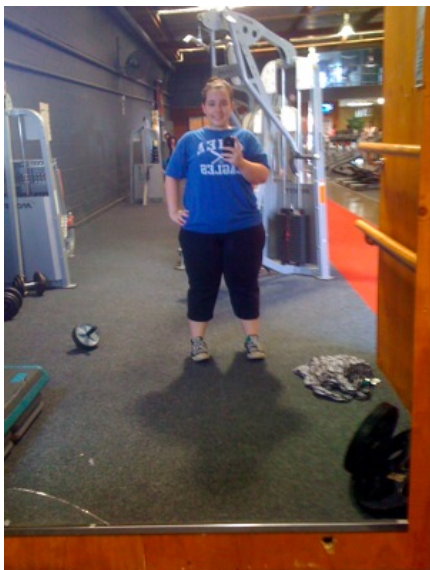


Published based on [LiveFit Trainer Week 7](#)

LiveFit Trainer Week 7



I think I wear the same shirt to the gym every Monday.

I must because I always take a photo on Mondays and it's always in the same shirt. I stole this tshirt from my little brother once and after I wore it he wouldn't take it back so it became mine. It's from his homeschool baseball team and it's the perfect color and feel. It's my favorite shirt to workout in because it's not too heavy.

Unfortunately though it's almost too big and I could probably downsize to smaller size soon. I'm reluctant because I love it but it's probably time since I do a lot of pulling and tugging on the extra fabric at the gym. And then maybe I'll look like I have more than one shirt for the gym! ;)

LiveFit Trainer Week 7 Workouts:

I don't feel like it's worth it to copy and paste the workouts for the week since they are similar to previous weeks with similar moves. Plus they are rather long so here's the link if you want to check them out and I'll just cover the highlights.

Week 7

Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Arms, Abs & Cardio	Legs	Chest, Abs & Cardio	Shoulders	Legs	Back, Delts & Cardio	Rest
Go!	Go!	Go!	Go!	Go!	Go!	Go!

- Day 43 [Arms, Abs & Cardio](#)
- Day 44 [Legs](#)
- Day 45 [Chest, Abs & Cardio](#)
- Day 46 [Shoulders](#)

- Day 47 [Legs](#)
- Day 48 [Back, Delts & Cardio](#)
- Day 49 [Rest](#)

It's the last two weeks of the muscle building phase. Weeks 7-8 feature hard workouts with lots of exercises with 4 sets of 8 reps.

I ended up not being able to do shoulders because I was at home icing my ankle so I added most of the shoulder workout to legs (day 47). That meant I did half a shoulder workout then a back workout the next day. It made it super tough and I was super sore for the last couple days. I won't be doing the back to back workouts again like I did with my shoulders/back this week. I wanted to keep Sunday as my rest day but I'm not sure the muscle soreness was worth it.

For cardio I've been doing a mix of elliptical, bike, and walking to get the 30 minutes done. Cardio at the gym is mega boring so switching it up helps me not go crazy. Also listening to Jillian Michaels podcasts helps. A couple days I did more than 30 minutes cardio because I went back to the gym with Kipa and had more time than needed so I ended up in the 40-50 minute range for cardio.

LiveFit Trainer Week 7 Thoughts:

This week was great. I enjoyed the workouts despite the slight injury to my ankle. I can't believe I'm so clumsy I twisted my ankle on an abs exercise! Oh well, it felt better after a little rest and ice so I'm back to the workouts.

Today I asked one of the regulars about his shoes because they were crazy colorful and I *wanted* them bad. If I had the clothes and shoes to walk into the gym looking like a mismatched neon rainbow I probably would, so his shoes appealed to me. I asked him where he got them and we ended up talking a bit including a compliment about how it looks like I've been working really hard. That made my day because I feel like I've proved myself and earned the respect of the gym regulars (not that it's needed but it's nice).

Plus I now know where to buy some awesome new shoes once I save up the cash. I'll add that to the list along with new shirts (colorful ones of course).

I sneaked a peak at the workouts after next week and I'm both scared and excited. It adds in intervals with cardio (HIIT), plyometrics, circuit training and lower weights with higher reps. I still have one more week until I get to that but I can't help but want to skip ahead and get to the losing fat part of this program. Just one more week! Exciting!

[LiveFit Trainer Week 7](#) is a post from: [A Merry Life](#)! If you aren't reading it via RSS or on [amerrylife.com](#) it has been stolen!!

You can also find this article published on [LiveFit Trainer Week 7](#), and on the tag pages [LiveFit](#), [Trainer](#), [Week](#).