

New Year's Resolution Workout

By [Fitness Savage](#) on Tuesday, December 25, 2012 at 2:02pm

Some of you have been out of it for a while and need to jumpstart your weight loss program. You can't build a house without a solid foundation, so you need to focus on your whole body for a while when you start back up. This is a circuit that will target every major muscle group. The idea is to get your heart rate up at the same time, so your rest period will only be about 30-40 seconds between sets of 14-16 reps. Yes; this means that you're going to be moving a lot! Remember to keep a good form without swinging anything around, including your body movements. Control the weight. If it's too light, add more weight. This is for the people that plan on venturing to the gym for their workouts. You can continue to find home workouts and exercises that don't require you to go into the gym on this site. Try to do this circuit for a solid month or more, going every other day to every three days.

1. Front military bar press (shoulders)
2. Bench press (chest)
3. Leg Press (legs)
4. Lat pull (back)
5. Front laterals w/side laterals (shoulders)
6. Dumbbell fly (chest)
7. Leg curl (hamstring)
8. Pullups (back)
9. Leg extension (quads)
10. Alternate dumbbell curl (bicep)
11. Triceps kick back (triceps)

After a couple weeks, try to run through the circuit twice. After another week or two, try to run through the circuit 3 times.

Change the circuit up by alternating your exercises:

1. Standing front dumbbell press
2. Dumbbell press
3. Barbell lunges
4. Dumbbell bent over row
5. Upright row
6. Cable fly
7. Dead lifts
8. Pull downs
9. Hack squats
10. Preacher curl
11. Cable push down

After the circuit is done, do ab workout.

Abs: Pick any 3-4. Do 3 sets of at least 10 reps. You should do these exercises after every workout. There are more exercises that may include more muscle groups and coordination, using more stabilizing muscles. We'll get to those eventually.

Knee rises on dip machine

Leg lift toe touches

Side crunches

Side plank, hip lifts

Balance ball crunch

Knee hugs

Side dumbbell bends

After abs, take in some cardio of your choice for at least a half hour.