



INTRODUCTION

Congratulations on pursuing your personal best and purchasing this functional and innovative exercise tool. Greater fitness and wellness is the best gift you can give yourself.

Designed to remove the guesswork and intimidation from the gym experience ***My Gym Trainer 2*** features **24 workouts professionally designed by a personal trainer.**

Confidently achieve fantastic results on your own for a fraction of the cost of 24 personal trainer sessions. Use these workouts from 3-6 days a week and you will experience positive results.

Before you start, we highly recommend that you take “before” photos, weight and measurements, then retake these weekly to track your progress. It’s best to weigh and measure around the same time of day each week for the most accurate tracking.

We encourage you to visit our website and we look forward to your comments and success stories.

www.MyTrainerFitness.com

*MyGym
Trainer*



This book contains 4-8 weeks of individual workout cards that you can remove and take with you to the gym. *My Gym Trainer* workout cards are convenient, easy to use and more discreet than a clipboard or fitness book. Keep your workouts simple yet challenging, focused, integrated and always productive with *My Gym Trainer* routines.

DISCLAIMER:

CONSULT YOUR DOCTOR BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM OR ROUTINE. The creators, contributors, participants and distributors of *My Trainer Fitness* products do not assume liability and will not be held responsible for injury or loss in connection with this line of exercise books, products, exercises, information or any associated information or product.

*MyGym
Trainer*



PREFACE

Around six years ago, I resolved chronic back pain and reversed osteopenia through exercise. Now I am hooked. I'm convinced that adequate exercise and rest with proper nutrition are essential to a balanced life, and contribute toward a positive outlook and overall sense of well-being. In fact studies show that exercise helps to alleviate depression.

The *My Trainer Fitness* line arose from my own experience of being a gym newbie. After two years of at-home workouts, the gym and all the equipment were mysterious. I needed to learn how to get the most out of my workout time, so I observed the most disciplined and focused trainer in the gym and asked her to train me.

Now, two years later, I still train with Jill two days a week because she challenges me to stretch beyond perceived limits. Jill has helped me to raise the bar. Today, at age 50, my "metabolic age" measures out as 25 years, and indeed I feel more fit now than 25 years ago.

Together, Jill and I have created *My Trainer* books to empower others toward more effective workouts and improved fitness. *My Gym Trainer* workouts have become an enjoyable weekly activity for my family where fitness is a natural part of our life. Exercise is empowering. I've never once regretted taking the time to exercise...to fit it into a busy schedule, and I bet you won't either.

Leaura Alderson



JILL COLEMAN

The fitness world has always been a natural part of my life; from playing sports at a young age to aerobics instructor training in my teens, exercise is my way of life.

As a personal trainer for over seven years, I have seen clients not only change their bodies, but more importantly, change their outlook on life. Fitness through weight training empowers people to become more confident, effective and accomplished. Since training with LeAura, I have watched her physical and mental abilities grow with increased confidence, even as I have grown as a trainer. We all have to work through the ups and downs of motivation, time constraints, nutritional struggles and balancing family life with health and wellness. We have come a long way in two years, and you can too.

My Trainer Fitness is a culmination of our client-trainer relationship, friendship and mutual passion for fitness, and the desire to share this with others. *My Gym Trainer* was created from the observation of a need for a user-friendly workout guide for the gym. This book is the second in a series of workouts based on our actual training protocols that have brought LeAura from an average exerciser to someone who recognizes that aging need not represent limitation and debilitation.

LeAura has inspired me as a trainer to continue to grow in my field and bring only the best workouts every time, and that's what we bring to you in *My Gym Trainer*: the best of the best, based on research, but most importantly based on our experience of what it takes to become a slimmer, tighter, healthier, happier and fitter version of you!

Jill Coleman

MyGymTrainer2

GET THE MOST FROM THIS BOOK:



My Gym Trainer hands the user greater value and productivity with 24 unique workouts providing enough challenge and variety to help keep you interested, while achieving positive results. Once you're familiar with *My Gym Trainer*, you can change your workouts even more with this guide.

For example, complete these 4 weeks of workouts, and then start over again. Or, do Week 1 for two weeks straight, and then move to Week 2 for two weeks, and so on.

If you have less time, do three a week before starting over.

WHEN IT COMES TO EXERCISE,
CHANGE IS GOOD.

This way you can stretch out your **MGT 2** workouts to 8 weeks or more, and just when the body begins to get used to the workouts, you change it up again, or move on to **My Gym Trainer 3!**

When it comes to exercise, change is good.

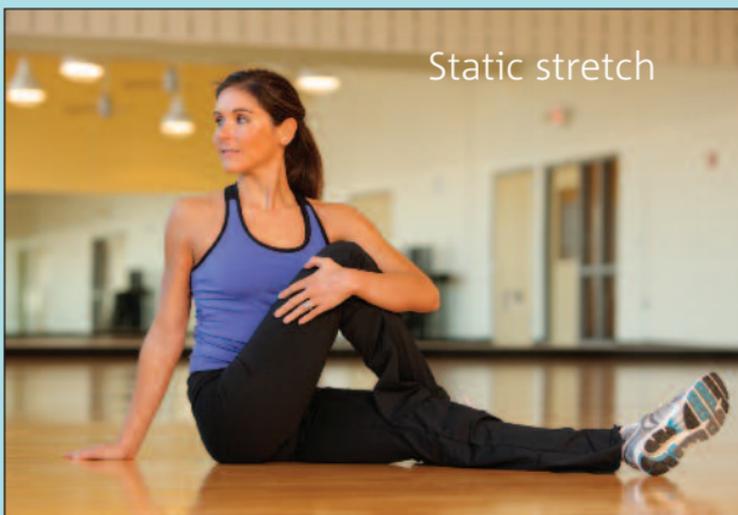
Systematic changes, like the ones contained in **My Gym Trainers**, such as in weight, repetitions, sets, order or exercise intensity will create enough muscle confusion to keep the body responsive. Remember to give the working muscles enough time (48-72 hours) to recover and rebuild stronger and more defined.

With sufficient muscle recovery time, sound nutrition and, systematic changes in exercise protocols over time, you will love the results you experience.

My Gym Trainer workouts are designed to work different areas of the body over a three-day period, so even if you workout everyday, the muscles worked are provided ample rest.



Stretching and improving flexibility:



- ✓ **Dynamic** Stretches are best before your workout
- ✓ **Static** (holding) and **Isometric** (pressing or pulling) stretches are best post workout

For more on stretching, reference the Week 2 Tab in My Gym Trainer 1.

Yoga at least once a week is especially beneficial



Remember to stretch on your own each time for at least five minutes of post-workout cool-down.

For more on stretching, reference the Week 2 Tab in My Gym Trainer 1.

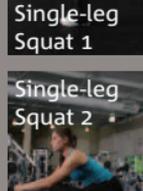


CIRCUIT 1 *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Leg Press Machine	10	Heavy
Leg Press Machine	20	Medium
Single-leg Squat	10 <i>ea leg</i>	None

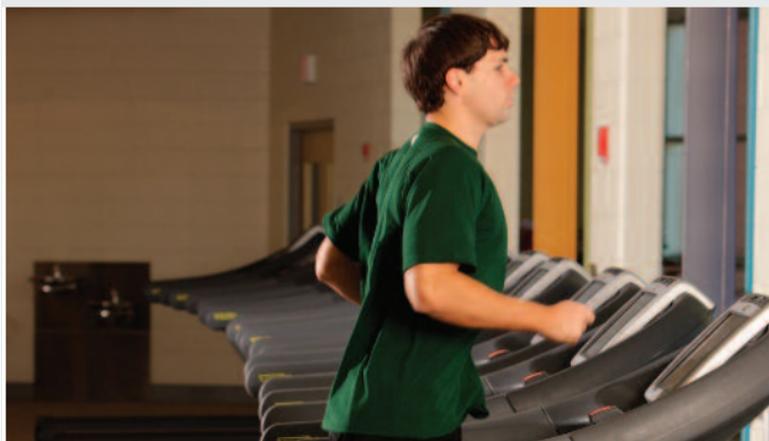
CIRCUIT 2 *complete 3 sets each*

Lunge-Squat-Lunge-Squat	20 <i>squats</i>	Heavy Dumbbells
Leg Extension Machine	20	Medium



Treadmill | 25 minutes

SPEED	INCLINE	TIME
4	0	0-5
6	0	5-8
3	0	8-9
6	2	9-12
3	2	12-13
6	4	13-16
3	4	16-17
6	6	17-20
3	6	20-21
6	8	21-24
2	8	24-25

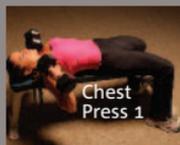


CIRCUIT 1 *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Flat Bench Chest Press	10	Heavy Dumbbells
Flat Bench Chest Fly	10	Medium Dumbbells
Bench Dip	8	None

CIRCUIT 2 *complete 3 sets each*

Seated Arnold Press	10	Medium Dumbbells
Standing Side Raise	15	Medium Dumbbells
Close-grip Push-up	10	None



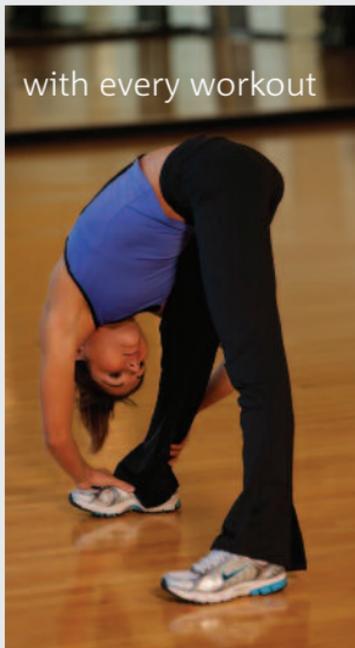
Bike | 20 minutes

LEVEL	RPM	TIME
6	80+	0-5
8	80+	5-9
2	60+	9-10
10	70+	10-14
2	60+	14-15
12	60+	15-19
2	60+	19-20

Remember to stretch...



with every workout



CIRCUIT 1 *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Captain's Chair Straight Leg Raise	10	None
Bench V-sit	15	None
Crunch	20	None

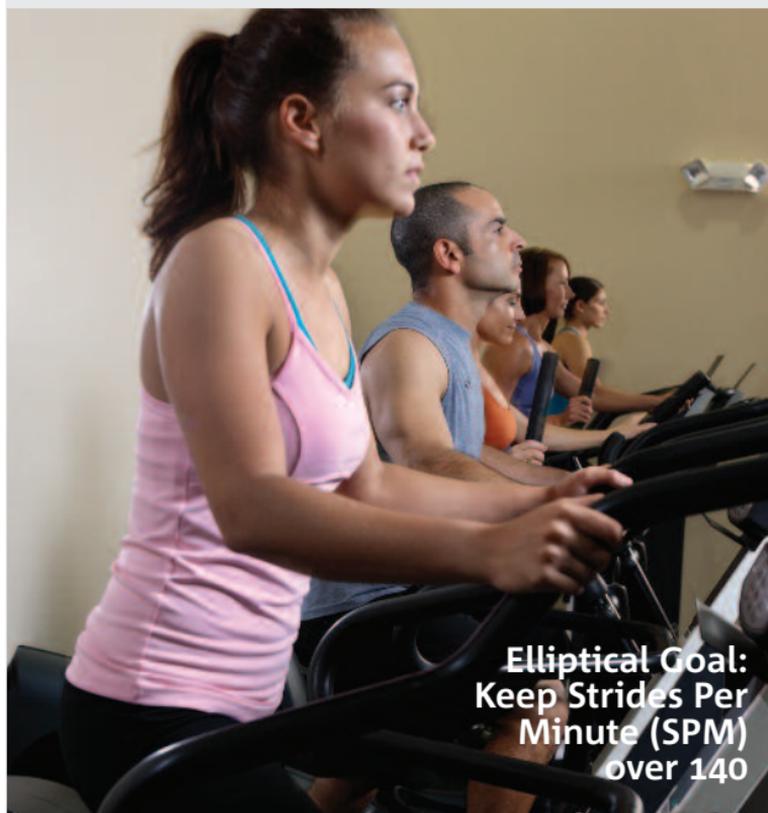
CIRCUIT 2 *complete 3 sets each*

Ab Crunch Machine	20	Medium
Back Extension Machine	20	Medium



Elliptical Trainer | 25 minutes

RESISTANCE	CROSSRAMP	TIME
9	10	0-5
10	10	5-10
11	10	10-15
12	10	15-20
5	10	20-25



Elliptical Goal:
Keep Strides Per
Minute (SPM)
over 140