Example 45-Minute Total Workout
by Cameron L. Martz, ACSM H/FI

This workout will give a combination strength and cardiovascular workout in one 45-minute session. The key is to move from exercise to exercise as quickly as possible. Select a weight for each exercise that leads to failure in 12-15 repetitions.

1. 5 minutes warm up on the treadmill

2. 1 set to failure of the following exercises:
   - Chest Press
   - Leg Press
   - Lat Pulldown
   - Hamstring Curl
   - Biceps Curl
   - Triceps Press
   - Crunches
   - Leg Extension
   - Shoulder Press
   - Calf Raise
   - Seated Row

3. 5 minutes stationary bike, moderate intensity

4. 1 set to failure of the following exercises:
   - Crunches
   - Lunges
   - Chest Press
   - Biceps Curl
   - Calf Raise
   - Lat Pulldown
   - Triceps Press
   - Seated Row
   - Leg Extension

5. 5 minutes elliptical, high intensity

6. 1 set to failure of the following exercises:
   - Chest Press
   - Hamstring Curl
   - Triceps Press
   - Leg Extension
   - Biceps Curl
   - Calf Raise
   - Shoulder Press
   - Lat Pulldown
   - Crunches

7. 5 minutes elliptical, high intensity

8. 5 minutes cooldown on treadmill

Note: Adapted from a workout designed by Patrick S. Hagerman, MS, CSCS.