

THE MECCA METHOD
4 WEEK TRAINING PLAN
WEEK 1

SHRED WEIGHT



Purpose: To begin building your baseline for muscular strength and cardiovascular fitness with two full-body strength training workouts and four cardio sessions. This week focuses on using machines, as they are easiest to learn and safest for beginners.

DAY 1: FULL BODY

DAY 2: CARDIO

DAY 3: REST

DAY 4: FULL BODY

DAY 5: CARDIO

DAY 6 & 7: REST

FULL BODY: STRENGTH TRAINING

IDENTIFYING PROPER AMOUNT OF WEIGHT FOR EACH EXERCISE.

This may take some experimenting... but you want to identify the amount of weight that you can lift on each set for the full number of reps with the last two to four reps being fairly challenging to complete. If you do the first couple reps of an exercise and the amount of weight you are lifting feels too easy, then you most likely do not have enough weight.

- ▶ It should feel like there is at least a moderate amount of resistance from the first rep
- ▶ Conversely, you know you have too much weight if you get towards the end of the set and you cannot finish the final reps while maintaining proper form

DAY 1 & DAY 4

WARM-UP		10 MINS: ELLIPTICAL			
EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	WEIGHT DAY 4
Leg Press	Set 1	30 sec	20		
	Set 2		20		
Incline Chest Press	Set 1	30 sec	20		
	Set 2		20		
LAT Pulldown	Set 1	30 sec	20		
	Set 2		20		
Crunches	Set 1	30 sec	20		
	Set 2		20		
CARDIO		20 MINS CARDIO EQUIPMENT			

CARDIO: CARDIO SESSION

On Cardio Session days you either can do a 45 - 60 min. Cardio Workout on a cardio machine or you can take a Group Fitness Class.

Check out your local GGX schedule for details.

DAY 2

EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	

DAY 5

EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	