THE LOIS LANE WORKOUT

SCGuardFit
"Navigating the Pathway to a Healthy Lifestyle"

	THREE DAYS PER WEEK						
WEEK #	PUSHUPS	SITUPS	PULLUPS	DIPS	LUNGES	RUNNING	MILES PER WEEK
1	4 X 15	4 X 20	3 X 3	0	3 X 10	2/2/2	6
2	5 X 20	5 X 20	3 X 3	0	3 X 12	2/2/2	6
3	5 X 25	5 X 25	3 X 4	0	3 X 14	0	0
4	5 X 25	5 X 25	3 X 4	0	3 X 16	3/3/3	9
5	6 X 25	6 X 25	2 X 8	0	3 X 18	2/3/4/2	11
6	6 X 25	6 X 25	2 X 8	0	3 X 20	2/3/4/2	11
7	6 X 30	6 X 30	2 X 10	0	3 X 22	4/4/5/3	16
8	6 X 30	6 X 30	2 X 10	0	3 X 24	4/4/5/3	16
9	6 X 30	6 X 30	3 X 10	0	3 X 26	4/4/5/3	16

*For best results, alternate exercises. Do a set of push-ups, then a set of sit-ups, followed by a set of pull-ups. Do not rest between sets.

1	2	3	4	5	6	7	8	9

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