-16**

Length of Workouts: 60 minutes

Cardio:

Type: Treadmill, Elliptical, Cross-Trainer, Rower, Stationary Bike, StairMaster

Time: 10 minute intervals (complete 2 – 3 sets)

Intensity: Target heart rate 80% – 90% of MaxHR.

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## ***Assessment Protocol and Program Design for Each Phase***

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### **The “Perfect 10” – Weeks 13-16**

Resistance:

Muscle Groups: Total Body

Type: Box Jump and Press, Jump Squats, BOSU pushups, Med Ball Throws

Reps/Time: 20-30reps/60-90secs (complete 3 – 4 sets)

Intensity: full muscle fatigue at the end of each set

Homework: Complete 2-3 cardio workouts lasting 60min each. Target heart rate 70% – 85% of MaxHR.

### ***Program Calendar***

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**Week 1: Initial Assessment, “3 for a Healthier Me” Workouts (Phase 1)**

**Week 2: “3 for a Healthier Me” Workouts**

**Week 3: “3 for a Healthier Me” Workouts**

**Week 4: “3 for a Healthier Me” Workouts, “Super Circuit Challenge”**

**Week 5: Assessment 2, “5, I’m Coming Alive” Workouts (Phase 2)**

**Week 6: “5, I’m Coming Alive” Workouts**

**Week 7: “5, I’m Coming Alive” Workouts**

**Week 8: “5, I’m Coming Alive” Workouts, “Super Circuit Challenge”**

**Week 9: Assessment 3, “7 Feeling Like Heaven” Workouts (Phase 3)**

**Week 10: “7 Feeling Like Heaven” Workouts**

**Week 11: “7 Feeling Like Heaven” Workouts**

**Week 12: 7 “7 Feeling Like Heaven” Workouts, “Super Circuit Challenge”**

**Week 13: Assessment 4, “Perfect 10” Workouts (Phase 4)**

**Week 14: “Perfect 10” Workouts**

**Week 15: “Perfect 10” Workouts**

**Week 16: Assessment “Perfect 10” Workouts, “Super Circuit Challenge”**



# “Super Circuit Challenge”

Objective: To provide a benchmark in addition to the assessment protocol that is meant to be a fun, challenging and motivating way for clients to track their progress.

|                                    | Set 1  |      |        |      | Set 2  |      |        |      |
|------------------------------------|--------|------|--------|------|--------|------|--------|------|
|                                    | Weight | Time | Weight | Reps | Weight | Time | Weight | Reps |
| <b>Legs</b>                        |        |      |        |      |        |      |        |      |
| Lunge to Balance                   |        |      |        |      |        |      |        |      |
| Leg Press                          |        |      |        |      |        |      |        |      |
| Single Leg Extension               |        |      |        |      |        |      |        |      |
| Seated Leg Curl                    |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Chest</b>                       |        |      |        |      |        |      |        |      |
| Ball DB Flys                       |        |      |        |      |        |      |        |      |
| Sgl Leg Chest Press                |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Back</b>                        |        |      |        |      |        |      |        |      |
| Sgl Leg Cable Row w/ Rope          |        |      |        |      |        |      |        |      |
| Cable Reverse Fly                  |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Shoulders</b>                   |        |      |        |      |        |      |        |      |
| Dumbbell Press                     |        |      |        |      |        |      |        |      |
| Dumbbell Front/Lateral Raise       |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Biceps</b>                      |        |      |        |      |        |      |        |      |
| Single Leg 2 Arm DB Curls          |        |      |        |      |        |      |        |      |
| Boxer Curls w/ tube                |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Triceps</b>                     |        |      |        |      |        |      |        |      |
| Ball Extensions                    |        |      |        |      |        |      |        |      |
| Bench Dips                         |        |      |        |      |        |      |        |      |
|                                    |        |      |        |      |        |      |        |      |
| <b>Core Stabilization Training</b> |        |      |        |      |        |      |        |      |
| Plank w/ hip extension             |        |      |        |      |        |      |        |      |
| BOSU Crunches                      |        |      |        |      |        |      |        |      |
| Bicycles                           |        |      |        |      |        |      |        |      |
| Ball Russian Twists                |        |      |        |      |        |      |        |      |
| Med ball overhead crunch           |        |      |        |      |        |      |        |      |
| Jackknives on Ball                 |        |      |        |      |        |      |        |      |



## Rate Sheet

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***The “Perfect 10” Total Body Conditioning System requires to 4-month commitment to ensure optimal results. Clients will receive personalized workouts 2-3 times per week with a certified personal trainer. Each exercise session will last 30 – 60 min, depending on the clients conditioning, and can be conducted 1:1 or in a small group setting.***

### **ADULT 1:1 Personal Training:**

Pricing for the complete program.

\$80/session, 2 times/week = \$640/month with a 4-month contract.

\$70/session, 3 times/week = \$840/month with a 4-month contract.

### **ADULT SMALL GROUP Personal Training:**

Pricing for the complete program 2-3 sessions/week.

Partner Training (2 adults), \$100/session (\$50 per adult)

Groups of 5-10 Adults, \$249/month per adult

*(4-month contract required for small group rates.)*

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