

Mandura Trim Program Outline

The Mandura Trim program is made by our new Fitness Expert Cory Gregory to help us quit guessing what works and find the program that works for us individually. Please follow through the setup process and pick which program best suits your needs. We here at Mandura we are all about a healthy lifestyle and now we have a program exclusively for our reps to add with our unbelievable health products from Mandura juice to our new innovative Trim products.

-let them go through a waiver they have to click on done by attorney that also states in it normal stuff about consult your physician and results may vary and that Cory Gregory is not a doctor or dietician and that all of this info is put together by previous experience and results seen on real people.

Sub Categories for programs

- beginner just get moving
- mens weight loss
- women's weight loss
- mens muscle gain
- advanced crazy fit routine

Beginner just get moving

The beginner is meant for the person who has done nothing in a long time I just want u to track the cardio process of moving 15-30 minutes 4 days per week.
Walking, biking, elliptical or anything that moves 4 days per week

Men's weight loss

Monday & Thursday

Upper & cardio

Warm up:

Beginner: walk 20-30 minutes

Intermediate: run 1 minute walk 1 minute for 20 minutes

Advanced: Run all out 20 minutes

2 times through 20 reps

1. Bench press Dumbbells or pushups
2. 1 arm rows 20 each side
3. Military press
4. Bicep curls
5. Triceps kickbacks
6. 5 minutes walk fast ,run or advanced run up incline
7. Bench press Dumbbells or pushups
8. 1 arm rows 20 each side
9. Military press

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10. Bicep curls
11. Triceps kickbacks
12. 5 minutes walk fast ,run or advanced run up incline
13. Bench press Dumbbells or pushups
14. 1 arm rows 20 each side
15. Military press
16. Bicep curls
17. Triceps kickbacks

Tuesday & Friday

Warm up:

Beginner: walk 20-30 minutes

Intermediate: run 1 minute walk 1 minute for 20 minutes

Advanced: Run all out 20 minutes

1. Leg extensions 20
2. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
3. Leg curls 20
4. Calve raise 30-50 reps
5. Lunges 15 each side stationary lunges (**Adv** and **Inter** use dumbbells if needed) 2X
6. 5 minutes bike, run or walk
7. Leg extensions 20
8. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
9. Leg curls 20 reps
10. Calve raise 30-50 reps
11. Lunges 15 each side stationary lunges 2X
12. 5 minute stepper, bike walk or run
13. Leg extensions 20
14. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
15. Leg curls 20
16. Calve raise 30-50 reps
17. Lunges 15 each side stationary lunges

In Home version

Same cardio wise whatever piece of equipment u might have

1. squats same ratio as explain depending on what level close stands
2. hold squats in position 90 degrees 30 seconds
3. calve raise 20-50 reps
4. stationary lunges 15 each side
5. squats wide stands same concept

Every other day before bed

Beginner: 1 X 30 reps crunches 3 sets

Intermediate: 3 X 50

Advanced: 3 X 100

Womens weight loss

Monday & Thursday

Upper & cardio

Warm up:

Beginner: walk 20-30 minutes

Intermediate: run 1 minute walk 1 minute for 20 minutes

Advanced: Run all out 20 minutes

2 times through 20 reps

1. Pushups
2. 1 arm rows 20 each side
3. Lateral raises
4. Hammer curls
5. Overhead 1 dumbbell press
6. Run or walk 5 minutes
7. 2 times through 20 reps
8. Pushups
9. 1 arm rows 20 each side
10. Lateral raises
11. Hammer curls
12. Overhead 1 dumbbell press
13. Run or walk 5 minutes

2 times through 20 reps

14. Pushups
15. 1 arm rows 20 each side
16. Lateral raises
17. Hammer curls
18. Overhead 1 dumbbell press

Tuesday & Friday

Warm up:

Beginner: walk 20-30 minutes

Intermediate: run 1 minute walk 1 minute for 20 minutes

Advanced: Run all out 20 minutes

1. lying down side leg lifts 30 reps a side with also 30 circles each side
2. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
3. booty lifts 30 reps each side
4. Calve raise 30-50 reps
5. Lunges 15 each side stationary lunges 2x
6. 5 minutes bike, run or walk
7. lying down side leg lifts 30 reps a side with also 30 circles each side
8. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
9. booty lifts 30 reps each side
10. Calve raise 30-50 reps

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11. Lunges 15 each side stationary lunges 2X
12. 5 minute stepper, bike walk or run
13. lying down side leg lifts 30 reps a side with also 30 circles each side
14. 10-20(**Beg**) 30-50(**Inter**) 50-100(**Adv**) squats with just your own bodyweight
15. booty lifts 30 reps each side
16. Calve raise 30-50 reps
17. Lunges 15 each side stationary lunges

In Home version

Same cardio wise whatever piece of equipment u might have

1. squats same ratio as explain depending on what level close stands
2. lying down 30 lifts side and 30 circles with 30 booty lifts also then switch
3. calve raise 20-50 reps
4. stationary lunges 15 each side
5. squats wide stands same concept

Every other day before bed

Beginner 1 X 30 reps crunches 3 sets

Intermediate 3 x 50

Advanced 3 x 100

-Mens muscle gain

Monday	Chest/Back	1 mile jog fast as possible
Flat bench	20.5x5 3x1	
Pull ups	6x?	
Incline Dumbell's	5x5	
Seated Row	5x5	
Plyo Pushups	4x?	
Pulldowns	4x12	
Chest Fly	5x12.... 4 count stretch at bottom	
Dumbell Pullovers wheels	4-5..8 reps 50	
Tuesday	Legs	1 mile jog as fast as possible
Leg Press	5x20	
Squat	5x5	
Walking Lunge	4 sets up & back with heavier dumbell each set	
Leg Ext	4x15	
Leg Curl	4x15	
Calve raise wheels	1x100 50	
Wed	Arms	1 mile jog as fast as possible
Cheat Curls	straight bar	2x10 5x5 3x3 1x1
Close Grip bench	5x5	

Dumbbell alternate heavy
curls 6x6
Heavy 1 arm kickbacks 6x6

ez bar preacher
curls 3x8
overhead tricep rope from bottom
pulley 3x12

Bench dips 3x?
Bicep machine 3x30-50
wheels 50

Thursday **Shoulders** **1 mile jog as fast as possible**

military Press	20.5x5	
Upright rows	4x12	
Shrugs	1xcount reps to 20	3 sets
Lateral raise	4x12 heavy	
full frontal	1x50	not allowed to put them down heavy as possible
rear delt lying flat	3x25	straight up pinch shoulder together arms straight out

Friday **Sweat Day**

walk is on a 15% incline

Sat **off**
Sunday **off**