

Phase 2: The Kent Exercise Program

The following exercise routine is designed to challenge your upper body, lower body and core muscles so that you increase your overall metabolic rate, which in turn increases your body's fat burning ability. In order to transform your body into a machine, it is important to incorporate both cardiovascular exercise (walking, running, swimming, riding a bicycle) and resistance training (strength-based exercise).

Start Date: _____

End Date: _____

The Kent: Resistance Workout

Perform this routine 3 times per week

(A) Upper Body	(B) Core	(C) Lower Body	(D) Whole Body
Tricep Dips (12)	Supermans (10)	Goblet Squat (15)	Farmer's Walk (60 seconds)
Staggered Hand Pushups (8 each side)	Reverse Crunches (10)	Side Lunge (10 each side)	Mountain Climbers (10 each leg)
Push Press (12)	Knee V-Up (15)	Romanian Thruster (15)	Plank Holds (30 seconds)

Perform both exercises in group A by doing the prescribed number of each exercise. Rest 60 seconds.
 Perform both exercises in group B by doing the prescribed number of each exercise. Rest 60 seconds.
 Perform both exercises in group C by doing the prescribed number of each exercise. Rest 60 seconds.
 Perform both exercises in group D by doing the prescribed number of each exercise. Rest 60 seconds.

Congratulations, you have just completed one circuit. Perform a total of 3 circuits.

The Kent: Cardiovascular Routine

Perform a total of 3 routines per week

Cardio A	Cardio B	Cardio C
30 seconds HIGH	60 seconds HIGH	90 seconds HIGH
90 seconds LOW	90 seconds LOW	180 seconds LOW
Repeat 10 times	Repeat 10 times	Repeat 7 times

For these routines, it does not matter what type of cardiovascular exercise you choose. Common types of cardiovascular exercise include: *walking, running, cycling, spinning, the elliptical, and swimming.*

Cardio A: Perform exercise for 30 seconds at HIGH intensity, then recover for 90 seconds at LOW intensity. Repeat this "interval" a total of 7 times.

Cardio B: Perform exercise for 60 seconds at HIGH intensity, then recover for 90 seconds at LOW intensity. Repeat this "interval" a total of 7 times.

Cardio C: Perform exercise for 90 seconds at HIGH intensity, then recover for 180 seconds at LOW intensity. Repeat this "interval" a total of 4 times.