



BRIAN DANLEY FITNESS

HOME TRAINING

Purpose: To train in the privacy of your apartment gym

RESISTANCE TRAINING:

BEGINNER (< 8 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	67 - 80% 1-RM
SETS =	1 - 2
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	30 - 40 MINS

INTERMEDIATE (8 - 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	67 - 80% 1- RM
SETS =	2 - 3
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	40 - 50 MINS

ADVANCED (> 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	67 - 80% 1-RM
SETS =	3 - 4
REPS =	12 - 15
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	50 - 60 MINS

WORKOUT PROGRAMS:

- **FLEX BAND TRAINING**
- **DUMBBELL TRAINING**
- **STABILITY BALL TRAINING**
- **NO EQUIPMENT TRAINING**

CARDIO TRAINING:

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	60 - 85% HRR
WORKOUT DURATION =	20 - 45 MINS

WORKOUT PROGRAMS:

- **SLOW / LONG DISTANCE TRAINING**
- **CROSS TRAINING**
- **CIRCUIT TRAINING**