

TRAINING CAMP FITNESS

ENERGIZE YOUR LIFE

7 DAY WEIGHT TRAINING PLAN

BY OWNER
ARIANA TRAVELSTEAD



WELCOME

Unleash your inner athlete!

Welcome to Training Camp Fitness. If you have a body and a beating heart, you are an athlete! It's my mission to help you step into your own energy and strength to fuel your day with workouts in and outside your home.

Consistency is key. Just by showing up to Training Camp, I promise you will see results. If you have goals, they become mine too, because I care so much about your success and confidence.

Use this plan for when you need to shake things up, add some weight training into your current endurance regimen, or travel with it on vacation. You can perform in the order listed or try 3 days per week!

cheering you on. Coach Ari



LET'S TAP INTO YOUR GOALS

A step into energizing your life

HEY, HELLO, HOW ARE YOU?!

What's up team?! I'm Ariana, but everyone calls me Coach Ari (pronounced ARE-EE) and I'm a full-time fitness professional as a Group Fitness Instructor, Orangetheory Fitness Coach, and Dallas Fitness Ambassador.

I've been blogging and developing fitness content since 2009. My love of sports and recreational activities started with softball at age 7-22. The team-work helped me get through some of life's most difficult times and gave me the energy to want more out of life. Fitness continues to give me the energy to share my knowledge and serve others. like you.

I've taught over 600 fitness classes and always want to learn more. As your coach, my passion lies in helping you find your own inner athlete and energizing you in your workouts! My mission is to instill confidence and self-defined success in every person and inspire a #LifeTerm fitness journey, not a 'short-term' one.

I'm known for my dedication to excellent form and increasing athletic performance. I live and teach by the belief-"Health is a FIT-feeling not just a look". Athletes show up and MOVE, they don't have to look a certain way and they come in all shapes and sizes. As owner of Training Camp Fitness, I direct fitness development (which means I dream up and test the workouts!) to share with my clients and followers like you every day.

You've come to the right place to find confidence, discipline and energy in your life. Discipline is my specialty and I know you'll attain it here! Not only do I coach so you can change your body, but I'm obsessed with learning how the body works and moves. If I can help you learn one new thing about how to perform an exercise with precision each day, my job is a success!



Time/Reps/Weights

PERFORMANCE GOALS- TRACK YOUR ROUNDS, REST TIME, & WEIGHT CHOICES HERE!

You can perform these workouts 1-7 in the order below, or go through them as you wish, but avoid stacking two leg/glute days back to back.

WORKOUT #1	WORKOUT #2	WORKOUT #3	WORKOUT #4	WORKOUT #5	WORKOUT #6	WORKOUT #7	NOTES

TRAINING CAMP TEAM

Check in with the Team!

Stay Accountable: Tag me on IG [@arianatravelstead](#)

or on Facebook: [Ariana Michelle Travelstead](#)

[Join our FB community group here](#)

Hashtags

#trainingcampteam

#trainingcampathlete

'I AM MORE CONFIDENT IN MY FORM NOW MORE THAN EVER'

~BROOKE

'EVERY SINGLE WORKOUT SHE PUTS TOGETHER IS A CHALLENGE'

-JOHN

'I'VE DONE THE CAMP 45 5 DAY SPLIT AND 3 DAY SPLIT & I'M OBSESSED'

-CHELSEA



WEIGHT CHOICES/REP COUNTS

Pro-Tip! Hold a slower tempo as you bring your weights away from your body (this resistance against gravity acts as the next weight choice up! Works great if you only have one set of weights)

1st Round- always start with your lightest weight.

2nd/3rd/4th: If you have availability, increase your weight choices 2-5lbs each round, or simply end your last round or two with your heaviest weight possible (while still maintaining good form)

REP COUNTS

Lighter Weights: These workouts list rep count n as 10-15, or even 20 total. If you only have light weights available, try to stick to the higher (15-20) rep count.

Heavier Weights: Stick with 10 reps and if you want to include more rounds into your available workout time. This program is adaptable to you! You can easily use this plan for 20min up to 45 min. workouts.

WEIGHT RECOMMENDATIONS:

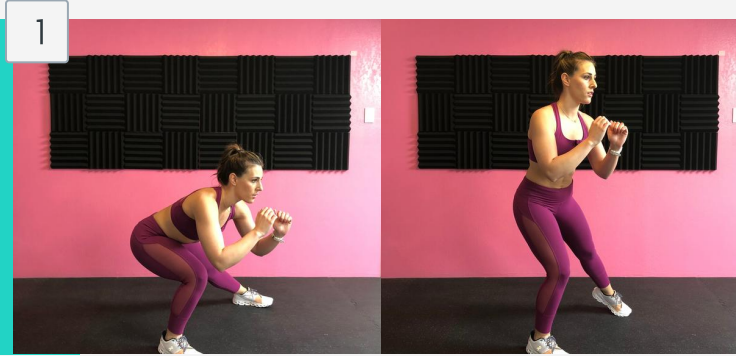
- Biceps/Triceps/Upper Back: 5lbs/8lbs are a great place to start
- Back: 12lbs-20lbs For Low Rows, your Lat muscles are really big and really strong! You will not bulk up from 20lb weights alone.
- Legs: 10lbs-15lbs each or 15-25lbs total >>
- Glutes/Hamstrings: 10lbs-15lbs each or 20-40lbs total >>

- [Want demo videos and more options? Check out the Camp 45 flexible plan after you've had a taste of this program!](#)

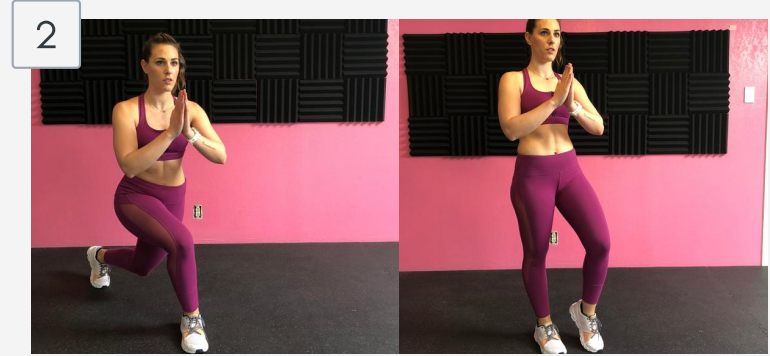
7 DAY WEIGHT TRAINING PLAN: DAY 1-LEGS FOR DAYS

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -20 Total

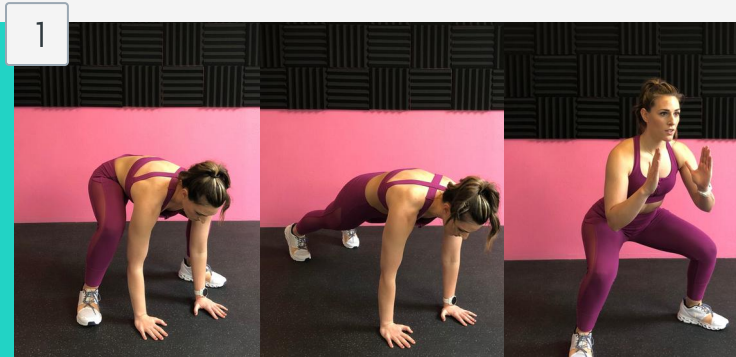


1
Squat and Duck

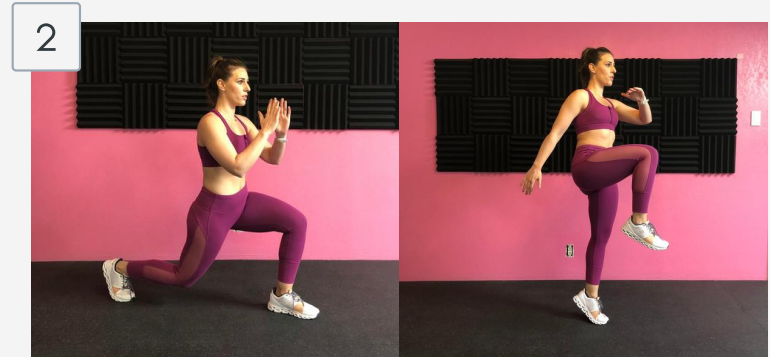


2
Curtsey Lunge

SUPERSET #2 -10 reps & then 20 Total (lunge)

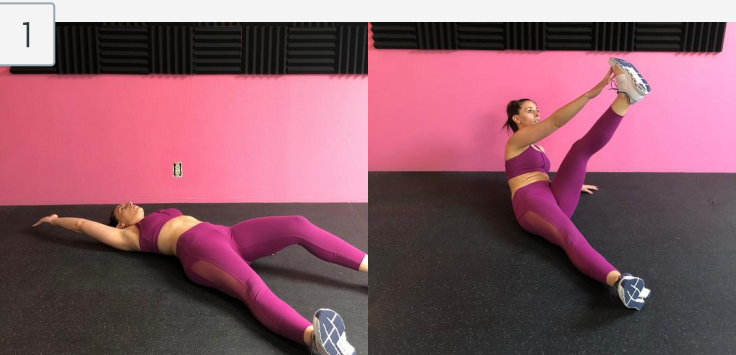


1
Pop Jack

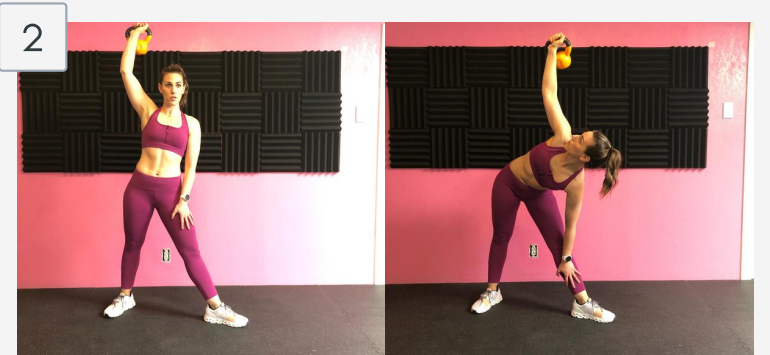


2
Reverse Lunge to Hop

CORE BLAST FINISHER Each exercise: 20 Total



1
Single Arm Toe Reach

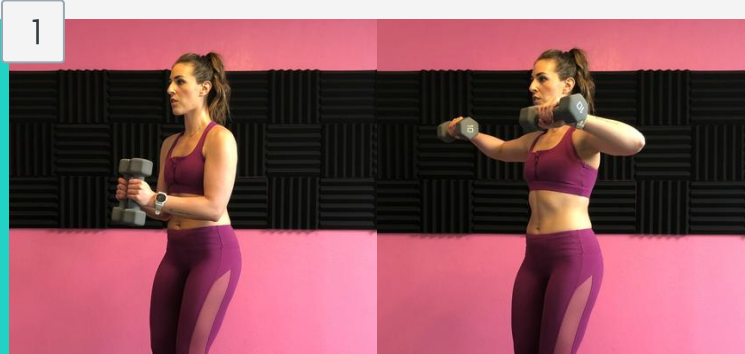


2
Weighted Windmill (opt. no weight)

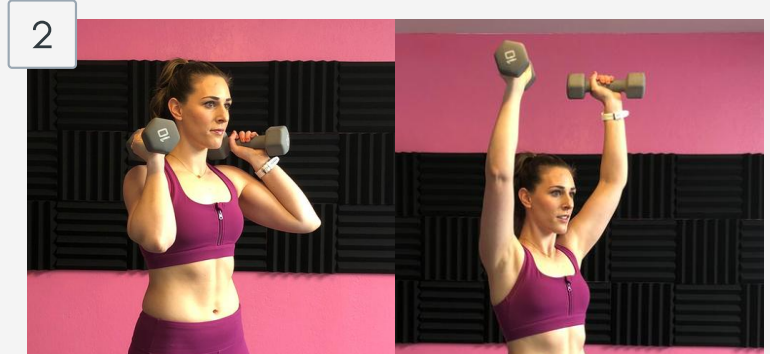
7 DAY WEIGHT TRAINING PLAN: DAY 2-SHOULDERS

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -10-15 reps

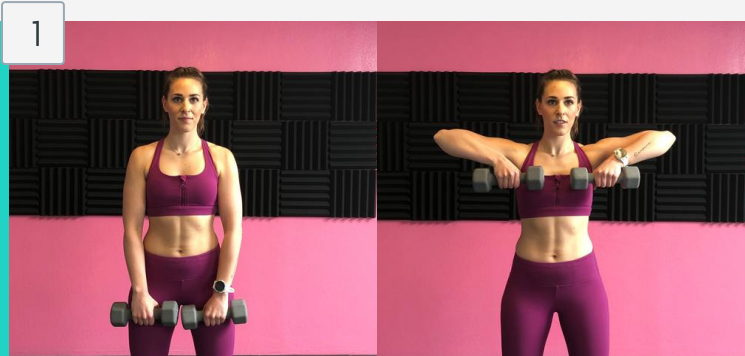


Bent Arm Lateral Raise

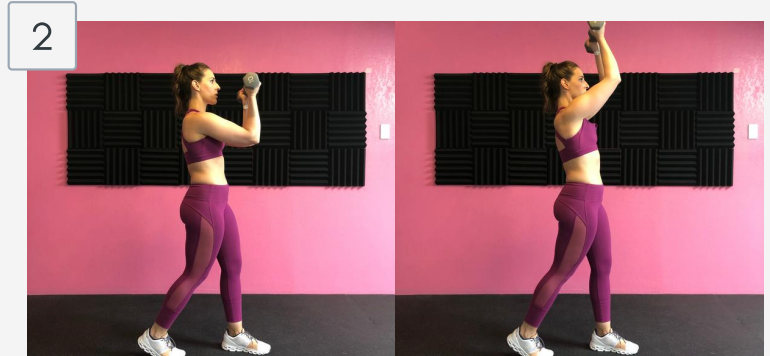


Shoulder Press

SUPERSET #2 -10-15 reps

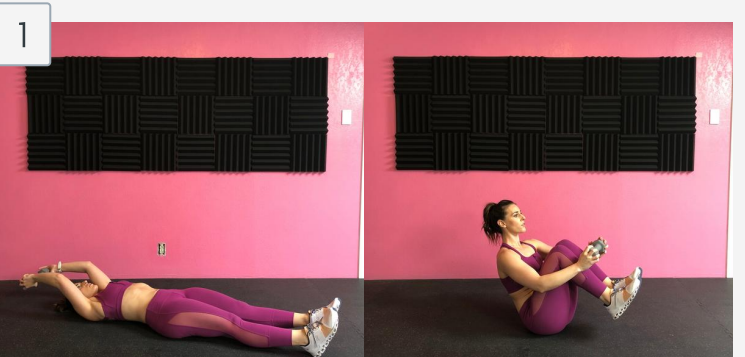


High row

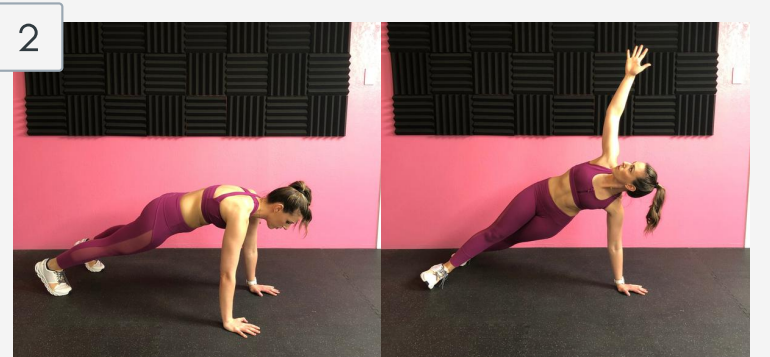


Uppercut

CORE BLAST FINISHER Each exercise: 20 Total



Weighted Power Sit-Up

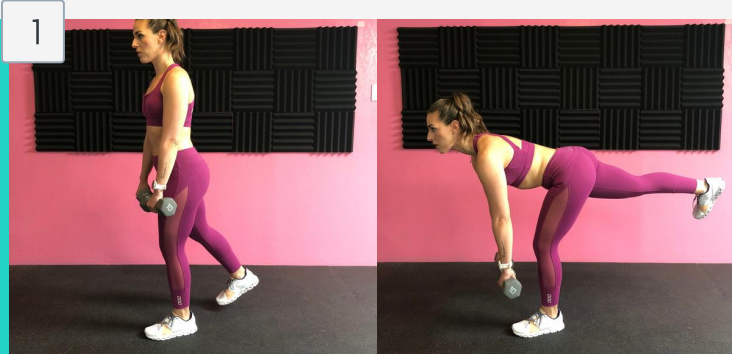


Plank to Rotation

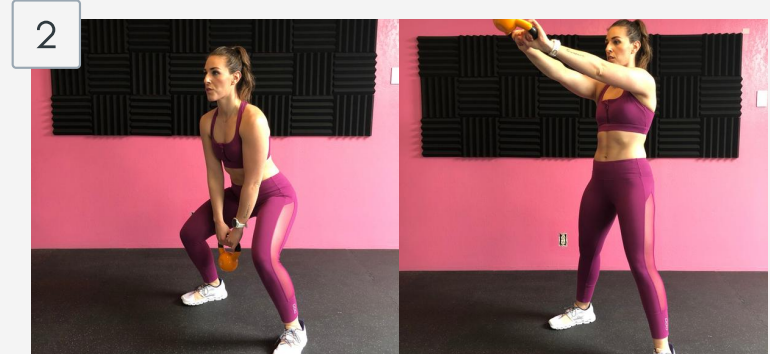
7 DAY WEIGHT TRAINING PLAN: DAY 3- HAMSTRINGS + GLUTES

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -10 reps ea leg then 20 total swings)

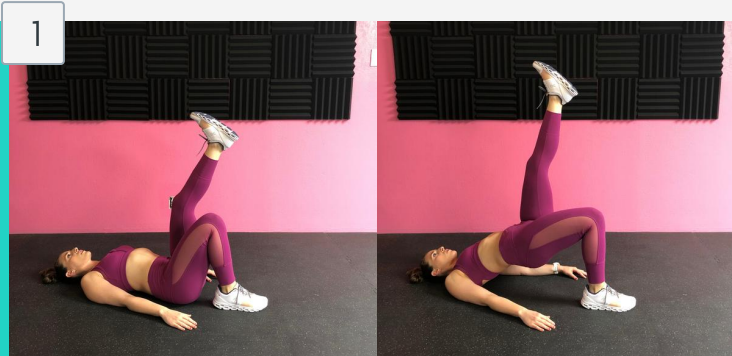


1
Single Leg RDL (reverse deadlift) opt. stagger feet, tap toe behind you, reach down to 'touch toe'

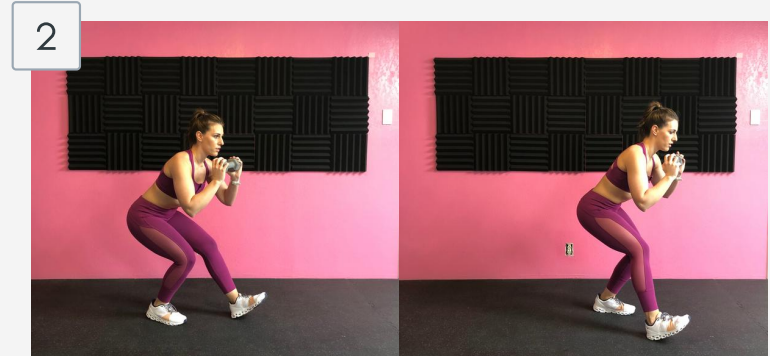


2
Weighted Swings (opt. use dumbbell)

SUPERSET #2 -10 reps ea leg then 20 total (walk)

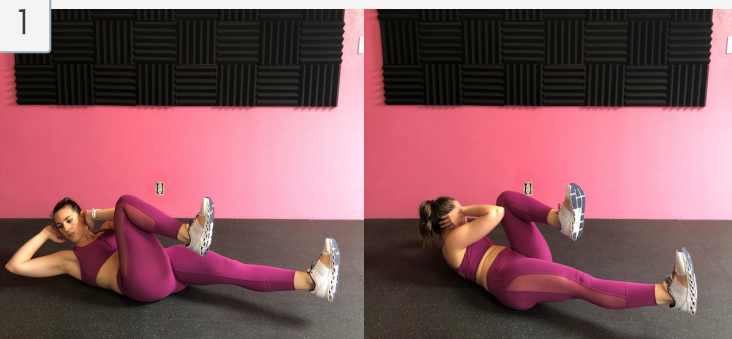


1
Single Leg hip Bridge (opt. Keep leg low, parallel w ground)

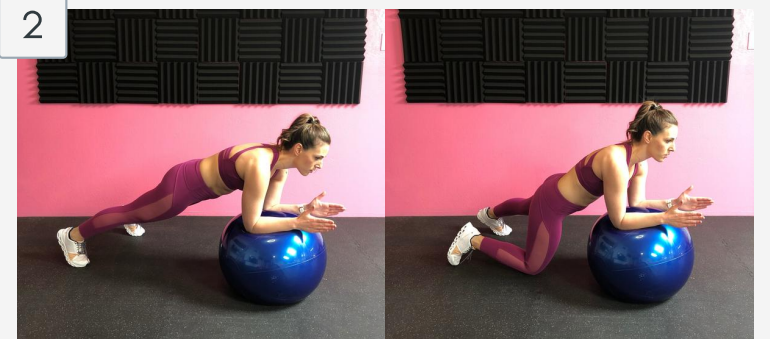


2
Low Squat Walk

CORE BLAST FINISHER Each exercise: 20 Total



1
Bicycle

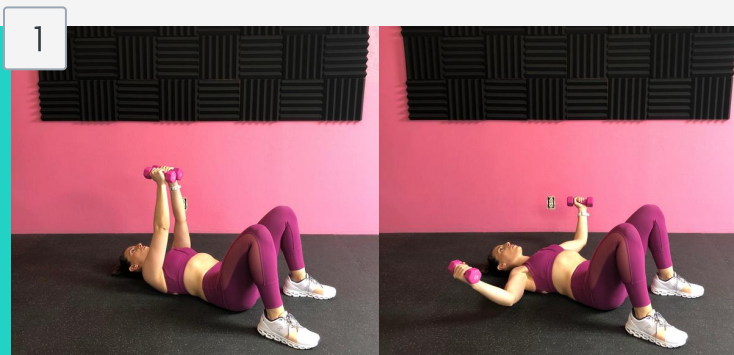


2
Hold Plank 30 sec.

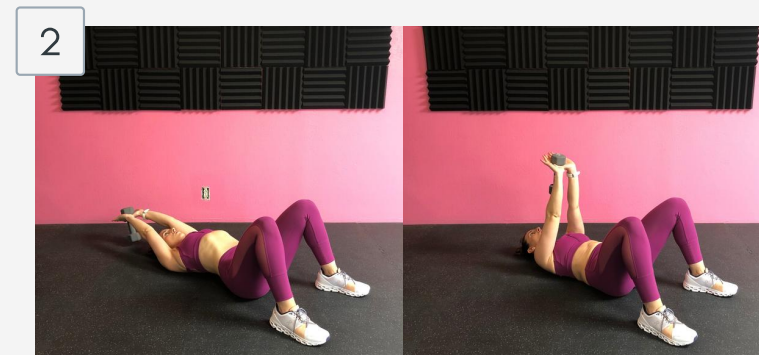
7 DAY WEIGHT TRAINING PLAN: DAY 4-CHEST & TRICEPS

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -10-15 reps

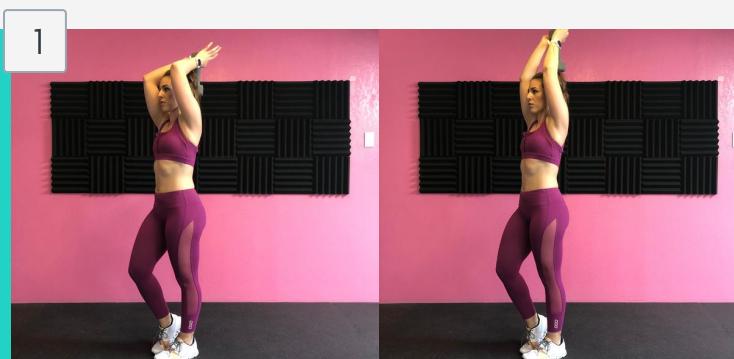


Chest Flye

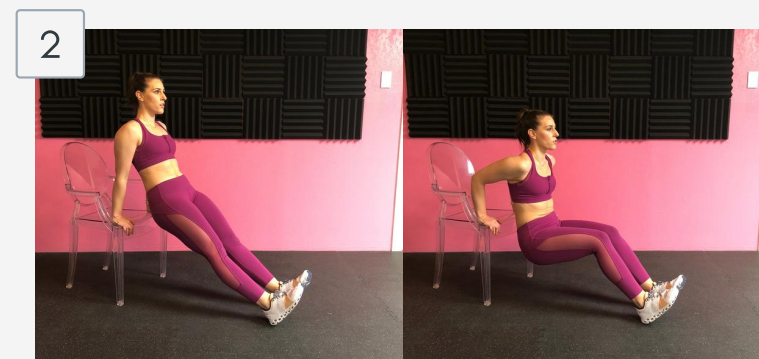


DB Pullover

SUPERSET #2 -10-15 reps

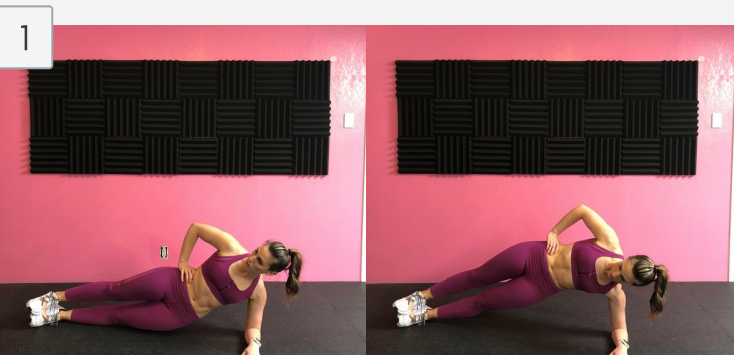


Overhead Tricep Extension

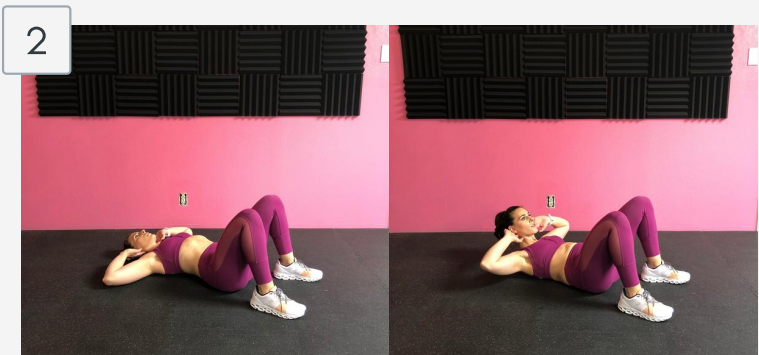


Dips

CORE BLAST FINISHER Each exercise: 20 Total



Side Plank Hip Dip

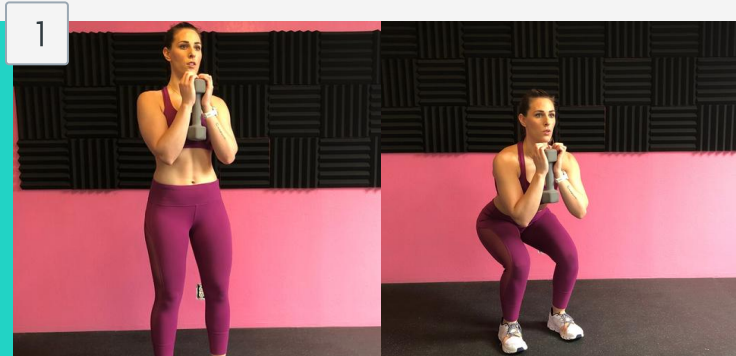


Crunch

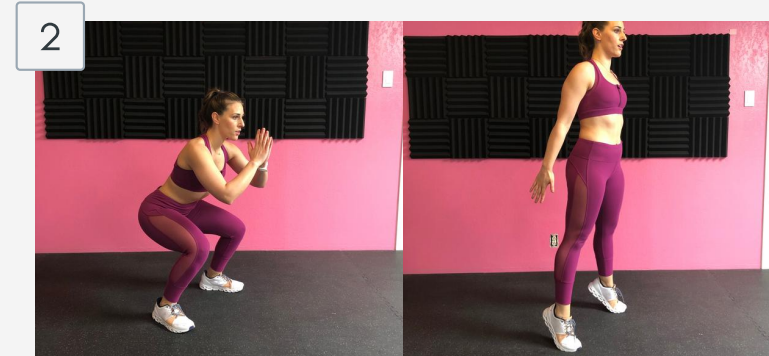
7 DAY WEIGHT TRAINING PLAN: DAY 5-LEGS + GLUTES

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -10-15 reps



Goblet Squat

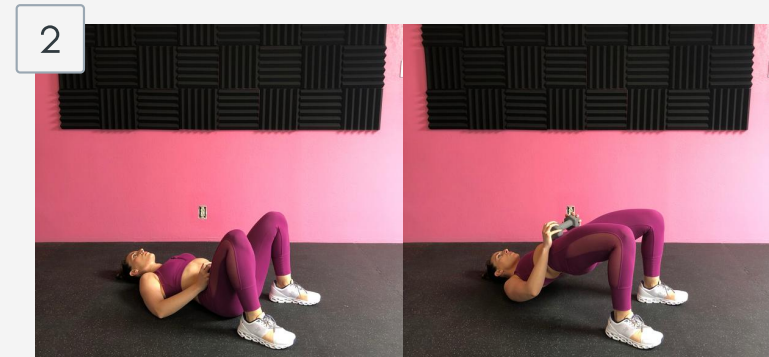


Jump Squat (opt. calf raise, no jump)

SUPERSET #2 -10 reps ea leg then 20 total (bridge)

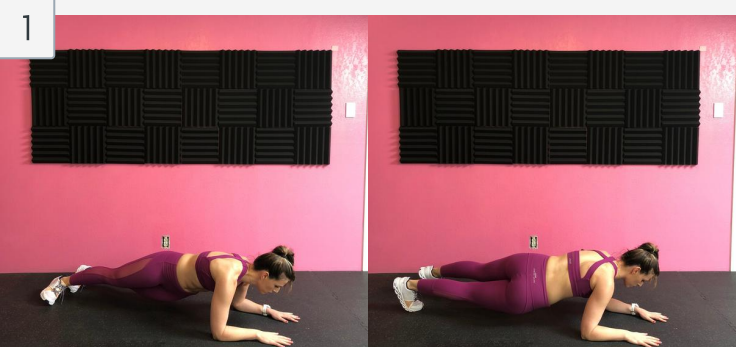


Elevated Sumo Squat

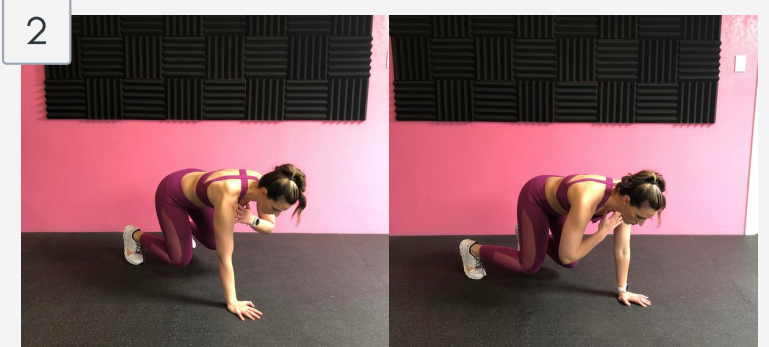


Weighted Hip Bridge (opt. no weight)

CORE BLAST FINISHER Each exercise: 20 Total



Plank Hip Dips

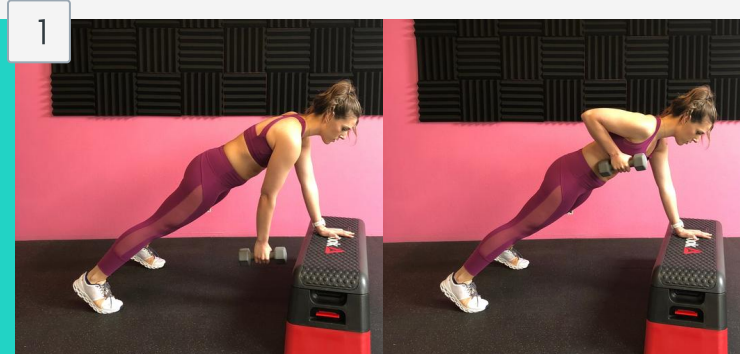


Bear Plank Shoulder Tap

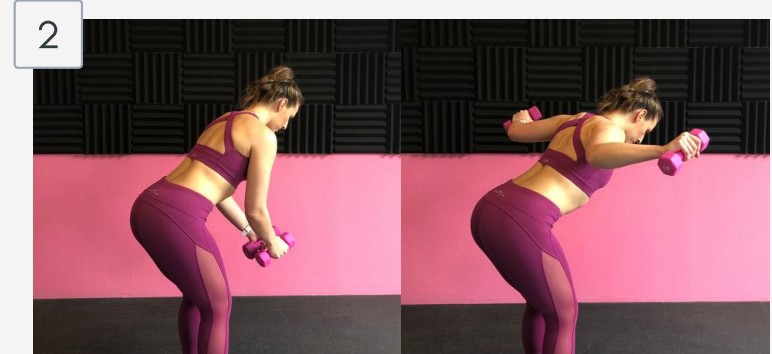
7 DAY WEIGHT TRAINING PLAN: DAY 6-BACK + BIS

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

**SUPERSET #1 -10-15 reps
ea or total**

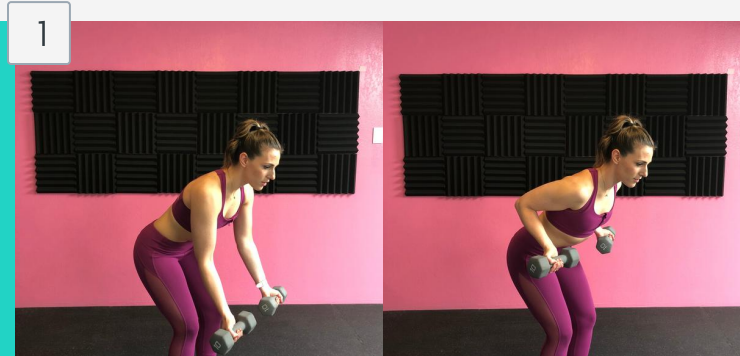


1
Bench Plank Low Row (opt. split stance)



2
Reverse Flye

SUPERSET #2 -10-15 reps

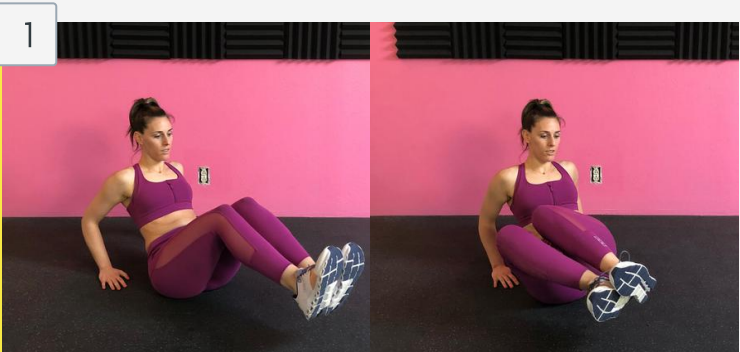


1
Reverse Grip Low Row

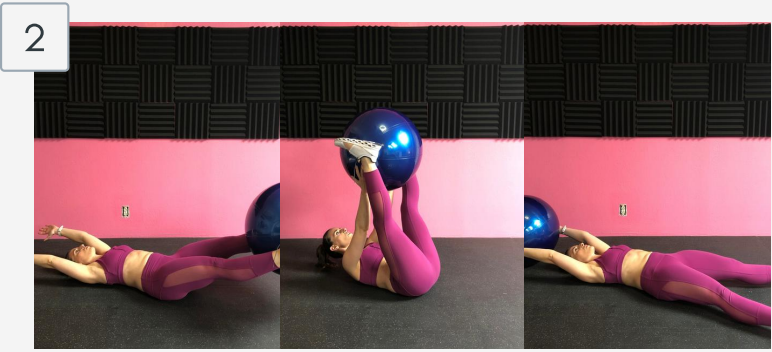


2
Bicep Curl

**CORE BLAST FINISHER
Each exercise: 20 Total**



1
Seated Oblique Knee Tuck

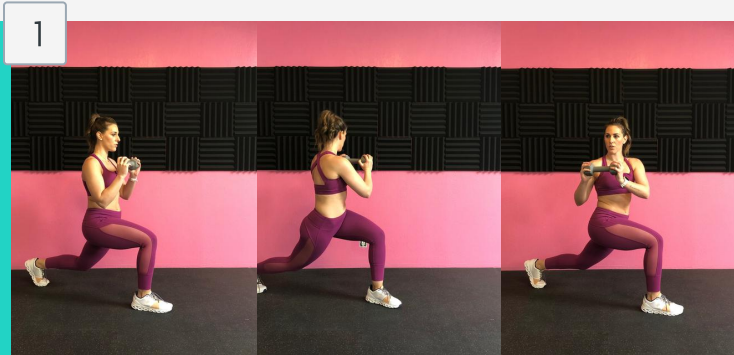


2
Ball Pass Through opt. no ball

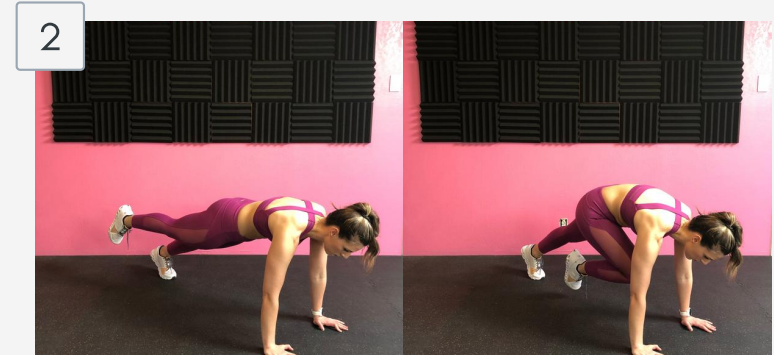
7 DAY WEIGHT TRAINING PLAN: DAY 7-DYNAMIC CORE

For a 20minute workout, perform 2 rounds of each superset. For a 30 minute workout perform 3 rounds of each superset. Perform both exercises in the superset back to back. Rest for 30sec after each superset. Perform 1-3 rounds of the Core Blast last.

SUPERSET #1 -10-15 reps

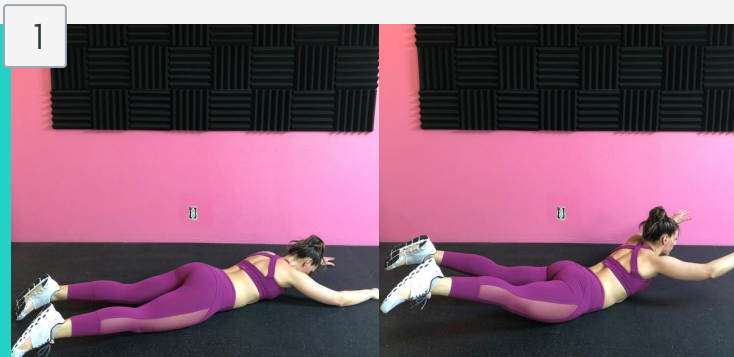


Lunge to Rotation (opt. no weight)

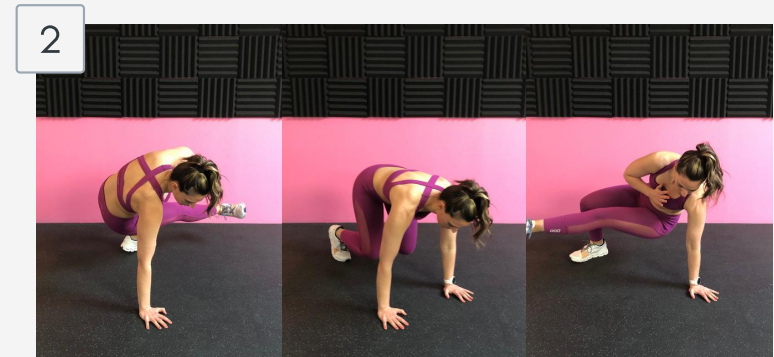


Mountain Climber

SUPERSET #2 -10-15 reps

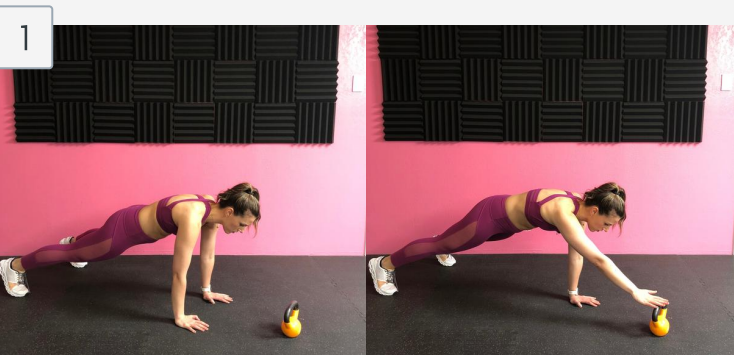


Back Extension

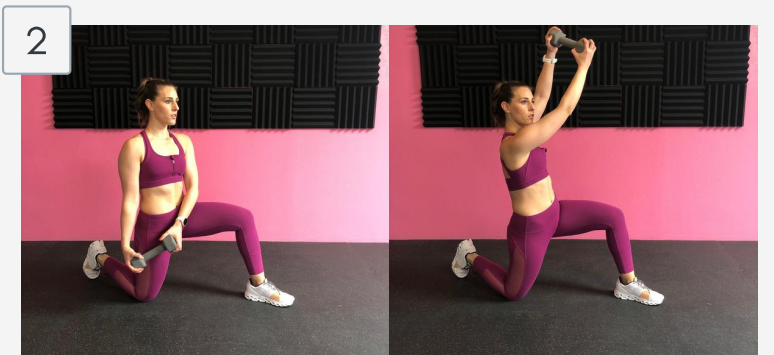


Bear Plank Kickthrough

CORE BLAST FINISHER Each exercise: 20 Total



Plank Reach



Wood Chop

Congrats!

I'm so thrilled that you completed this plan! Thank you for supporting Training camp Fitness. Every plan downloaded is going to change someone's life. Helping you energize your life in the simplest, most effective way possible gives ME purpose and energy in life!

You're ready for more results and more strength: Now that you've tried out this abbreviated weight training plan, I know you're ready for something more. Click on each of the links to go to the plan below.

[CAMP 45](#)

+ **Personal Training at home:** Unleash your inner athlete and get that gym confidence with me at home while I coach you through the Camp 45 Functional Training Plan.

+ **Efficient:** I give you an option for 30min or 45 min workouts based on YOUR life. Get Cardio + Weight Training + tons of core work done in every single session without thinking about what to do at the gym.

+ **Transform:** Strength training will help us build those sweet muscles that pop, but cardio and HIIT training will also reveal them when coupled with nutrition.

[Eat to Fuel Guide](#)

Fuel your goals based on your lifestyle and aesthetic goals, bringing your results to the next level.

DISCLAIMER:

By purchasing this product, you agree that you are 18 years of age or older or have parental consent. Before beginning this or taking any advice from Ariana Travelstead or ArianaTravelstead.com, you agree to consult a physician prior to use. You acknowledge and agree that the workouts: are a recreational activity and may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular condition and training, and other various fitness activities. Ariana shares guidance based on personal experiences and certifications only. Furthermore, all recommendations are general advice. By purchasing this product you affirm you are doing so as a result of voluntary participation in the workouts. I fully understand I may injure myself as a result of my participating in the 7 Day Weight Training Plan and I hereby release Ariana Travelstead and Training Camp Fitness, LLC from any liability now or in the future for conditions that I may obtain directly or indirectly from participating in 7 Day Weight Training Plan or any other material from ArianaTravelstead.com or Ariana Travelstead, to the fullest extent permitted by law.