



Part 2

BODY NOVA FITNESS COACHING'S



**SUPERHERO
PHYSIQUE
PROGRAM**

This is the beginning of Stage 2 of the Superhero Physique program. If you've properly taken care of business in during the 1st 4 months, you should be carrying more muscle, but also more strength than you had before starting this program. You should also have primed yourself for this fat loss phase where you can now workout with a reduced calorie intake, but still be able to hold on to those gains you secretly built during the winter months. Most importantly, you have built your ability to work hard. That is what's going to be the most important concept to grasp when you attempt to transform your physique. If you can't work hard, making progress is going to much more difficult, and you won't look as good. The body that you want, just like anything else in life, isn't going to give you results that you don't work for. You have step outside of your comfort zone, in order to get the results that you're looking for. If you stay in that comfort zone, your body has no reason to change. With that being said, WELCOME TO PHASE 2!!!

Mechanical Advantage Drop Sets

With this program, you will perform a circuit by using different versions of the same exercise. For example, on chest day, you can start with an incline bench press with a neutral grip for 6-8 reps with a weight you can lift 12-15 times. Then you'll switch to an incline bench press with a normal pronated grip, lower the bench until it's flat, perform the bench press with a neutral grip, and then repeat with a pronated grip, before resting for the specified time. In those instances where you're actually performing a different exercise, start with 6-8 reps if there isn't an exercise that's similar in the circuit after that, or if there is a similar, but different movement next, still use the 6-8 reps with a weight you can lift 12-15 times, when fresh.

**Day 1
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	3-4	6-8	20X2	---	Lying for back.
A2) Cable Rows	3-4	8-10	30X1	---	Row to Neck/Face Pull
A3) Cable Rows	3-4	AMRAP	30X1	---	Pronated Grip.
A4) Cable Rows	3-4	AMRAP	30X1	90 sec	Close Neutral Grip
B1) Overhead Triceps Extensions	3-4	10-12	22X0	---	With cables.
B2) Decline Triceps Extensions	3-4	AMRAP	31X0	---	With cables
B3) Triceps Extensions	3-4	AMRAP	40X0	---	With Cables. Make bench as flat as possible.
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X1	---	Close Neutral Grip
C2) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the neck.

C3) Bent Over Rows	3-4	AMRAP	30X0	90 sec	Pronated Grip. Can be done with DB's or Cables.
D1) Rope Kickback	3-4	12-15	20X2	---	Can be done with straps.
D2) Triceps Pressdowns	3-4	8-10	30X1	---	Can be done with ropes or straps.
D3) Rope Kickback	3-4	AMRAP	20X2	90 sec	

AMRAP= As Many Reps as Possible

**Day 2
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	---	---	
A2) Duck Leg Press	3-4	10-12	30X0	---	
A3) Leg Press	3-4	AMRAP	30X0	---	
A4) Hamstring Leg Press	3-4	AMRAP	30X0	2 min	
B1)Kettlebell Swings	3-4	20-25	10X4	---	Can also be done with a dumbbell if the right kettlebell isn't available

B2) Stiff Legged Deadlift	3-4	8-10	40X0	---	
B3) Deadlifts	3-4	AMRAP	30X0	90 sec	
C1) Leg Extensions	3-4	8-10	30X1	---	
C2) Bulgarian Squats	3-4	15-25	31X0	---	
C3) Leg Extensions	3-4	15-20	30X0	90 sec	
D1) Hamstring Prey Contraction	3-4	1	45 sec holds	---	45-second hold, you can subtract 5 seconds in subsequent sets.
D2) Leg Curls	3-4	6-8	30X1	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X1	90 sec	Normal.

**Day 3
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	3-4	6-8	41X0	---	Neutral Grip
A2) Behind the Neck Press	3-4	8-10	3030	---	This exercise can be omitted if proper execution is an issue.
A3) DB Shoulder Press	3-4	8-10	41X0	---	
A4) Military Press	3-4	8-10	3030	90 sec	
B1) Calf Raise on Leg Press	4-5	12-15	20X2	---	Legs Straight
B2) Calf Raise on Leg Press	4-5	AMRAP	21X1	----	Knees bent.
B3) Calf Raise on Leg Press	4-5	AMRAP	40X0	---	Leg Straight
C) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	8-10	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.

D1) Reverse Flyes	3-4	15-20	20X1	---	With bands
D2) Reverse Flyes	3-4	8-10	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
D3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

Day 4 OFF

**Day 5
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Neutral Grip
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Pronated Grip
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) Push-Up	3-4	AMRAP	31X0	90 sec	Hands on bench. Feet on ground.
B1) Incline Hammer Curl	3-4	6-8	40X0	---	
B2) Incline Curls	3-4	AMRAP	40X0	---	With/twist
B3) Hammer Curls	3-4	AMRAP	40X0	---	
B4) DB Curls	3-4	AMRAP	40X0	90 sec	w/Twist
C1) Incline Cable Crossover	3-4	6-8	30X1	---	
C2) Cable Crossover	3-4	AMRAP	30X0	60 sec	

D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	AMRAP	31X0	---	Hips Extended
D3) Spider Curls	3-4	AMRAP	20X1	90 sec	Top ½ of ROM.

**Day 6
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	3-4	6-8	30X1	---	Reverse Grip
A2) Lat Pulldowns	3-4	AMRAP	30X1	---	Front
A3) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the Neck.
A4) B-Pak Pullover	3-4	12-15	30X1	90 sec	
B1) Rope Kickbacks	3-4	12-15	22X0	---	With cables or straps. Use your true 12-15 max.
B2) Overhead Triceps Extension	3-4	8-10	31X0	---	With ropes or straps.
B3) Rope Pressdowns	3-4	AMRAP	40X0	---	
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	

C1) Reverse Flyes	3-4	6-8	20X2	---	
C2) T-Bar Rows	3-4	6-8	30X1	---	Reverse Grip. These, along with C3, can also be Cable Rows.
C3) T-Bar Rows	3-4	AMRAP	30X1	90 sec	Pronated Grip. Can also be done with DB's or Cables.
C4) T-Bar Rows	3-4	AMRAP	30X1	---	Neutral Grip. These can also be DB Rows.
D1) Triceps Extensions	3-4	6-8	30X1	---	Can be done with ropes or straps.
D2) Bench Dips	3-4	15-20	30X0		
D3) Triceps Extension	3-4	10-12	30X1	90 sec	

Day 7 OFF

**Day 8
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sissy Squats	3-4	6-8	40X0	---	You can also perform a Pistol Squat with heels elevated.
A2) Front Squats	3-4	6-8	40X0	---	Heels Elevated.
A3) Squats	3-4	AMRAP	30X0	---	Shoulder width. Heels elevated.
A4) Squats	3-4	AMRAP	30X0	90 sec	Bodyweight with continuous tension for 40 seconds as fast as possible. Increase by 5 sec every time you repeat this workout.
B1) Leg Curls	4-5	8	40X1	---	Hips extended.
B2) Leg Curls	4-5	8-10	40X1	---	Normal.
B3) Hamstring Prey Contractions	4-5	1	45 sec Hold	---	45-second hold.
C1) Leg Press	3-4	12-15	30X0	90 sec	

C2) Hamstring Leg Press	3-4	8-10	30X1	---	Only ¾'s ROM.
C3) Bulgarian Squats	3-4	15-25	31X0	90 sec	
D1) Hip Thrust	3-4	10	20X2	---	Toes elevated. Dig in heels.
D2) Stiff Legged Deadlift	3-4	12-15	31X0	---	Toes elevated.
D3) Hip Thrust	3-4	8-10	20X3	90 sec	Normal.

AMRAP= As Many Reps as Possible

**Day 9
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	6-8	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.
B) Seated Calf Raise	5	15-20	20X2	50 sec	

C) Front Raise Tri-set	3	6-8	21X1	----	1) Incline 2) Regular 3) Underhand w/barbell. High reps, constant tension.
D) 1 ¼ DB Shoulder Press	4-5	8-10	---	50 sec	Can be done on a machine.
E1) Reverse Flyes	3-4	15-20	20X1	---	With bands
E2) Reverse Flyes	3-4	6-8	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
E3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

**Day 10
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Higher Incline
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Lower Incline
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) DB Bench Press	3-4	AMRAP	31X0	90 sec	Pronated Grip.
B1) High Pulley Cable Curl	3-4	6-8	40X0	---	2-armed.
B2) Cable Curls	3-4	8-10	40X0	---	Back away from pulleys. Let the arms straighten behind the body.
B3) Cable Curls	3-4	AMRAP	40X0	---	Face Pulleys.
B4) DB Curls	3-4	8-10	40X0	90 sec	w/Twist. Both arms at same time.
C1) Cable Crossover	3-4	8-10	30X1	---	

C2) Push-ups	3-4	15-25	31X0	---	Or dips for chest
C3) Incline Crossover	3-4	15-20	30X0	90 sec	
D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	8-10	31X0	---	Hips Extended
D3) Spider Curls	3-4	15-25	20X1	90 sec	Top ½ of ROM.

Day 11 OFF
Day 12
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	3-4	6-8	20X2	---	Lying for back.
A2) Cable Rows	3-4	8-10	30X1	---	Row to Neck/Face Pull
A3) Cable Rows	3-4	AMRAP	30X1	---	Pronated Grip.
A4) Cable Rows	3-4	AMRAP	30X1	90 sec	Close Neutral Grip
B1) Overhead Triceps Extensions	3-4	10-12	22X0	---	With cables.
B2) Decline Triceps Extensions	3-4	AMRAP	31X0	---	With cables

B3) Triceps Extensions	3-4	AMRAP	40X0	---	With Cables. Make bench as flat as possible.
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X1	---	Close Neutral Grip
C2) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the neck.
C3) Bent Over Rows	3-4	AMRAP	30X0	90 sec	Pronated Grip. Can be done with DB's or Cables.
D1) Rope Kickback	3-4	12-15	20X2	---	Can be done with straps.
D2) Triceps Pressdowns	3-4	8-10	30X1	---	Can be done with ropes or straps.
D3) Rope Kickback	3-4	AMRAP	20X2	90 sec	

AMRAP= As Many Reps as Possible

**Day 13
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	---	---	

A2) Duck Leg Press	3-4	10-12	30X0	---	
A3) Leg Press	3-4	AMRAP	30X0	---	
A4) Hamstring Leg Press	3-4	AMRAP	30X0	2 min	
B1)Kettlebell Swings	3-4	20-25	10X4	---	Can also be done with a dumbbell if the right kettlebell isn't available
B2) Stiff Legged Deadlift	3-4	8-10	40X0	---	
B3) Deadlifts	3-4	AMRAP	30X0	90 sec	
C1) Leg Extensions	3-4	8-10	30X1	---	
C2) Bulgarian Squats	3-4	15-25	31X0	---	
C3) Leg Extensions	3-4	15-20	30X0	90 sec	
D1) Hamstring Prey Contraction	3-4	1	45 sec holds	---	45-second hold, you can subtract 5 seconds in subsequent sets.
D2) Leg Curls	3-4	6-8	30X1	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X1	90 sec	Normal.

Day 14
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	3-4	6-8	41X0	---	Neutral Grip
A2) Behind the Neck Press	3-4	8-10	3030	---	This exercise can be omitted if proper execution is an issue.
A3) DB Shoulder Press	3-4	8-10	41X0	---	
A4) Military Press	3-4	8-10	3030	90 sec	
B1) Calf Raise on Leg Press	4-5	12-15	20X2	---	Legs Straight
B2) Calf Raise on Leg Press	4-5	AMRAP	21X1	----	Knees bent.
B3) Calf Raise on Leg Press	4-5	AMRAP	40X0	---	Leg Straight
C) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	8-10	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.

D1) Reverse Flyes	3-4	15-20	20X1	---	With bands
D2) Reverse Flyes	3-4	8-10	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
D3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

Day 15 OFF

**Day 16
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Neutral Grip
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Pronated Grip
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) Push-Up	3-4	AMRAP	31X0	90 sec	Hands on bench. Feet on ground.
B1) Incline Hammer Curl	3-4	6-8	40X0	---	
B2) Incline Curls	3-4	AMRAP	40X0	---	With/twist
B3) Hammer Curls	3-4	AMRAP	40X0	---	
B4) DB Curls	3-4	AMRAP	40X0	90 sec	w/Twist
C1) Incline Cable Crossover	3-4	6-8	30X1	---	
C2) Cable Crossover	3-4	AMRAP	30X0	60 sec	

D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	AMRAP	31X0	---	Hips Extended
D3) Spider Curls	3-4	AMRAP	20X1	90 sec	Top ½ of ROM.

**Day 17
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	3-4	6-8	30X1	---	Reverse Grip
A2) Lat Pulldowns	3-4	AMRAP	30X1	---	Front
A3) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the Neck.
A4) B-Pak Pullover	3-4	12-15	30X1	90 sec	
B1) Rope Kickbacks	3-4	12-15	22X0	---	With cables or straps. Use your true 12-15 max.
B2) Overhead Triceps Extension	3-4	8-10	31X0	---	With ropes or straps.
B3) Rope Pressdowns	3-4	AMRAP	40X0	---	
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	

C1) Reverse Flyes	3-4	6-8	20X2	---	
C2) T-Bar Rows	3-4	6-8	30X1	---	Reverse Grip. These, along with C3, can also be Cable Rows.
C3) T-Bar Rows	3-4	AMRAP	30X1	90 sec	Pronated Grip. Can also be done with DB's or Cables.
C4) T-Bar Rows	3-4	AMRAP	30X1	---	Neutral Grip. These can also be DB Rows.
D1) Triceps Extensions	3-4	6-8	30X1	---	Can be done with ropes or straps.
D2) Bench Dips	3-4	15-20	30X0		
D3) Triceps Extension	3-4	10-12	30X1	90 sec	

Day 18 OFF

Day 19
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sissy Squats	3-4	6-8	40X0	---	You can also perform a Pistol Squat with heels elevated.
A2) Front Squats	3-4	6-8	40X0	---	Heels Elevated.
A3) Squats	3-4	AMRAP	30X0	---	Shoulder width. Heels elevated.
A4) Squats	3-4	AMRAP	30X0	90 sec	Bodyweight with continuous tension for 40 seconds as fast as possible. Increase by 5 sec every time you repeat this workout.
B1) Leg Curls	4-5	8	40X1	---	Hips extended.
B2) Leg Curls	4-5	8-10	40X1	---	Normal.
B3) Hamstring Prey Contractions	4-5	1	45 sec Hold	---	45-second hold.
C1) Leg Press	3-4	12-15	30X0	90 sec	

C2) Hamstring Leg Press	3-4	8-10	30X1	---	Only ¾'s ROM.
C3) Bulgarian Squats	3-4	15-25	31X0	90 sec	
D1) Hip Thrust	3-4	10	20X2	---	Toes elevated. Dig in heels.
D2) Stiff Legged Deadlift	3-4	12-15	31X0	---	Toes elevated.
D3) Hip Thrust	3-4	8-10	20X3	90 sec	Normal.

AMRAP= As Many Reps as Possible

**Day 20
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	6-8	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.
B) Seated Calf Raise	5	15-20	20X2	50 sec	

C) Front Raise Tri-set	3	6-8	21X1	----	1) Incline 2) Regular 3) Underhand w/barbell. High reps, constant tension.
D) 1 ¼ DB Shoulder Press	4-5	8-10	---	50 sec	Can be done on a machine.
E1) Reverse Flyes	3-4	15-20	20X1	---	With bands
E2) Reverse Flyes	3-4	6-8	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
E3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

**Day 21
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Higher Incline
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Lower Incline
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) DB Bench Press	3-4	AMRAP	31X0	90 sec	Pronated Grip.
B1) High Pulley Cable Curl	3-4	6-8	40X0	---	2-armed.
B2) Cable Curls	3-4	8-10	40X0	---	Back away from pulleys. Let the arms straighten behind the body.
B3) Cable Curls	3-4	AMRAP	40X0	---	Face Pulleys.
B4) DB Curls	3-4	8-10	40X0	90 sec	w/Twist. Both arms at same time.
C1) Cable Crossover	3-4	8-10	30X1	---	

C2) Push-ups	3-4	15-25	31X0	---	Or dips for chest
C3) Incline Crossover	3-4	15-20	30X0	90 sec	
D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	8-10	31X0	---	Hips Extended
D3) Spider Curls	3-4	15-25	20X1	90 sec	Top ½ of ROM.

Day 22 OFF

**Day 23
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	3-4	6-8	20X2	---	Lying for back.
A2) Cable Rows	3-4	8-10	30X1	---	Row to Neck/Face Pull
A3) Cable Rows	3-4	AMRAP	30X1	---	Pronated Grip.
A4) Cable Rows	3-4	AMRAP	30X1	90 sec	Close Neutral Grip
B1) Overhead Triceps Extensions	3-4	10-12	22X0	---	With cables.
B2) Decline Triceps Extensions	3-4	AMRAP	31X0	---	With cables

B3) Triceps Extensions	3-4	AMRAP	40X0	---	With Cables. Make bench as flat as possible.
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X1	---	Close Neutral Grip
C2) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the neck.
C3) Bent Over Rows	3-4	AMRAP	30X0	90 sec	Pronated Grip. Can be done with DB's or Cables.
D1) Rope Kickback	3-4	12-15	20X2	---	Can be done with straps.
D2) Triceps Pressdowns	3-4	8-10	30X1	---	Can be done with ropes or straps.
D3) Rope Kickback	3-4	AMRAP	20X2	90 sec	

AMRAP= As Many Reps as Possible

**Day 24
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	---	---	
A2) Duck Leg Press	3-4	10-12	30X0	---	
A3) Leg Press	3-4	AMRAP	30X0	---	
A4) Hamstring Leg Press	3-4	AMRAP	30X0	2 min	
B1) Kettlebell Swings	3-4	20-25	10X4	---	Can also be done with a dumbbell if the right kettlebell isn't available
B2) Stiff Legged Deadlift	3-4	8-10	40X0	---	
B3) Deadlifts	3-4	AMRAP	30X0	90 sec	
C1) Leg Extensions	3-4	8-10	30X1	---	
C2) Bulgarian Squats	3-4	15-25	31X0	---	
C3) Leg Extensions	3-4	15-20	30X0	90 sec	

D1) Hamstring Prey Contraction	3-4	1	45 sec holds	---	45-second hold, you can subtract 5 seconds in subsequent sets.
D2) Leg Curls	3-4	6-8	30X1	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X1	90 sec	Normal.

Day 25
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	3-4	6-8	41X0	---	Neutral Grip
A2) Behind the Neck Press	3-4	8-10	3030	---	This exercise can be omitted if proper execution is an issue.
A3) DB Shoulder Press	3-4	8-10	41X0	---	
A4) Military Press	3-4	8-10	3030	90 sec	
B1) Calf Raise on Leg Press	4-5	12-15	20X2	---	Legs Straight
B2) Calf Raise on Leg Press	4-5	AMRAP	21X1	----	Knees bent.
B3) Calf Raise on Leg Press	4-5	AMRAP	40X0	---	Leg Straight
C) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	8-10	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.

D1) Reverse Flyes	3-4	15-20	20X1	---	With bands
D2) Reverse Flyes	3-4	8-10	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
D3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

Day 26 OFF

**Day 27
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Neutral Grip
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Pronated Grip
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) Push-Up	3-4	AMRAP	31X0	90 sec	Hands on bench. Feet on ground.
B1) Incline Hammer Curl	3-4	6-8	40X0	---	
B2) Incline Curls	3-4	AMRAP	40X0	---	With/twist
B3) Hammer Curls	3-4	AMRAP	40X0	---	
B4) DB Curls	3-4	AMRAP	40X0	90 sec	w/Twist
C1) Incline Cable Crossover	3-4	6-8	30X1	---	
C2) Cable Crossover	3-4	AMRAP	30X0	60 sec	

D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	AMRAP	31X0	---	Hips Extended
D3) Spider Curls	3-4	AMRAP	20X1	90 sec	Top ½ of ROM.

**Day 28
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	3-4	6-8	30X1	---	Reverse Grip
A2) Lat Pulldowns	3-4	AMRAP	30X1	---	Front
A3) Lat Pulldowns	3-4	AMRAP	30X1	---	Behind the Neck.
A4) B-Pak Pullover	3-4	12-15	30X1	90 sec	
B1) Rope Kickbacks	3-4	12-15	22X0	---	With cables or straps. Use your true 12-15 max.
B2) Overhead Triceps Extension	3-4	8-10	31X0	---	With ropes or straps.
B3) Rope Pressdowns	3-4	AMRAP	40X0	---	
B4) Close Grip Push-ups	3-4	AMRAP	30X0	90 sec	

C1) Reverse Flyes	3-4	6-8	20X2	---	
C2) T-Bar Rows	3-4	6-8	30X1	---	Reverse Grip. These, along with C3, can also be Cable Rows.
C3) T-Bar Rows	3-4	AMRAP	30X1	90 sec	Pronated Grip. Can also be done with DB's or Cables.
C4) T-Bar Rows	3-4	AMRAP	30X1	---	Neutral Grip. These can also be DB Rows.
D1) Triceps Extensions	3-4	6-8	30X1	---	Can be done with ropes or straps.
D2) Bench Dips	3-4	15-20	30X0		
D3) Triceps Extension	3-4	10-12	30X1	90 sec	

Day 29 OFF

Day 30
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sissy Squats	3-4	6-8	40X0	---	You can also perform a Pistol Squat with heels elevated.
A2) Front Squats	3-4	6-8	40X0	---	Heels Elevated.
A3) Squats	3-4	AMRAP	30X0	---	Shoulder width. Heels elevated.
A4) Squats	3-4	AMRAP	30X0	90 sec	Bodyweight with continuous tension for 40 seconds as fast as possible. Increase by 5 sec every time you repeat this workout.
B1) Leg Curls	4-5	8	40X1	---	Hips extended.
B2) Leg Curls	4-5	8-10	40X1	---	Normal.
B3) Hamstring Prey Contractions	4-5	1	45 sec Hold	---	45-second hold.
C1) Leg Press	3-4	12-15	30X0	90 sec	

C2) Hamstring Leg Press	3-4	8-10	30X1	---	Only ¾'s ROM.
C3) Bulgarian Squats	3-4	15-25	31X0	90 sec	
D1) Hip Thrust	3-4	10	20X2	---	Toes elevated. Dig in heels.
D2) Stiff Legged Deadlift	3-4	12-15	31X0	---	Toes elevated.
D3) Hip Thrust	3-4	8-10	20X3	90 sec	Normal.

AMRAP= As Many Reps as Possible

**Day 31
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Lateral Raise Tri-set 1) Incline, 2) Thumbs down, 3) Regular, 4) Upright Rows	3-4	6-8	30X1	90 sec	Upright Rows can be done with DB's, Bars, or Cables.
B) Seated Calf Raise	5	15-20	20X2	50 sec	

C) Front Raise Tri-set	3	6-8	21X1	----	1) Incline 2) Regular 3) Underhand w/barbell. High reps, constant tension.
D) 1 ¼ DB Shoulder Press	4-5	8-10	---	50 sec	Can be done on a machine.
E1) Reverse Flyes	3-4	15-20	20X1	---	With bands
E2) Reverse Flyes	3-4	6-8	30X1	---	Thumbs down. Don't let arms come closer together than 45-degree angle from body.
E3) Reverse Flyes	3-4	AMRAP	30X1	90 sec	Normal grip. Same as C2. Hand must at least be level with, or higher than the shoulders.

**Day 32
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Incline Bench Press	3-4	6-8	41X0	---	Higher Incline
A2) DB Incline Bench Press	3-4	AMRAP	31X0	---	Lower Incline
A3) DB Bench Press	3-4	AMRAP	31X0	---	Neutral Grip
A4) DB Bench Press	3-4	AMRAP	31X0	90 sec	Pronated Grip.
B1) High Pulley Cable Curl	3-4	6-8	40X0	---	2-armed.
B2) Cable Curls	3-4	8-10	40X0	---	Back away from pulleys. Let the arms straighten behind the body.
B3) Cable Curls	3-4	AMRAP	40X0	---	Face Pulleys.
B4) DB Curls	3-4	8-10	40X0	90 sec	w/Twist. Both arms at same time.
C1) Cable Crossover	3-4	8-10	30X1	---	

C2) Push-ups	3-4	15-25	31X0	---	Or dips for chest
C3) Incline Crossover	3-4	15-20	30X0	90 sec	
D1) Preacher Curls	3-4	8-10	31X0	---	
D2) Barbell Curls	3-4	8-10	31X0	---	Hips Extended
D3) Spider Curls	3-4	15-25	20X1	90 sec	Top ½ of ROM.

Day 33 OFF

For this part of the program, you'll be playing with what's called Undulating Periodization. With this type of programming, you'll be alternating between two goals. In this case it'll be hypertrophy, which is building muscle, and burning as much fat as possible.

Egypt, Egypt

When performing this program, it'll be really important to keep those rest periods short, and avoid the urge to go too light on the weights, but instead choose the weight that allows you to perform the specified number of reps. This is a high volume pyramid workout program for fat loss. That's why I'm calling it Egypt, Egypt. But this pyramid program will be performed with a different twist. <https://www.youtube.com/watch?v=COGa2uFW9rc>. **After the 2nd time** performing each workout, you'll add a 2nd set of 10 reps to the pyramid, so it will now be 20, 15, 10, 10, 15, 20. For the 4th time performing the workouts, you'll subtract 15 seconds from the rest periods for the A & B supersets.

**Day 34
Egypt
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	2	20, 15, 10, 15, 20	30X1	---	This could also be DB Rows lying against an incline, or Bent Over Rows.
A2) Triceps Extension	2	20, 15, 10, 15, 20	30X0	2 min	With DB's or cables.
B1) B-Pak Pullover	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Overhead Triceps Extension	1-2	20, 15, 10, 15, 20	21X0	2 min	Both B exercises can be performed with rope
C1) Lat Pulldowns	3	8-10	20X2	---	Behind the Neck
C2) Lat Pulldowns	3	12-15	20X2	60 sec	Front
D1) Triceps Pressdowns	3	10-12	40X0	---	
D2) Triceps Kickbacks	3	15-20	20X1	60 sec	If you use ropes with D1, you can also perform this with cables using the ropes.

**Day 35
Egypt
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Press	2	20, 15, 10, 15, 20	30X1	---	
A2) Reverse Hypers	2	20, 20, 20, 20, 20	30X0	2 min	With DB. Can also be Glute Bridges.
B1) Leg Curls	1-2	15, 12, 8, 12, 15	30X1	---	
B2) Wall Squats	1-2	30-second holds	21X0	2 min	At 90 degrees of knee bend. Feet no further than 15 inches from wall.
C) Leg Extensions	3	12-15	30X1	60 sec	
D) Stiff Legged Deadlifts	3	12-15	20X2	90 sec	Front
E) Reverse Crunch Drop-set	3	12-15	40X0	---	Hit the reverse crunch on a slight incline, drop the incline, then repeat.

B2) <https://www.youtube.com/watch?v=DQC7NwntWYs>

E) https://www.youtube.com/watch?v=I8YinD9P2_E

**Day 36
Egypt
Chest & Biceps**

Exercise	Sets	Reps	Temp o	Rest	Notes
A1) Cable Crossover	2	20, 15, 10, 15, 20	30X1	---	
A2) Barbell Curls	2	20, 15, 10, 15, 20	30X0	2 min	Use both sides, but let the arms hang down with the handles starting off behind you.
B1) Incline Bench Press	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Incline Hammer Curls	1-2	20, 15, 10, 15, 20	21X0	2 min	
C1) Push-ups	4	20	20X2	---	
C2) High Pulley Cable Curls	4	12-15	20X2	60 sec	Lying.

Day 37 OFF

**Day 38
Egypt
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	2	20, 15, 10, 15, 20	30X1	---	This could also be Military Press with barbells, or can be done on a machine.
A2) Standing Calf Raises	2	20, 15, 10, 15, 20	30X0	90 sec	Or done on a leg press with the legs straight.
B1) Lateral Raises	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Seated Calf Raises	1-2	25, 20, 15, 20, 20	21X0	90 sec	
C1) Incline Lateral Raise	3	8-10	20X2	---	
C2) Lateral Raise Swings	3	15-20	20X2	---	
C3) Reverse Fly Swings	3	15-20	40X0	90 sec	
D) Shrugs	3	15-20	20X1	60 sec	

C2) <https://www.youtube.com/watch?v=OiEFyJlbzaU>

C3) <https://www.youtube.com/watch?v=eYVIdpM-vLo>

8+RM Workouts

With this workout program you'll choose a weight that you can perform 8-10 reps with. You'll perform 8 reps, rest 15-20 seconds, and then perform as many reps as possible with that weight, rest another 15-20 seconds, and once again perform as many reps as you can until you reach failure before taking a break.

Day 39 Back & Triceps 8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Chin-Ups	3-4	30X1	90 sec	
B) Triceps Extension	3-4	31X0	75 sec	
C) Cable Rows	3-4	30X2	75 sec	Wide Pronated Grip.
D) Rope Kickbacks	4	20X2	60 sec	perform 15 reps instead of 8. No RM.
E) B-Pak Pullover	4	20X1	60 sec	
F) Overhead Triceps Extension	4	30X0	60 sec	

Day 40 Off
Day 41
Legs
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Squats	3-4	40X0	75 sec	Heels elevated.
B) Leg Curls	3-4	30X1	75 sec	Hips Extended
C) Leg Extension	3-4	30X2	75 sec	
D) Deadlifts	4	30X0	75 sec	
E) Reverse Hypers	4	30X1	75 sec	Perform 20 reps instead of 8.
F) Sissy Squats	4	40X0	75 sec	Perform 20 reps instead of 8

Day 42
Chest & Biceps
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Bench Press	3-4	40X0	75 sec	
B) DB Curls w/twist	3-4	40X0	75 sec	
C) Incline Bench Press	3-4	31X0	75 sec	
D) Preacher Curls	4	30X1	60 sec	
E) Cable Crossover	4	30X1	60 sec	
F) Incline Curls	4	31X0	60 sec	

Day 43
Shoulders & Calves
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Upright Rows	3-4	21X1	75 sec	Wide Grip
B) Incline Lateral Raise	3-4	30X1	75 sec	
C) Reverse Flyes	3-4	31X1	75 sec	Leaning forward. Thumbs down
D) Standing Calf Raises	4	20X2	60 sec	
E) DB Shoulder Press	3-4	41X0	75 sec	Neutral grip
E) Seated Calf Raises	4	20X1	60	Perform 20 reps instead of 8.

Day 44 OFF

**Day 45
Egypt
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	2	20, 15, 10, 15, 20	30X1	---	This could also be DB Rows lying against an incline, or Bent Over Rows.
A2) Triceps Extension	2	20, 15, 10, 15, 20	30X0	2 min	With DB's or cables.
B1) B-Pak Pullover	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Overhead Triceps Extension	1-2	20, 15, 10, 15, 20	21X0	2 min	Both B exercises can be performed with rope
C1) Lat Pulldowns	3	8-10	20X2	---	Behind the Neck
C2) Lat Pulldowns	3	12-15	20X2	60 sec	Front
D1) Triceps Pressdowns	3	10-12	40X0	---	
D2) Triceps Kickbacks	3	15-20	20X1	60 sec	If you use ropes with D1, you can also perform this with cables using the ropes.

**Day 46
Egypt
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Press	2	20, 15, 10, 15, 20	30X1	---	
A2) Reverse Hypers	2	20, 20, 20, 20, 20	30X0	2 min	With DB. Can also be Glute Bridges.
B1) Leg Curls	1-2	15, 12, 8, 12, 15	30X1	---	
B2) Wall Squats	1-2	30-second holds	21X0	2 min	At 90 degrees of knee bend. Feet no further than 15 inches from wall.
C) Leg Extensions	3	12-15	30X1	60 sec	
D) Stiff Legged Deadlifts	3	12-15	20X2	90 sec	Front
E) Reverse Crunch Drop-set	3	12-15	40X0	---	Hit the reverse crunch on a slight incline, drop the incline, then repeat.

B2) <https://www.youtube.com/watch?v=DQC7NwntWYs>

E) https://www.youtube.com/watch?v=I8YinD9P2_E

**Day 47
Egypt
Chest & Biceps**

Exercise	Sets	Reps	Temp o	Rest	Notes
A1) Cable Crossover	2	20, 15, 10, 15, 20	30X1	---	
A2) Barbell Curls	2	20, 15, 10, 15, 20	30X0	2 min	Use both sides, but let the arms hang down with the handles starting off behind you.
B1) Incline Bench Press	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Incline Hammer Curls	1-2	20, 15, 10, 15, 20	21X0	2 min	
C1) Push-ups	4	20	20X2	---	
C2) High Pulley Cable Curls	4	12-15	20X2	60 sec	Lying.

Day 48 OFF

**Day 49
Egypt
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	2	20, 15, 10, 15, 20	30X1	---	This could also be Military Press with barbells, or can be done on a machine.
A2) Standing Calf Raises	2	20, 15, 10, 15, 20	30X0	90 sec	Or done on a leg press with the legs straight.
B1) Lateral Raises	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Seated Calf Raises	1-2	25, 20, 15, 20, 20	21X0	90 sec	
C1) Incline Lateral Raise	3	8-10	20X2	---	
C2) Lateral Raise Swings	3	15-20	20X2	---	
C3) Reverse Fly Swings	3	15-20	40X0	90 sec	
D) Shrugs	3	15-20	20X1	60 sec	

C2) <https://www.youtube.com/watch?v=OiEFyJlbzaU>

C3) <https://www.youtube.com/watch?v=eYVldpM-vLo>

**Day 50
Back & Triceps
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Chin-Ups	3-4	30X1	90 sec	
B) Triceps Extension	3-4	31X0	75 sec	
C) Cable Rows	3-4	30X2	75 sec	Wide Pronated Grip.
D) Rope Kickbacks	4	20X2	60 sec	perform 15 reps instead of 8. No RM.
E) B-Pak Pullover	4	20X1	60 sec	
F) Overhead Triceps Extension	4	30X0	60 sec	

**Day 51 Off
Day 52
Legs
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Squats	3-4	40X0	75 sec	Heels elevated.
B) Leg Curls	3-4	30X1	75 sec	Hips Extended
C) Leg Extension	3-4	30X2	75 sec	
D) Deadlifts	4	30X0	75 sec	
E) Reverse Hypers	4	30X1	75 sec	Perform 20 reps instead of 8.
F) Sissy Squats	4	40X0	75 sec	Perform 20 reps instead of 8

Day 53
Chest & Biceps
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Bench Press	3-4	40X0	75 sec	
B) DB Curls w/twist	3-4	40X0	75 sec	
C) Incline Bench Press	3-4	31X0	75 sec	
D) Preacher Curls	4	30X1	60 sec	
E) Cable Crossover	4	30X1	60 sec	
F) Incline Curls	4	31X0	60 sec	

Day 54
Shoulders & Calves
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Upright Rows	3-4	21X1	75 sec	Wide Grip
B) Incline Lateral Raise	3-4	30X1	75 sec	
C) Reverse Flyes	3-4	31X1	75 sec	Leaning forward. Thumbs down
D) Standing Calf Raises	4	20X2	60 sec	
E) DB Shoulder Press	3-4	41X0	75 sec	Neutral grip
E) Seated Calf Raises	4	20X1	60	Perform 20 reps instead of 8.

Day 55 OFF

**Day 56
Egypt
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	2	20, 15, 10, 10, 15, 20	30X1	---	This could also be DB Rows lying against an incline, or Bent Over Rows.
A2) Triceps Extension	2	20, 15, 10, 10, 15, 20	30X0	2 min	With DB's or cables.
B1) B-Pak Pullover	1-2	20, 15, 10, 10,15, 20	30X1	---	
B2) Overhead Triceps Extension	1-2	20, 15, 10, 10, 15, 20	21X0	2 min	Both B exercises can be performed with rope
C1) Lat Pulldowns	3	8-10	20X2	---	Behind the Neck
C2) Lat Pulldowns	3	12-15	20X2	60 sec	Front
D1) Triceps Pressdowns	3	10-12	40X0	---	
D2) Triceps Kickbacks	3	15-20	20X1	60 sec	If you use ropes with D1, you can also perform this with cables using the ropes.

**Day 57
Egypt
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Press	2	20, 15, 10, 10, 15, 20	30X1	---	
A2) Reverse Hypers	2	20, 20, 20, 20, 20, 20	30X0	2 min	With DB. Can also be Glute Bridges.
B1) Leg Curls	1-2	15, 12, 8, 8, 12, 15	30X1	---	
B2) Wall Squats	1-2	30-second holds	21X0	2 min	At 90 degrees of knee bend. Feet no further than 15 inches from wall.
C) Leg Extensions	3	12-15	30X1	60 sec	
D) Stiff Legged Deadlifts	3	12-15	20X2	90 sec	Front
E) Reverse Crunch Drop-set	3	12-15	40X0	---	Hit the reverse crunch on a slight incline, drop the incline, then repeat.

B2) <https://www.youtube.com/watch?v=DQC7NwntWYs>

E) https://www.youtube.com/watch?v=I8YinD9P2_E

**Day 58
Egypt
Chest & Biceps**

Exercise	Sets	Reps	Temp o	Rest	Notes
A1) Cable Crossover	2	20, 15, 10, 10, 15, 20	30X1	---	
A2) Barbell Curls	2	20, 15, 10, 10, 15, 20	30X0	2 min	Use both sides, but let the arms hang down with the handles starting off behind you.
B1) Incline Bench Press	1-2	20, 15, 10, 10, 15, 20	30X1	---	
B2) Incline Hammer Curls	1-2	20, 15, 10, 10, 15, 20	21X0	2 min	
C1) Push-ups	4	20	20X2	---	
C2) High Pulley Cable Curls	4	12-15	20X2	60 sec	Lying.

Day 59 OFF

**Day 60
Egypt
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	2	20, 15, 10,10 15, 20	30X1	---	This could also be Military Press with barbells, or can be done on a machine.
A2) Standing Calf Raises	2	20, 15, 10, 10, 15, 20	30X0	90 sec	Or done on a leg press with the legs straight.
B1) Lateral Raises	1-2	20, 15, 10, 10 15, 20	30X1	---	
B2) Seated Calf Raises	1-2	25, 20, 15, 15, 20, 20	21X0	90 sec	
C1) Incline Lateral Raise	3	8-10	20X2	---	
C2) Lateral Raise Swings	3	15-20	20X2	---	
C3) Reverse Fly Swings	3	15-20	40X0	90 sec	
D) Shrugs	3	15-20	20X1	60 sec	

C2) <https://www.youtube.com/watch?v=OiEFyJlbzaU>

C3) <https://www.youtube.com/watch?v=eYVIdpM-vLo>

**Day 61
Back & Triceps
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Chin-Ups	3-4	30X1	90 sec	
B) Triceps Extension	3-4	31X0	75 sec	
C) Cable Rows	3-4	30X2	75 sec	Wide Pronated Grip.
D) Rope Kickbacks	4	20X2	60 sec	perform 15 reps instead of 8. No RM.
E) B-Pak Pullover	4	20X1	60 sec	
F) Overhead Triceps Extension	4	30X0	60 sec	

Day 62 Off

**Day 63
Legs
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Squats	3-4	40X0	75 sec	Heels elevated.
B) Leg Curls	3-4	30X1	75 sec	Hips Extended
C) Leg Extension	3-4	30X2	75 sec	
D) Deadlifts	4	30X0	75 sec	
E) Reverse Hypers	4	30X1	75 sec	Perform 20 reps instead of 8.
F) Sissy Squats	4	40X0	75 sec	Perform 20 reps instead of 8

Day 64
Chest & Biceps
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Bench Press	3-4	40X0	75 sec	
B) DB Curls w/twist	3-4	40X0	75 sec	
C) Incline Bench Press	3-4	31X0	75 sec	
D) Preacher Curls	4	30X1	60 sec	
E) Cable Crossover	4	30X1	60 sec	
F) Incline Curls	4	31X0	60 sec	

Day 65
Shoulders & Calves
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Upright Rows	3-4	21X1	75 sec	Wide Grip
B) Incline Lateral Raise	3-4	30X1	75 sec	
C) Reverse Flyes	3-4	31X1	75 sec	Leaning forward. Thumbs down
D) Standing Calf Raises	4	20X2	60 sec	
E) DB Shoulder Press	3-4	41X0	75 sec	Neutral grip
E) Seated Calf Raises	4	20X1	60	Perform 20 reps instead of 8.

Day 66 OFF

**Day 67
Egypt
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	2	20, 15, 10, 15, 20	30X1	---	This could also be DB Rows lying against an incline, or Bent Over Rows.
A2) Triceps Extension	2	20, 15, 10, 15, 20	30X0	105 sec	With DB's or cables.
B1) B-Pak Pullover	1-2	20, 15, 10, 15, 20	30X1	---	
B2) Overhead Triceps Extension	1-2	20, 15, 10, 15, 20	21X0	105 sec	Both B exercises can be performed with rope
C1) Lat Pulldowns	3	8-10	20X2	---	1-Armed. Turned sideways.
C2) Lat Pulldowns	3	12-15	20X2	60 sec	Front
D1) Triceps Pressdowns	3	10-12	40X0	---	
D2) Triceps Kickbacks	3	15-20	20X1	60 sec	If you use ropes with D1, you can also perform this with cables using the ropes.

**Day 68
Egypt
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Press	2	20, 15, 10, 15, 20	30X1	---	
A2) Reverse Hypers	2	20, 20, 20, 20, 20	30X0	105 sec	With DB. Can also be Glute Bridges.
B1) Leg Curls	1-2	15, 12, 8, 12, 15	30X1	---	
B2) Wall Squats	1-2	30-second holds	21X0	105 sec	At 90 degrees of knee bend. Feet no further than 15 inches from wall.
C) Leg Extensions	3	12-15	30X1	50 sec	
D) Stiff Legged Deadlifts	3	12-15	20X2	75 sec	Front
E) Reverse Crunch Drop-set	3	12-15	40X0	---	Hit the reverse crunch on a slight incline, drop the incline, then repeat.

B2) <https://www.youtube.com/watch?v=DQC7NwntWYs>

E) https://www.youtube.com/watch?v=I8YinD9P2_E

**Day 69
Egypt
Chest & Biceps**

Exercise	Sets	Reps	Temp o	Rest	Notes
A1) Cable Crossover	2	20, 15, 10, 10, 15, 20	30X1	---	
A2) Barbell Curls	2	20, 15, 10, 10, 15, 20	30X0	105 sec	Use both sides, but let the arms hang down with the handles starting off behind you.
B1) Incline Bench Press	1-2	20, 15, 10, 10, 15, 20	30X1	---	
B2) Incline Hammer Curls	1-2	20, 15, 10, 10, 15, 20	21X0	105 sec	
C1) Push-ups	4	20	20X2	---	
C2) High Pulley Cable Curls	4	12-15	20X2	45 sec	Lying.

Day 70 OFF

**Day 71
Egypt
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	2	20, 15, 10, 10, 15, 20	30X1	---	This could also be Military Press with barbells, or can be done on a machine.
A2) Standing Calf Raises	2	20, 15, 10, 10, 15, 2,	30X0	75 sec	Or done on a leg press with the legs straight.
B1) Lateral Raises	1-2	20, 15, 10, 10, 15, 20	30X1	---	
B2) Seated Calf Raises	1-2	25, 20, 15, 15, 20, 20	21X0	75 sec	
C1) Incline Lateral Raise	3	8-10	20X2	---	
C2) Lateral Raise Swings	3	15-20	20X2	---	
C3) Reverse Fly Swings	3	15-20	40X0	90 sec	
D) Shrugs	3	15-20	20X1	45 sec	

C2) <https://www.youtube.com/watch?v=OiEFyJlbzaU>

C3) <https://www.youtube.com/watch?v=eYVIdpM-vLo>

**Day 72
Back & Triceps
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Chin-Ups	3-4	30X1	90 sec	
B) Triceps Extension	3-4	31X0	60 sec	
C) Cable Rows	3-4	30X2	60 sec	Wide Pronated Grip.
D) Rope Kickbacks	4	20X2	60 sec	perform 15 reps instead of 8. No RM.
E) B-Pak Pullover	4	20X1	60 sec	
F) Overhead Triceps Extension	4	30X0	60 sec	

**Day 73 Off
Day 74
Legs
8+RM**

Exercise	Sets	Tempo	Rest	Notes
A) Squats	3-4	40X0	75 sec	Heels elevated.
B) Leg Curls	3-4	30X1	60 sec	Hips Extended
C) Leg Extension	3-4	30X2	60 sec	
D) Deadlifts	4	30X0	75 sec	
E) Reverse Hypers	4	30X1	60 sec	Perform 20 reps instead of 8.
F) Sissy Squats	4	40X0	60 sec	Perform 20 reps instead of 8

Day 75
Chest & Biceps
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Bench Press	3-4	40X0	60 sec	
B) DB Curls w/twist	3-4	40X0	60 sec	
C) Incline Bench Press	3-4	31X0	60 sec	
D) Preacher Curls	4	30X1	50 sec	
E) Cable Crossover	4	30X1	50 sec	
F) Incline Curls	4	31X0	50 sec	

Day 76
Shoulders & Calves
8+RM

Exercise	Sets	Tempo	Rest	Notes
A) Upright Rows	3-4	21X1	60 sec	Wide Grip
B) Incline Lateral Raise	3-4	30X1	60 sec	
C) Reverse Flyes	3-4	31X1	60 sec	Leaning forward. Thumbs down
D) Standing Calf Raises	4	20X2	50 sec	
E) DB Shoulder Press	3-4	41X0	60 sec	Neutral grip
F) Seated Calf Raises	4	20X1	50 sec	Perform 20 reps instead of 8.

Day 77 OFF

Day 78
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Chin-ups	5	4-6	50X0	---	Wide Neutral Grip
A2) Lat Pulldown	5	6-8	30X2	2 min	
B1) Decline Close Grip Bench Press	5	4-6	41X0	---	
B2) Decline Triceps Extensions	5	6-8	31X0	2 min	
C) DB Rows	4	6-8	20X2	45 sec	Chest Supported. Lying on an incline.
D) Triceps Pressdowns	4	8-10	31X0	45 sec	

Day 79

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Jump Squats	5	6-8	-----	---	Jump as high as possible. As fast as possible. This is not a deep squat, so as soon as your feet hit the ground, IMMEDIATELY jump again.
A2) Squats	5	6-8	40X0	2 min	
B1) Kettlebell Swings	5	15-20	----	---	
B2) Stiff Legged Deadlift	5	8-10	40X0	2 min	
C) Bulgarian Squats	4	15-20	31X0	45 sec	
D1) Leg Curls	4	6-8	41X0	----	
D2) Hamstring Prey Contractions	4	1	60 sec holds	75 sec	

Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Bench Press	5	6-8	50X0	---	With DB's
A2) Incline Bench Press	5	6-8	30X2	2 min	With DB's
B1) Spider Curls	5	6-8	30X1	---	
B2) Barbell Curls	5	6-8	40X0	90 sec	
C) Cable Crossover	4	8-10	31X0	45 sec	OR Flyes
D) Incline Curls	4	8-10	31X0	45 sec	

Day 81 OFF

Day 82 Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	5	6-8	50X0	---	DB's
A2) Lean Away Lateral Raises	5	6-8	30X1	90 sec	
B1) Calf Raise on Leg Press	5	10-12	21X1	---	Legs Straight
B2) Calf Raise on Leg Press	5	12-15	21X1	2 min	Knees Bent.
C) Reverse Flyes	4	8-10	30X1	45 sec	With DB's. Leaning Forward. Thumbs Down
D) Front Raises	4	8-10	30X1	45 sec	

Escalating Density Training

With this program you will choose a weight that you will initially be able to lift for 12 reps, and perform sets of 8 reps for the designated time period. Each time repeating the workout program you will aim to increase the amount of reps done by 10%, or increase the time period spent working by 2-3 minutes. You can perform the workout as written for the 1st week, then increase the amount of reps performed by 1-2 reps on the 2nd week, and increase the work time by 2 minutes, for the 3rd week, and once again attempt to perform 10% more reps in the 4th week.

Here's more info on the concept of workout density, and Escalating Density Training

Escalating Density Training

<https://youtu.be/cxvqtgZjiHU>

Workout Density

<https://youtu.be/54O1WjwTWaA?list=PLNd91v5abDc9aPNopN28NyCIIXti7ogev>

Day 83 Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Cable Rows	12 minutes	12	8	
A2) DB Triceps Extension		12	8	
B1) Overhead Triceps Extension	12 minutes	12	8	With cables
B2) Lat Pulldown		12	8	Behind the Neck, if possible.
C1) Cable Kickback	10 minutes	15	12	w/rope
C2) B-Pak Pullover		15	12	w/rope
D1) Cable Crunch	6 minutes	20	15	
D2) Toes to the Sky		10	6	

**Day 84
Legs**

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Press	12 minutes	12	8	
A2) Hamstring Prey Contraction		---	---	45-second hold.
B1) Lunges	12 minutes	12	8	Front Foot Elevated
B2) Stiff Legged Deadlifts		15	12	
C1) Leg Curl	12 minutes	10	8	
C2) Wall Squat		---	---	30-second hold at 90 degrees of knee bend.
D1) Reverse Crunch	10 minutes	20	15	
D2) Side Crunch/Plank		15	12	

Day 85 OFF

Day 86
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	12 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Push-Ups	12 minutes	12	8	OR Bench Press
B2) Preacher Curls		12	8	Can be done with Cables
C1) Incline Cable Crossover	10 minutes	12	8	
C2) Seated DB Curls		12	8	With twist

Day 87
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Shoulder Press	12 minutes	12	8	Can be done with DB's or on a machine
A2) Reverse Flyes		12	8	
B1) Lateral Raises	12 minutes	12	8	Seated
B2) Seated Calf Raises		20	15	
C1) Incline Lateral Raises	12 minutes	10	8	
C2) Incline Front Raises		12	8	

Day 88 Off

Day 89
Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	15 minutes	12	8	Wide neutral grip. This can also be Chin-Ups.
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	15 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	Hands on bench or step.
C1) Dip Machine	12 minutes	12	8	
C2) Hammer Strength Rows		12	8	
D1) Lat Pulldown	10 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Day 90

Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	12 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Cable Pull-Throughs	10 minutes	20	15	
C2) Sissy Squat		8	6	

**Day 91
Chest & Biceps**

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Bench Press	12 minutes	12	8	Or chest press
A2) Barbell Curls		12	8	
B1) Incline Chest Press	10 minutes	12	8	OR Incline Bench Press
B2) Incline Hammer Curls		12	8	Can be done with Cables
C1) Cable Crossover	12 minutes	12	8	
C2) High Pulley Cable Curls		12	8	Can be 1 or 2-armed

Day 92 Off

Day 93
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	10 minutes	12	8	Can also be done with DB's
A2) Reverse Flyes		12	8	Lean forward. Thumbs down.
B1) Lateral Raise	10 minutes	12	8	Thumbs down.
B2) Seated Calf Raises		20	15	
C1) Cable Lateral Raises	10 minutes	12	8	
C2) Cable Crunches		15	12	

**Day 94
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Row To Neck	5	6-8	30X2	---	
A2) Cable Rows	5	6-8	31X1	2 min	Close Neutral Grip
B1) Triceps Extension	5	6-8	32X0	---	
B2) Bench Dips	5	12-15	31X0	2 min	
C) Lat Pulldowns	4	6-8	20X2	45 sec	Wide Neutral Grip.
D) Overhead Triceps Extension	4	8-10	31X0	45 sec	With DB's

**Day 95
Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Snatch Grip Deadlifts	5	6-8	-----	---	If you're lacking the proper flexibility, perform a regular deadlift
B1) Hopping Lunges	3	6-8	----	----	
B2) 1 ¼ Leg Press	3	6-8	----	90 sec	
C) Leg Curls	5	6-8	40X0	60 sec	
D) Leg Extensions	4	8-10	30X1	50 sec	
E) Reverse Hypers	3	15-20	30X0	45 sec	

Day 96 Off

Day 97 Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hopping Push-Ups	4	6-8	---	---	
A2) 1 ¼ Incline Bench Press	4	6-8	30X2	2 min	With DB's
B1) High Pulley Cable Curls	4	12-15	21X1	---	Lying
B2) Seated DB Curls	5	6-8	40X0	60 sec	w/Twist
C) Incline Flyes	4	8-10	31X0	45 sec	OR Incline Cable Crossover
D) Incline Hammer Curls	4	8-10	31X0	45 sec	

Day 98 Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	5	8-10	21X1	---	Thumbs down.
A2) 1 ¼ Shoulder Press	5	6-8	----	75 sec	
B1) Calf Raise on Leg Press	5	10-12	21X1	---	1- Legged
B2) Calf Raise on Leg Press	5	12-15	21X1	2 min	Legs Straight.
C) Reverse Flyes	4	8-10	30X1	45 sec	With DB's. Leaning Forward. Thumbs Down
D) Front Raises	4	8-10	30X1	45 sec	

Day 99 OFF
Day 100
Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Cable Rows	12 minutes	12	8	
A2) DB Triceps Extension		12	8	
B1) Overhead Triceps Extension	12 minutes	12	8	With cables
B2) Lat Pulldown		12	8	Behind the Neck, if possible.
C1) Cable Kickback	10 minutes	15	12	w/rope
C2) B-Pak Pullover		15	12	w/rope
D1) Cable Crunch	6 minutes	20	15	
D2) Toes to the Sky		10	6	

Day 101 Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Press	12 minutes	12	8	
A2) Hamstring Prey Contraction		---	---	45-second hold.
B1) Lunges	12 minutes	12	8	Front Foot Elevated
B2) Stiff Legged Deadlifts		15	12	
C1) Leg Curl	12 minutes	10	8	
C2) Wall Squat		---	---	30-second hold at 90 degrees of knee bend.
D1) Reverse Crunch	10 minutes	20	15	
D2) Side Crunch/Plank		15	12	

Day 102
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	12 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Push-Ups	12 minutes	12	8	OR Bench Press
B2) Preacher Curls		12	8	Can be done with Cables
C1) Incline Cable Crossover	10 minutes	12	8	
C2) Seated DB Curls		12	8	With twist

Day 103 Off

Day 104
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Shoulder Press	12 minutes	12	8	Can be done with DB's or on a machine
A2) Reverse Flyes		12	8	
B1) Lateral Raises	12 minutes	12	8	Seated
B2) Seated Calf Raises		20	15	
C1) Incline Lateral Raises	12 minutes	10	8	
C2) Incline Front Raises		12	8	

Day 105 Off

**Day 106
Back & Triceps**

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	15 minutes	12	8	Wide neutral grip. This can also be Chin-Ups.
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	15 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	Hands on bench or step.
C1) Dip Machine	12 minutes	12	8	
C2) Hammer Strength Rows		12	8	
D1) Lat Pulldown	10 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Day 107

Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	12 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Cable Pull-Throughs	10 minutes	20	15	
C2) Sissy Squat		8	6	

Day 108
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Bench Press	12 minutes	12	8	Or chest press
A2) Barbell Curls		12	8	
B1) Incline Chest Press	10 minutes	12	8	OR Incline Bench Press
B2) Incline Hammer Curls		12	8	Can be done with Cables
C1) Cable Crossover	12 minutes	12	8	
C2) High Pulley Cable Curls		12	8	Can be 1 or 2-armed

Day 109
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	10 minutes	12	8	Can also be done with DB's
A2) Reverse Flyes		12	8	Lean forward. Thumbs down.
B1) Lateral Raise	10 minutes	12	8	Thumbs down.
B2) Seated Calf Raises		20	15	
C1) Cable Lateral Raises	10 minutes	12	8	
C2) Cable Crunches		15	12	

Day 110 Off

Day 111 Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Cable Rows	15 minutes	12	8	
A2) DB Triceps Extension		12	8	
B1) Overhead Triceps Extension	15 minutes	12	8	With DB
B2) Lat Pulldown		12	8	Behind the Neck, if possible.
C1) Cable Kickback	10 minutes	15	12	w/rope
C2) B-Pak Pullover		15	12	w/rope
D1) Cable Crunch	8 minutes	20	15	
D2) Toes to the Sky		10	6	

Day 112
Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Press	15 minutes	12	8	
A2) Hamstring Prey Contraction		---	---	45-second hold.
B1) Lunges	15 minutes	12	8	Front Foot Elevated
B2) Stiff Legged Deadlifts		15	12	
C1) Leg Curl	12 minutes	10	8	
C2) Wall Squat		---	---	30-second hold at 90 degrees of knee bend.
D1) Reverse Crunch	10 minutes	20	15	
D2) Side Crunch/Plank		15	12	

Day 113 OFF

Day 114 Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	15 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Push-Ups	15 minutes	12	8	OR Bench Press
B2) Preacher Curls		12	8	Can be done with Cables
C1) Incline Cable Crossover	10 minutes	12	8	
C2) Seated DB Curls		12	8	With twist

Day 115
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Shoulder Press	12 minutes	12	8	Can be done with DB's or on a machine
A2) Reverse Flyes		12	8	
B1) Lateral Raises	12 minutes	12	8	Seated
B2) Seated Calf Raises		20	15	
C1) Incline Lateral Raises	12 minutes	10	8	
C2) Incline Front Raises		12	8	

Day 116 Off

**Day 117
Back & Triceps**

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	15 minutes	12	8	Wide neutral grip. This can also be Chin-Ups.
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	15 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	Hands on bench or step.
D1) Lat Pulldown	15 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	Can also be done with a DB.

**Day 118
Legs**

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	12 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Cable Pull-Throughs	10 minutes	20	15	
C2) Sissy Squat		8	6	

Day 119
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Bench Press	12 minutes	12	8	Or chest press
A2) Barbell Curls		12	8	
B1) Incline Chest Press	10 minutes	12	8	OR Incline Bench Press
B2) Incline Hammer Curls		12	8	Can be done with Cables
C1) Cable Crossover	12 minutes	12	8	
C2) High Pulley Cable Curls		12	8	Can be 1 or 2-armed

Day 120
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	10 minutes	12	8	Can also be done with DB's
A2) Reverse Flyes		12	8	Lean forward. Thumbs down.
B1) Lateral Raise	10 minutes	12	8	Thumbs down.
B2) Seated Calf Raises		20	15	
C1) Cable Lateral Raises	10 minutes	12	8	
C2) Cable Crunches		15	12	

Day 121 OFF

Ab Exercises

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

Biceps Exercises

[http://www.youtube.com/playlist?list=PLNd91v5abDc8PUGAGcWIKGUy8xQYoWm5-](http://www.youtube.com/playlist?list=PLNd91v5abDc8PUGAGcWIKGUy8xQYoWm5-Chest Exercises)

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-goPJgTd_tDXigSYVWkptP

Workout Concepts

<http://www.youtube.com/playlist?list=PLNd91v5abDc9aPNopN28NyCIIXti7ogev>