



## The Golden Five

Type of Exercise:  
General Fitness

Level: Moderate to Hard

Equipment Needed: Indoor sneakers and exercise clothes

This routine is probably easiest to perform at a gym, but if you have the necessary equipment at home, then you can do it there too. The Golden Five is the perfect routine to target the body's largest muscle groups and will increase overall strength and stability. If you haven't had formal instruction on the different exercises, it's a good idea to consult an experienced and qualified fitness professional. There is a big difference in doing these exercises correctly and incorrectly, and sometimes the difference between the two is subtle.

### Exercise 1: Squats

- Stand with feet hip distance apart
- Bend knees and hips simultaneously to ~90°
- Weight is evenly divided over the feet (especially the middle of the foot)
- Keep your back straight
- Shoulders should always be over the middle of the foot from a side view

### Exercise 2: Chest Press (sitting or laying down on your back)

- Lower the weight down so it is close to your chest
- Extend arms back up (don't hyperextend)
- Keep upper body straight and in contact with back support the entire time

### Exercise 3: Lat Pull

- Use either wide or narrow grip (switch for each training session)
- Bring weight down in front of your head towards your chin
- Slowly extend your arms back up
- Stabilize back throughout movement (lean slightly back)

### Exercise 4: Back Extension

- Use 45° machine to start if possible
- Bend hips until the upper body is parallel to floor
- Slowly extend hips until body is in line with legs

### Exercise 5: Crunch

- Lay on your back on a mat
- Bend knees 45° with feet on the floor
- Hold arms next to your upper body, but off the floor
- Lift head a little bit (1-2 inches off the ground) – hold it in this position
- Lift your shoulders up slowly and as far up as possible
- Slowly lower your upper body down until the shoulders touch the floor – keep the head off the floor
- Breathe regularly!

General:

- Warm up about 10 min on a cardio machine before lifting
- Do a warm up set with lighter weight before performing more intense sets
- Perform all exercises slowly, using controlled movement
- Choose a weight that is challenging but light enough to maintain proper technique throughout the entire set
- Increase weight accordingly, Breathe regularly and Rest ~1 min between sets

Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you're not sure how to do an exercise routine, get coaching. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
Week 1	Welcome to your general fitness training! Let's get started. By focusing on "The Golden Five" you will effectively train all of the body's main muscle groups. Focusing on 5 exercises doesn't require a lot of time in the gym. Your goal is to perform each exercise with excellent technique. This will prevent injury and make you stronger. Choose a light but manageable weight.	100 Minutes	
Day 1	1-2 sets of each exercise, 10-12 reps each	30 Minutes	
Day 2	2 sets of each exercise, 10-12 reps each	35 Minutes	
Day 3	2 sets of each exercise, 12-15 reps each	35 Minutes	
Week 2	Ok so you're starting to get the hang of "The Golden Five". You are feeling confident, secure, and stronger. This week you will increase your sets and reps. Challenge will make your body and mind stronger.	110 Minutes	
Day 1	2-3 sets of each exercise, 12-15 reps each	35 Minutes	
Day 2	2-3 sets of each exercise, 12-15 reps each	35 Minutes	
Day 3	3 sets of each exercise, 12-15 reps each	40 Minutes	
Week 3	You're making great progress! "The Golden Five" is simple yet very effective. Remember more is not necessarily better. You may see people in the gym devoting a lot more time to their fitness training. Concentrating on the main muscle groups, using excellent technique, and continuing to challenge yourself are the keys to success. This week you're adding some more weight. You can do it!	120 Minutes	
Day 1	3 sets of each exercise, 12 reps each	40 Minutes	
Day 2	3 sets of each exercise, 12 reps each	40 Minutes	
Day 3	3 sets of each exercise, 12 reps each	40 Minutes	
Week 4	Are you ready for some more? Definitely!! You've been training regularly, you've made lots of improvement, and now you'll add a little bit more weight. Maintain your excellent technique throughout every repetition. You are looking and feeling good. Way to go!	120 Minutes	
Day 1	3 sets of each exercise, 10-12 reps each	40 Minutes	

Day 2	3 sets of each exercise, 10 reps each	40 Minutes	
Day 3	3 sets of each exercise, 10 reps each	40 Minutes	

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