

**BODY NOVA FITNESS COACHING
PRESENTS**

SUPERHERO PHYSIQUE PROGRAMS

**Build a Powerful Physique Just Like Your
Favorite Super Heroes !!!!**



This portion of your Superhero Physique Program isn't just about trying to lean you out as fast as possible, it's about setting you up for future progress by empowering you with the ability to work hard. If you can't work harder than you have been able to in the past, nothing will change. People forget that fitness is based on your ability to do work, so if you're stuck in a plateau, it's at least partially because, you haven't contributed to your ability to do work. One of the ways you can do this is by burning more calories due to recruiting more muscle, or lifting heavier weights. You can also burn more calories because you've lifted the same weight for more reps. Increased strength does all that and more. Traditionally, this would be the type of program your favorite physique athlete or fitness model would start in their off-season. When it's warm, you wear less clothing so it's time to lean out and look good, but when it's cold (for example, 45 degrees or colder), it's highly unlikely that you'll be outside in a bathing suit, or even a tank top and shorts. Let the late fall, winter, and Early Spring months set the stage for you to look great when it counts.

12, 10, 8, 6+

You'll perform 1 set of 12, rest, 1 set of 10, rest, 1 set of 8... until you finish a set for all the reps of an exercise. I'd start the set of 12 reps with a weight that I could lift 15 times, because the short rest periods will catch up to you. You will subtract 10 seconds off from the rest periods every time you repeat these workouts. For example, workout 1 60 seconds, workout 2, 50 seconds, and for workout 3, the rest period will be 40 seconds.

Shoulders, Biceps, & Triceps
Day 1

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 10, 8, 6, 15-20	40X0	75 sec	
B) Lateral Raises	12, 10, 8, 6, 15-20	21X1	75 sec	With DB's or Machine. Thumbs down.
C) Incline Curls	12, 10, 8, 6, 15-20	31X0	75 sec	
D) Decline Triceps Extension	12, 10, 8, 6, 15-20	31X0	75 sec	
E) Seated DB Curls	12, 10, 8, 6, 15-20	40X0	75 sec	w/twist
F) Overhead Triceps Extension	12, 10, 8, 6, 15-20	22X0	75 sec	

Day 2
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15-20	31X0	75 sec	
B) Leg Press	12, 10, 8, 6, 15-20	30X1	50 sec	
C1) Leg Curls	10, 8, 8, 6	30X1	----	
C2) Hamstring Prey Contraction	45 second holds	20X2	75 sec	
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	4 Sets 25 reps	20X1	60 sec	Front Foot Elevated

Day 3
Chest & Back

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15-20	31X0	75 sec	
B) Chin-Ups	12, 10, 8, 6, 15-20	30X1	75 sec	Wide Neutral grip. If you can't hit Chin-ups yet, switch this B exercise Lat Pulldowns.
C) Incline Flyes	12, 10, 8, 6, 15-20	31X0	75 sec	Or Incline Cable Crossover
D) DB Rows	12, 10, 8, 6, 15-20	31X1	75 sec	Can also be performed lying against an incline
E) Dips	12, 10, 8, 6, 15-20	40X0	75 sec	For chest. This can also be performed on a machine. If you perform the bodyweight version, you can grab a dip belt for additional weight.
F) Reverse Flyes	12, 10, 8, 6, 15-20	30X1	75 sec	

Day 4 Off

Day 5
Shoulders, Biceps, & Triceps

Exercise	Reps	Tempo	Rest	Notes
A) Upright Rows	12, 10, 8, 6, 15-20	21X1	75 sec	
B) DB Shoulder Press	12, 10, 8, 6, 15-20	30X1	75 sec	Neutral grip.
C) Barbell Curls	12, 10, 8, 6, 15-20	31X0	75 sec	
D) Decline Close Grip Bench Press	12, 10, 8, 6, 15-20	40X0	75 sec	
E) Preacher Curls	12, 10, 8, 6, 15-20	40X0	75 sec	
F) Triceps Extensions	12, 10, 8, 6, 15-20	22X0	75 sec	Can be done with DB's or Cables.

Day 6
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Squats	12, 10, 8, 6, 15-20	41X0	75 sec	Heels Elevated
B) Leg Curls	8, 6, 4, 6, 8	30X1	75 sec	
C) Leg Extensions	12, 10, 8, 6, 15-20	31X0	75 sec	
D) Hamstring Leg Press	5 sets of 15-20	40X0	60 sec	
E) Bulgarian Squats	4 sets 15-20	31X0	75 sec	
F) Reverse Hypers	AMRAP	60 sec	60 sec	2 Timed Sets.

Day 7 OFF
Day 8
Back & Chest

Exercise	Reps	Tempo	Rest	Notes
A) Incline Bench Press	12, 10, 8, 6, 15-20	21X1	75 sec	
B) Cable Rows	12, 10, 8, 6, 15-20	30X1	75 sec	Wide Pronated Grip.
C) Cable Crossover	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Lat Pulldowns	12, 10, 8, 6, 15-20	40X0	75 sec	1-Armed.
E) Push-Ups	2 Sets of AMRAP	40 sec	75 sec	Perform as reps as possible within 40 sec. Rest then Repeat.
F) Pullovers	12, 10, 8, 6, 15-20	30X1	75 sec	Can be done with DB's or Cables.

Day 9
Shoulders, Biceps, & Triceps

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 10, 8, 6, 15-20	40X0	60 sec	
B) Lateral Raises	12, 10, 8, 6, 15-20	21X1	60 sec	With DB's or Machine. Thumbs down.
C) Incline Curls	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Decline Triceps Extension	12, 10, 8, 6, 15-20	31X0	60 sec	
E) Seated DB Curls	12, 10, 8, 6, 15-20	40X0	60 sec	w/twist
F) Overhead Triceps Extension	12, 10, 8, 6, 15-20	22X0	60 sec	

Day 10 Off

Day 11
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15-20	31X0	75 sec	
B) Leg Press	12, 10, 8, 6, 15-20	30X1	60 sec	
C1) Leg Curls	10, 8, 8, 6	30X1	----	
C2) Hamstring Prey Contraction	45 second holds	20X2	60 sec	
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	2 Sets AMRAP	20X1	75 sec	Front Foot Elevated. 60 second timed set

Day 12
Chest & Back

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15-20	31X0	60 sec	
B) Chin-Ups	12, 10, 8, 6, 15-20	30X1	60 sec	Wide Neutral grip. If you can't hit Chin-ups yet, switch this B exercise Lat Pulldowns.
C) Incline Flyes	12, 10, 8, 6, 15-20	31X0	60 sec	Or Incline Cable Crossover
D) DB Rows	12, 10, 8, 6, 15-20	31X1	60 sec	Can also be performed lying against an incline
E) Dips	12, 10, 8, 6, 15-20	40X0	60 sec	For chest. This can also be performed on a machine. If you perform the bodyweight version, you can grab a dip belt for additional weight.
F) Reverse Flyes	12, 10, 8, 6, 15-20	30X1	60 sec	

Day 13 Off

Day 14
Shoulders, Biceps, & Triceps

Exercise	Reps	Tempo	Rest	Notes
A) Upright Rows	12, 10, 8, 6, 15-20	21X1	60 sec	
B) DB Shoulder Press	12, 10, 8, 6, 15-20	30X1	60 sec	Neutral grip.
C) Barbell Curls	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Decline Close Grip Bench Press	12, 10, 8, 6, 15-20	40X0	60 sec	
E) Preacher Curls	12, 10, 8, 6, 15-20	40X0	60 sec	
F) Triceps Extensions	12, 10, 8, 6, 15-20	22X0	60 sec	Can be done with DB's or Cables.

Day 15
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Squats	12, 10, 8, 6, 15-20	41X0	75 sec	Heels Elevated
B) Leg Curls	8, 6, 4, 6, 8	30X1	60 sec	
C) Leg Extensions	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Hamstring Leg Press	5 sets of 15-20	40X0	60 sec	
E) Bulgarian Squats	4 sets 15-20	31X0	60 sec	
F) Reverse Hypers	AMRAP	60 sec	60 sec	2 Timed Sets.

Day 16 OFF
Day 17
Back & Chest

Exercise	Reps	Tempo	Rest	Notes
A) Incline Bench Press	12, 10, 8, 6, 15-20	21X1	60 sec	
B) Cable Rows	12, 10, 8, 6, 15-20	30X1	60 sec	Wide Pronated Grip.
C) Cable Crossover	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Lat Pulldowns	12, 10, 8, 6, 15-20	40X0	60 sec	1-Armed.
E) Push-Ups	2 Sets of AMRAP	40 sec	60 sec	Perform as reps as possible within 40 sec. Rest then Repeat.
F) Pullovers	12, 10, 8, 6, 15-20	30X1	60 sec	Can be done with DB's or Cables.

Day 18
Shoulders Biceps, & Triceps

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 10, 8, 6, 15-20	40X0	60 sec	
B) Lateral Raises	12, 10, 8, 6, 15-20	21X1	60 sec	With DB's or Machine. Thumbs down.
C) Incline Curls	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Decline Triceps Extension	12, 10, 8, 6, 15-20	31X0	60 sec	
E) Seated DB Curls	12, 10, 8, 6, 15-20	40X0	60 sec	w/twist
F) Overhead Triceps Extension	12, 10, 8, 6, 15-20	22X0	60 sec	

Day 19
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15-20	31X0	75 sec	
B) Leg Press	12, 10, 8, 6, 15-20	30X1	50 sec	
C1) Leg Curls	10, 8, 8, 6	30X1	----	
C2) Hamstring Prey Contraction	45 second holds	20X2	60 sec	
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	2 Sets AMRAP	20X1	60 sec	Front Foot Elevated. Perform as Many Rep as possible within 75 seconds

Day 20 OFF

Day 21
Chest & Back

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15-20	31X0	75 sec	
B) Chin-Ups	12, 10, 8, 6, 15-20	30X1	75 sec	Wide Neutral grip. If you can't hit Chin-ups yet, switch this B exercise Lat Pulldowns.
C) Incline Flyes	12, 10, 8, 6, 15-20	31X0	75 sec	Or Incline Cable Crossover
D) DB Rows	12, 10, 8, 6, 15-20	31X1	75 sec	Can also be performed lying against an incline
E) Dips	12, 10, 8, 6, 15-20	40X0	75 sec	For chest. This can also be performed on a machine. If you perform the bodyweight version, you can grab a dip belt for additional weight.
F) Reverse Flyes	12, 10, 8, 6, 15-20	30X1	75 sec	

Day 22 Off

Day 23
Shoulders, Biceps, & Triceps

Exercise	Reps	Tempo	Rest	Notes
A) Upright Rows	12, 10, 8, 6, 15-20	21X1	75 sec	
B) DB Shoulder Press	12, 10, 8, 6, 15-20	30X1	75 sec	Neutral grip.
C) Barbell Curls	12, 10, 8, 6, 15-20	31X0	75 sec	
D) Decline Close Grip Bench Press	12, 10, 8, 6, 15-20	40X0	75 sec	
E) Preacher Curls	12, 10, 8, 6, 15-20	40X0	75 sec	
F) Triceps Extensions	12, 10, 8, 6, 15-20	22X0	75 sec	Can be done with DB's or Cables.

Day 24
Legs

Exercise	Reps	Tempo	Rest	Notes
A) Squats	12, 10, 8, 6, 15-20	41X0	75 sec	Heels Elevated
B) Leg Curls	8, 6, 4, 6, 8	30X1	75 sec	
C) Leg Extensions	12, 10, 8, 6, 15-20	31X0	75 sec	
D) Hamstring Leg Press	5 sets of 15-20	40X0	60 sec	
E) Bulgarian Squats	4 sets 15-20	31X0	75 sec	
F) Reverse Hypers	AMRAP	60 sec	60 sec	2 Timed Sets.

Day 25 OFF
Day 26
Back & Chest

Exercise	Reps	Tempo	Rest	Notes
A) Incline Bench Press	12, 10, 8, 6, 15-20	21X1	75 sec	
B) Cable Rows	12, 10, 8, 6, 15-20	30X1	75 sec	Wide Pronated Grip.
C) Cable Crossover	12, 10, 8, 6, 15-20	31X0	60 sec	
D) Lat Pulldowns	12, 10, 8, 6, 15-20	40X0	75 sec	1-Armed.
E) Push-Ups	2 Sets of AMRAP	40 sec	75 sec	Perform as reps as possible within 40 sec. Rest then Repeat.
F) Pullovers	12, 10, 8, 6, 15-20	30X1	75 sec	Can be done with DB's or Cables.

10+Drops

With this workout you'll perform the designated number of reps for 3 sets. Then for the 4th set you'll perform you'll perform the original set, + 2 drops. Then next time you perform these workouts; you'll perform 4 regular sets with 1-drop set, with 3 drops. The third time you perform this workout; you'll perform 3 of the regular sets, and two drops sets instead of just one.

Day 27 Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lean Away Lateral Raises	4	8-10	30X1	60 sec	
B) DB Shoulder Press	4	8-10	40X0	60 sec	
C) Seated Calf Raises	4	15-20	22X1	50 sec	
D) Reverse Flyes	4	8-10	20X2	60 sec	
E) Incline Lateral Raises	4	8-10	30X1	60 sec	
F1) Front Raises	3	8-10	30X1	---	No Drops. Neutral grip.
F2) Calf Raise on Leg Press	3	10-12	20X1	60 sec	

Day 28
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	8-10	30X1	75 sec	
B) Duck Leg Press	4	12-15	40X0	60 sec	No Drops
C) Leg Curls	4	6-8	22X1	50 sec	
D) Low Pulley Split Squats	4	8-10	31X0	60 sec	Front Foot Elevated.
E) Reverse Hypers	4	15-20	20X1	60 sec	
F) Leg Extensions	3	8-10	30X1	50 sec	

Day 29 OFF

Day 30
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Cable Rows	4	8-10	30X1	60 sec	Close Neutral Grip
B) DB Bench Press	4	8-10	40X0	60 sec	Can also be a chest press.
C) Pull-ups	4	8-10	40X0	75 sec	Add weight via Dip Belt, if you can perform more than 10. You can also perform Lat Pulldowns for the Drop Set.
D) Incline Bench Press	4	8-10	31X0	60 sec	Can also be an Incline Chest Press
E) B-Pak Pullover	4	8-10	21X1	60 sec	
F) Cable Crossover	3	8-10	30X0	60 sec	

Day 31
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Reverse Curls	4	8-10	30X1	60 sec	
B) Decline Triceps Extension	4	8-10	31X0	60 sec	With barbells, or cable.
C) High Pulley Cable Curls	4	12-15	21X1	60 sec	
D) Overhead Triceps	4	8-10	31X0	60 sec	
E) Incline Curls	4	8-10	40X0	60 sec	
F) Reverse Pressdowns	4	10-12	30X1	60 sec	

Day 32
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Upright Rows	4	8-10	21X1	60 sec	Wide Grip
B) Cable Lateral Raise	4	8-10	30X1	60 sec	Behind the Back
C) Calf Raise	4	10-12	20X2	75 sec	Legs Straight
D) Reverse Flyes	4	8-10	31X0	60 sec	On Machine. Thumbs Down.
E) DB Shoulder Press	4	8-10	40X0	60 sec	Neutral Grip
F) Seated Calf Raise	3	12-15	21X1	60 sec	

Day 33 OFF
Day 34
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Squats	4	8-10	41X0	75 sec	Heels Elevated. Can also be Low Pulley Split Squats
B1) Hamstring Prey Contraction	3	1	45-sec hold	----	
B2) Leg Curls	4	6-8	40X0	75 sec	Only perform the drop for this exercise
D) 1 ¼ Leg Press	4	8-10	---	75 sec	
E) Stiff Legged Deadlifts	5	12-15	40X0	60 sec	No Drops.
F) Leg Extension	3	8-10	30X1	60 sec	

Day 35
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Chin-Ups	4	8-10	30X1	60 sec	Close Neutral Grip
B) Incline Cable Crossovers	4	8-10	40X0	60 sec	
C) DB Rows	4	8-10	31X1	75 sec	Chest Supported. Lying against Incline, OR T-Bar Rows.
D) DB Incline Bench Press	4	8-10	31X0	60 sec	Can also be an Incline Chest Press
E) Reverse Flyes	4	8-10	21X1	60 sec	
F) Push-ups	2	AMRAP	40 sec	60 sec	Timed Set. As Many Reps as Possible within 40 seconds.

Day 36 Off
Day 37
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Seated DB Curls	4	8-10	31X1	60 sec	w/Twists
B) Dips	4	8-10	31X0	60 sec	For Triceps. Can also be done on a machine.
C) Preacher Curls	4	8-10	31X0	60 sec	w/DB's
D) Cable Kickbacks	4	12-15	21X1	60 sec	w/rope
E) Incline Hammer Curls	4	8-10	40X0	60 sec	
F) Overhead Triceps Extension	4	8-10	30X1	60 sec	

This ends the 1st rotation of the 10+Drops Program. For the next rotation, you will perform the drop set with 3 drops (which is the original set, drop the weight, perform the reps, and repeat twice), instead of just two drops.

Day 38
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lean Away Lateral Raises	4	8-10	30X1	60 sec	
B) DB Shoulder Press	4	8-10	40X0	60 sec	
C) Seated Calf Raises	4	15-20	22X1	50 sec	
D) Reverse Flyes	4	8-10	20X2	60 sec	
E) Incline Lateral Raises	4	8-10	30X1	60 sec	
F1) Front Raises	3	8-10	30X1	---	No Drops. Neutral grip.
F2) Calf Raise on Leg Press	3	10-12	20X1	60 sec	

Day 39
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	8-10	30X1	75 sec	
B) Duck Leg Press	4	12-15	40X0	60 sec	No Drops
C) Leg Curls	4	6-8	22X1	50 sec	
D) Low Pulley Split Squats	4	8-10	31X0	60 sec	Front Foot Elevated.
E) Reverse Hypers	4	15-20	20X1	60 sec	
F) Leg Extensions	3	8-10	30X1	50 sec	

Day 40 OFF

Day 41
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Cable Rows	4	8-10	30X1	60 sec	Close Neutral Grip
B) DB Bench Press	4	8-10	40X0	60 sec	Can also be a chest press.
C) Pull-ups	4	8-10	40X0	75 sec	Add weight via Dip Belt, if you can perform more than 10. You can also perform Lat Pulldowns for the Drop Set.
D) Incline Bench Press	4	8-10	31X0	60 sec	Can also be an Incline Chest Press
E) B-Pak Pullover	4	8-10	21X1	60 sec	
F) Cable Crossover	3	8-10	30X0	60 sec	

Day 42
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Reverse Curls	4	8-10	30X1	60 sec	
B) Decline Triceps Extension	4	8-10	31X0	60 sec	With barbells, or cable.
C) High Pulley Cable Curls	4	12-15	21X1	60 sec	
D) Overhead Triceps	4	8-10	31X0	60 sec	
E) Incline Curls	4	8-10	40X0	60 sec	
F) Reverse Pressdowns	4	10-12	30X1	60 sec	

Day 43
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Upright Rows	4	8-10	21X1	60 sec	Wide Grip
B) Cable Lateral Raise	4	8-10	30X1	60 sec	Behind the Back
C) Calf Raise	4	10-12	20X2	75 sec	Legs Straight
D) Reverse Flyes	4	8-10	31X0	60 sec	On Machine. Thumbs Down.
E) DB Shoulder Press	4	8-10	40X0	60 sec	Neutral Grip
F) Seated Calf Raise	3	12-15	21X1	60 sec	

Day 44 OFF
Day 45
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Squats	4	8-10	41X0	75 sec	Heels Elevated. Can also be Low Pulley Split Squats
B1) Hamstring Prey Contraction	3	1	45-sec hold	----	
B2) Leg Curls	4	6-8	40X0	75 sec	Only perform the drop for this exercise
D) 1 ¼ Leg Press	4	8-10	---	75 sec	
E) Stiff Legged Deadlifts	5	12-15	40X0	60 sec	No Drops.
F) Leg Extension	3	8-10	30X1	60 sec	

Day 46
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Chin-Ups	4	8-10	30X1	60 sec	Close Neutral Grip
B) Incline Cable Crossovers	4	8-10	40X0	60 sec	
C) DB Rows	4	8-10	31X1	75 sec	Chest Supported. Lying against Incline, OR T-Bar Rows.
D) DB Incline Bench Press	4	8-10	31X0	60 sec	Can also be an Incline Chest Press
E) Reverse Flyes	4	8-10	21X1	60 sec	
F) Push-ups	2	AMRAP	40 sec	60 sec	Timed Set. As Many Reps as Possible within 40 seconds.

Day 47 Off
Day 48
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Seated DB Curls	4	8-10	31X1	60 sec	w/Twists
B) Dips	4	8-10	31X0	60 sec	For Triceps. Can also be done on a machine.
C) Preacher Curls	4	8-10	31X0	60 sec	w/DB's
D) Cable Kickbacks	4	12-15	21X1	60 sec	w/rope
E) Incline Hammer Curls	4	8-10	40X0	60 sec	
F) Overhead Triceps Extension	4	8-10	30X1	60 sec	

Day 49
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lean Away Lateral Raises	4	8-10	30X1	50 sec	
B) DB Shoulder Press	4	8-10	40X0	50 sec	
C) Seated Calf Raises	4	15-20	22X1	45 sec	
D) Reverse Flyes	4	8-10	20X2	50 sec	
E) Incline Lateral Raises	4	8-10	30X1	50 sec	
F1) Front Raises	3	8-10	30X1	---	No Drops. Neutral grip.
F2) Calf Raise on Leg Press	3	10-12	20X1	50 sec	

Day 50
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	8-10	30X1	75 sec	
B) Duck Leg Press	4	12-15	40X0	50 sec	No Drops
C) Leg Curls	4	6-8	22X1	45 sec	
D) Low Pulley Split Squats	4	8-10	31X0	50 sec	Front Foot Elevated.
E) Reverse Hypers	4	15-20	20X1	50 sec	
F) Leg Extensions	3	8-10	30X1	45 sec	

Day 51 OFF

Day 52
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Cable Rows	4	8-10	30X1	50 sec	Close Neutral Grip
B) DB Bench Press	4	8-10	40X0	50 sec	Can also be a chest press.
C) Pull-ups	4	8-10	40X0	75 sec	Add weight via Dip Belt, if you can perform more than 10. You can also perform Lat Pulldowns for the Drop Set.
D) Incline Bench Press	4	8-10	31X0	50 sec	Can also be an Incline Chest Press
E) B-Pak Pullover	4	8-10	21X1	50 sec	
F) Cable Crossover	3	8-10	30X0	50 sec	

Day 53
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Reverse Curls	4	8-10	30X1	50 sec	
B) Decline Triceps Extension	4	8-10	31X0	50 sec	With barbells, or cable.
C) High Pulley Cable Curls	4	12-15	21X1	50 sec	
D) Overhead Triceps	4	8-10	31X0	50 sec	
E) Incline Curls	4	8-10	40X0	50 sec	
F) Reverse Pressdowns	4	10-12	30X1	50 sec	

Day 32
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Upright Rows	4	8-10	21X1	50 sec	Wide Grip
B) Cable Lateral Raise	4	8-10	30X1	50 sec	Behind the Back
C) Calf Raise	4	10-12	20X2	50 sec	Legs Straight
D) Reverse Flyes	4	8-10	31X0	50 sec	On Machine. Thumbs Down.
E) DB Shoulder Press	4	8-10	40X0	50 sec	Neutral Grip
F) Seated Calf Raise	3	12-15	21X1	50 sec	

Day 55 OFF
Day 56
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Squats	4	8-10	41X0	75 sec	Heels Elevated. Can also be Low Pulley Split Squats
B1) Hamstring Prey Contraction	3	1	45-sec hold	----	
B2) Leg Curls	4	6-8	40X0	60 sec	Only perform the drop for this exercise
D) 1 ¼ Leg Press	4	8-10	---	60 sec	
E) Stiff Legged Deadlifts	5	12-15	40X0	50 sec	No Drops.
F) Leg Extension	3	8-10	30X1	50 sec	

Day 57
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Chin-Ups	4	8-10	30X1	50 sec	Close Neutral Grip
B) Incline Cable Crossovers	4	8-10	40X0	50 sec	
C) DB Rows	4	8-10	31X1	60 sec	Chest Supported. Lying against Incline, OR T-Bar Rows.
D) DB Incline Bench Press	4	8-10	31X0	50 sec	Can also be an Incline Chest Press
E) Reverse Flyes	4	8-10	21X1	50 sec	
F) Push-ups	2	AMRAP	40 sec	50 sec	Timed Set. As Many Reps as Possible within 40 seconds.

Day 58 Off
Day 59
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Seated DB Curls	4	8-10	31X1	50 sec	w/Twists
B) Dips	4	8-10	31X0	50 sec	For Triceps. Can also be done on a machine.
C) Preacher Curls	4	8-10	31X0	50 sec	w/DB's
D) Cable Kickbacks	4	12-15	21X1	50 sec	w/rope
E) Incline Hammer Curls	4	8-10	40X0	50 sec	
F) Overhead Triceps Extension	4	8-10	30X1	50 sec	

Day 60
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lean Away Lateral Raises	4	8-10	30X1	45 sec	
B) DB Shoulder Press	4	8-10	40X0	45 sec	
C) Seated Calf Raises	4	15-20	22X1	45 sec	
D) Reverse Flyes	4	8-10	20X2	45 sec	
E) Incline Lateral Raises	4	8-10	30X1	45 sec	
F1) Front Raises	3	8-10	30X1	---	No Drops. Neutral grip.
F2) Calf Raise on Leg Press	3	10-12	20X1	45 sec	

Day 61
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	8-10	30X1	75 sec	
B) Duck Leg Press	4	12-15	40X0	50 sec	No Drops
C) Leg Curls	4	6-8	22X1	45 sec	
D) Low Pulley Split Squats	4	8-10	31X0	50 sec	Front Foot Elevated.
E) Reverse Hypers	4	15-20	20X1	45 sec	
F) Leg Extensions	3	8-10	30X1	45 sec	

Day 62 OFF

Day 63
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Cable Rows	4	8-10	30X1	45 sec	Close Neutral Grip
B) DB Bench Press	4	8-10	40X0	45 sec	Can also be a chest press.
C) Pull-ups	4	8-10	40X0	75 sec	Add weight via Dip Belt, if you can perform more than 10. You can also perform Lat Pulldowns for the Drop Set.
D) Incline Bench Press	4	8-10	31X0	45 sec	Can also be an Incline Chest Press
E) B-Pak Pullover	4	8-10	21X1	45 sec	
F) Cable Crossover	3	8-10	30X0	45 sec	

Day 64
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Reverse Curls	4	8-10	30X1	45 sec	
B) Decline Triceps Extension	4	8-10	31X0	45 sec	With barbells, or cable.
C) High Pulley Cable Curls	4	12-15	21X1	45 sec	
D) Overhead Triceps Extension	4	8-10	31X0	45 sec	
E) Incline Curls	4	8-10	40X0	45 sec	
F) Reverse Pressdowns	4	10-12	30X1	45 sec	

Day 65
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Upright Rows	4	8-10	21X1	45 sec	Wide Grip
B) Cable Lateral Raise	4	8-10	30X1	45 sec	Behind the Back
C) Calf Raise	4	10-12	20X2	45 sec	Legs Straight
D) Reverse Flyes	4	8-10	31X0	45 sec	On Machine. Thumbs Down.
E) DB Shoulder Press	4	8-10	40X0	45 sec	Neutral Grip
F) Seated Calf Raise	3	12-15	21X1	45 sec	

Day 66 OFF
Day 67
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Squats	4	8-10	41X0	75 sec	Heels Elevated. Can also be Low Pulley Split Squats
B1) Hamstring Prey Contraction	3	1	45-sec hold	----	
B2) Leg Curls	4	6-8	40X0	50 sec	Only perform the drop for this exercise
D) 1 ¼ Leg Press	4	8-10	---	50 sec	
E) Stiff Legged Deadlifts	5	12-15	40X0	45 sec	No Drops.
F) Leg Extension	3	8-10	30X1	45 sec	

Day 68
Chest & Back

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Chin-Ups	4	8-10	30X1	60 sec	Close Neutral Grip
B) Incline Cable Crossovers	4	8-10	40X0	45 sec	
C) DB Rows	4	8-10	31X1	50 sec	Chest Supported. Lying against Incline, OR T-Bar Rows.
D) DB Incline Bench Press	4	8-10	31X0	45 sec	Can also be an Incline Chest Press
E) Reverse Flyes	4	8-10	21X1	45 sec	
F) Push-ups	2	AMRAP	40 sec	45 sec	Timed Set. As Many Reps as Possible within 40 seconds.

Day 69 Off
Day 70
Biceps & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Seated DB Curls	4	8-10	31X1	45 sec	w/Twists
B) Dips	4	8-10	31X0	45 sec	For Triceps. Can also be done on a machine.
C) Preacher Curls	4	8-10	31X0	45 sec	w/DB's
D) Cable Kickbacks	4	12-15	21X1	45 sec	w/rope
E) Incline Hammer Curls	4	8-10	40X0	45 sec	
F) Overhead Triceps Extension	4	8-10	30X1	45 sec	

At this point, we are now looking to develop that superhuman strength that all our favorite heros posses. But when we really want to make sure we achieve our goals, we leave nothing to chance. So we're going to make sure that we aggressively pursue while still working towards gaining muscle.

With this next program, we'll be using the 5% Solution, made popular by Charles Poliquin. Every week the weight will increase in the "A" exercises by 5%, while the reps drop by 1-rep. The program that you'll do is called the 5% solution. This version comes with a bit of a twist seeing that you'll be rotating two different workouts for the same body parts. From workout to workout you'll increase the weight by 7-½ % and drop the reps by one! For example, if you did 8 reps at 100 lbs in workout one, for the 2nd time you perform 7 reps at 107, and 6 reps at 115 in workout 3. In workout 4, you'll do the first weeks reps with the 2nd weeks weight, meaning 8 reps at 107! Workout 5 will have you perform 7 reps at 122 (or 120). Workout 6 will have you perform 6 reps at 125 (130). If you performed the workout for the 7th time (which you'd better not) you'd be able to perform 8 reps with 110 lbs., a 15% increase!!! So with that in mind...

One important tip is that you might want to avoid using your absolute maximum weight with your lifts. So if you're performing eight reps in the "A" exercises, you might want to be able to perform 9 if you went all out. This will help you avoid burning out your nervous system, which will allow your to keep making progress week in and week out. All you have to do is make sure you recover (Sleep well, eat properly...).

Increase Your Beast 5% Solution
 Day 70
 Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	8, 6, 4, 6, 8		40X1	60 sec	
A2) Overhead Triceps Extension	8, 6, 4, 6, 8		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	75 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	75 sec	Hands close

Day 71
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	8, 6, 4, 6, 8		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	75 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	75 sec	At 90 degrees of knee bend.

Day 72 OFF

Day 73
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	8, 6, 4, 6, 8		32X0	60 sec	
A2) Barbell Curls	8, 6, 4, 6, 8		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	75 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	75 sec	

Day 74
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	8, 6, 4, 6, 8		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	75 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	75 sec	Knees Bent.

Day 75 Off

Day 76
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	8, 6, 4, 6, 8		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	8, 6, 4, 6, 8		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	75 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	75 sec	w/Rope

Day 77
Legs

Exercise	Reps	Tempo	Rest	Notes	
A) Squats	8, 6, 4, 6, 8	31X0	2 Min	Heels Elevated	
B1) Leg Curls	8, 6, 4, 6, 8	40X0	---		
B2) Wall Squat	3 sets 30- sec holds	30-sec holds	75 sec	Knees bent at 90 degrees.	
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	75 sec	
E) Reverse Hypers	4	15-20	30X1	60 sec	Optional

Day 78 Off

Day 79
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	8, 6, 4, 6, 8		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	75 sec	
C) High Pulley Cable Curls	4	12-15	40X0	50 sec	
D) Incline Curls	4	8-10	30X1	50 sec	

Day 80
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	8, 6, 4, 6, 8		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	75 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	50 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	60 sec	

Day 81
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	7, 5, 3, 5, 7		40X1	60 sec	
A2) Overhead Triceps Extension	7, 5, 3, 5, 7		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	75 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	75 sec	Hands close

Day 82
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	7, 5, 3, 5, 7		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	75 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	75 sec	At 90 degrees of knee bend.

Day 83 OFF

Day 84
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	7, 5, 3, 5, 7		32X0	60 sec	
A2) Barbell Curls	7, 5, 3, 5, 7		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	75 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	75 sec	

Day 85
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	7, 5, 3, 5, 7		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	75 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	75 sec	Knees Bent.

Day 86 Off

Day 87
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	7, 5, 3, 5, 7		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	7, 5, 3, 5, 7		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	75 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	75 sec	w/Rope

Day 88
Legs

Exercise	Reps	Tempo	Rest	Notes	
A) Squats	7, 5, 3, 5, 7	31X0	2 Min	Heels Elevated	
B1) Leg Curls	7, 5, 3, 5, 7	40X0	---		
B2) Wall Squat	3 sets 30- sec holds	30-sec holds	75 sec	Knees bent at 90 degrees.	
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	75 sec	
E) Reverse Hypers	4	15-20	30X1	60 sec	Optional

Day 89 Off

Day 90
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	7, 5, 3, 5, 7		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	75 sec	
C) High Pulley Cable Curls	4	12-15	40X0	50 sec	
D) Incline Curls	4	8-10	30X1	50 sec	

Day 91
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	7, 5, 3, 5, 7		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	75 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	50 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	60 sec	

Day 92
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	6, 4, 2, 4, 6		40X1	60 sec	
A2) Overhead Triceps Extension	6, 4, 2, 4, 6		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	60 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	60 sec	Hands close

Day 93
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	6, 4, 2, 4, 6		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	60 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	60 sec	At 90 degrees of knee bend.

Day 94 OFF

Day 95
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	6, 4, 2, 4, 6		32X0	60 sec	
A2) Barbell Curls	6, 4, 2, 4, 6		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	60 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	60 sec	

Day 96
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	6, 4, 2, 4, 6		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	60 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	60 sec	Knees Bent.

Day 97 Off

Day 98
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	6, 4, 2, 4, 6		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	6, 4, 2, 4, 6		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	60 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	60 sec	w/Rope

Day 99
Legs

Exercise	Reps	Tempo	Rest	Notes	
A) Squats	6, 4, 2, 4, 6	31X0	2 Min	Heels Elevated	
B1) Leg Curls	6, 4, 2, 4, 6	40X0	---		
B2) Wall Squat	3 sets 30- sec holds	30-sec holds	75 sec	Knees bent at 90 degrees.	
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	60 sec	
E) Reverse Hypers	4	15-20	30X1	50 sec	Optional

Day 100 Off

Day 101
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	6, 4, 2, 4, 6		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	60 sec	
C) High Pulley Cable Curls	4	12-15	40X0	50 sec	
D) Incline Curls	4	8-10	30X1	50 sec	

Day 102
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	6, 4, 2, 4, 6		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	60 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	45 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	50 sec	

Day 103
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	8, 6, 4, 6, 8		40X1	60 sec	
A2) Overhead Triceps Extension	8, 6, 4, 6, 8		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	60 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	60 sec	Hands close

Day 104
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	8, 6, 4, 6, 8		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	60 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	60 sec	At 90 degrees of knee bend.

Day 105 OFF

Day 106
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	8, 6, 4, 6, 8		32X0	60 sec	
A2) Barbell Curls	8, 6, 4, 6, 8		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	60 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	60 sec	

Day 107
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	8, 6, 4, 6, 8		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	60 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	60 sec	Knees Bent.

Day 108 Off

Day 109
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	8, 6, 4, 6, 8		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	8, 6, 4, 6, 8		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	60 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	60 sec	w/Rope

Day 110
Legs

Exercise	Reps	Tempo	Rest	Notes	
A) Squats	8, 6, 4, 6, 8	31X0	2 Min	Heels Elevated	
B1) Leg Curls	8, 6, 4, 6, 8	40X0	---		
B2) Wall Squat	3 sets 30- sec holds	30-sec holds	75 sec	Knees bent at 90 degrees.	
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	60 sec	
E) Reverse Hypers	4	15-20	30X1	50 sec	Optional

Day 111 Off

Day 112
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	8, 6, 4, 6, 8		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	60 sec	
C) High Pulley Cable Curls	4	12-15	40X0	50 sec	
D) Incline Curls	4	8-10	30X1	50 sec	

Day 113
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	8, 6, 4, 6, 8		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	60 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	45 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	50 sec	

Day 114
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	7, 5, 3, 5, 7		40X1	60 sec	
A2) Overhead Triceps Extension	7, 5, 3, 5, 7		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	50 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	50 sec	Hands close

Day 115
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	7, 5, 3, 5, 7		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	75 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	60 sec	At 90 degrees of knee bend.

Day 116 OFF

Day 117
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	7, 5, 3, 5, 7		32X0	60 sec	
A2) Barbell Curls	7, 5, 3, 5, 7		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	50 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	50 sec	

Day 118
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	7, 5, 3, 5, 7		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	50 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	50 sec	Knees Bent.

Day 119 Off

Day 120
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	7, 5, 3, 5, 7		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	7, 5, 3, 5, 7		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	50 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	50 sec	w/Rope

Day 121
Legs

Exercise	Reps		Tempo	Rest	Notes
A) Squats	7, 5, 3, 5, 7		31X0	2 Min	Heels Elevated
B1) Leg Curls	7, 5, 3, 5, 7		40X0	---	
B2) Wall Squat	3 sets 30- sec holds		30-sec holds	75 sec	Knees bent at 90 degrees.
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	50 sec	
E) Reverse Hypers	4	15-20	30X1	45 sec	Optional

Day 122 Off

Day 123
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	7, 5, 3, 5, 7		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	60 sec	
C) High Pulley Cable Curls	4	12-15	40X0	45 sec	
D) Incline Curls	4	8-10	30X1	45 sec	

Day 124
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	7, 5, 3, 5, 7		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	75 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	45 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	50 sec	

Day 125
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Chin-Ups	6, 4, 2, 4, 6		40X1	60 sec	
A2) Overhead Triceps Extension	6, 4, 2, 4, 6		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Row to Neck	4	6-8	30X1	---	Can also be a Reverse Fly done for back.
B2) Cable Rows	4	6-8	40X0	45 sec	
C1) Rope Kickbacks	4	12-15	21X1	---	
C2) Push-ups	4	AMRAP	21X0	45 sec	Hands close

Day 126
Legs

Exercise	Reps		Tempo	Rest	Notes
A1) Deadlift	6, 4, 2, 4, 6		31X0	60 sec	Can also be Sumo Deadlift
A2) Bulgarian Squats	5 sets 12-15 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Leg Curls	4	6-8	40X0	---	
B2) Hamstring Prey Contractions	4	1	50-sec hold	50 sec	
C1) Leg Press	3	10-12	40X0	---	
C2) Wall Squat	4	1	30-sec hold	50 sec	At 90 degrees of knee bend.

Day 127 OFF

Day 128
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Incline Bench Press	6, 4, 2, 4, 6		32X0	60 sec	
A2) Barbell Curls	6, 4, 2, 4, 6		31X0	60 sec	Can also be a dumbbell curl.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Dips	3	6-8	30X1	---	You might have to wear a dip belt to add additional weight.
B2) Push-Ups	3	AMRAP	30-sec	45 sec	
C1) Preacher Curls	4	6-8	31X0	---	
C2) Hammer Curls	4	8-10	31X0	45 sec	

Day 129
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Military Press	6, 4, 2, 4, 6		40X0	60 sec	
A2) Reverse Flyes	5 sets 8-10		30X1	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Lateral Raise	4	6-8	30X1	---	
B2) Lateral Raise	4	8-10	21X1	45 sec	
C1) Calf Raise on Leg Press	4	12-15	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	12-15	21X0	45 sec	Knees Bent.

Day 130 Off

Day 131
Back & Triceps

Exercise	Reps		Tempo	Rest	Notes
A1) Cable Rows	6, 4, 2, 4, 6		40X1	60 sec	Or Chest Supported rows.
A2) DB Triceps Extension	6, 4, 2, 4, 6		31X0	60 sec	Can also be done with DB's.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lat Pulldown	4	6-8	30X1	---	Behind the Neck.
B2) Lat Pulldown	4	10-12	40X0	45 sec	Reverse grip.
C1) Overhead Triceps Extension	4	8-10	21X1	---	w/Rope
C2) Triceps Pressdowns	4	8-10	21X0	45 sec	w/Rope

Day 132
Legs

Exercise	Reps		Tempo	Rest	Notes
A) Squats	6, 4, 2, 4, 6		31X0	2 Min	Heels Elevated
B1) Leg Curls	6, 4, 2, 4, 6		40X0	---	
B2) Wall Squat	3 sets 30- sec holds		30-sec holds	75 sec	Knees bent at 90 degrees.
Exercise	Sets	Reps	Tempo	Rest	Notes
C) Stiff Legged Deadlift	4	10-12	40X0	---	
D) Leg Extension	4	8-10	30X1	60 sec	
E) Reverse Hypers	4	15-20	30X1	50 sec	Optional

Day 133 Off

Day 134
Chest & Biceps

Exercise	Reps		Tempo	Rest	Notes
A1) Bench Press	6, 4, 2, 4, 6		41X0	60 sec	
A2) Concentration Curls	5 sets 6-8 reps		31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Incline Cable Crossover	4	10-12	31X0	---	
B2) Cable Crossover	4	10-12	31X0	60 sec	
C) High Pulley Cable Curls	4	12-15	40X0	50 sec	
D) Incline Curls	4	8-10	30X1	50 sec	

Day 135
Shoulders & Calves

Exercise	Reps		Tempo	Rest	Notes
A1) Upright Rows	6, 4, 2, 4, 6		31X0	60 sec	Can also be done with cables.
A2) Reverse Flyes	5 sets 10-12 reps		21X1	60 sec	Leaning forward. Thumbs down.
Exercise	Sets	Reps	Tempo	Rest	Notes
B1) Lean Away Lateral Raise	4	6-8	30X1	---	
B2) DB Shoulders Press	4	8-10	40X0	60 sec	Neutral grip.
C) Seated Calf Raise	4	12-15	40X0	45 sec	
D) Standing Calf Raise	4	10-12	30-sec hold	50 sec	

Ab Exercises

http://www.youtube.com/playlist?list=PLNd91v5abDc_K351heVKzYLouv7z0vGDn

Biceps Exercises

<http://www.youtube.com/playlist?list=PLNd91v5abDc8PUGAGcWiKGUy8xQYoWm5-Chest Exercises>

<http://www.youtube.com/playlist?list=PLNd91v5abDc9Xx5T1osVfnRH72EX8rZbp>

Important Workout Basics

<http://www.youtube.com/playlist?list=PLNd91v5abDc9ypZtUbpZqU5E0TSTnNND9>

Legs

<http://www.youtube.com/playlist?list=PLNd91v5abDc94kkr1PhrUYGo2VdOQN0Ye>

Shoulders

http://www.youtube.com/playlist?list=PLNd91v5abDc-_L1VFhDMPHmJFo5fRL0Na

Triceps

http://www.youtube.com/playlist?list=PLNd91v5abDc_EFhhUbz1_nWVuC1eNNe4S

Upper Back

http://www.youtube.com/playlist?list=PLNd91v5abDc-qoPJgTd_tDXigSYVWkptP

Workout Concepts

<http://www.youtube.com/playlist?list=PLNd91v5abDc9aPNopN28NyCIIxti7ogev>