

BODY NOVA FITNESS COACHING'S



part 2

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!!!

**Day 1
Back & Triceps
Doubles**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	6-8	41X1	---	Close Neutral Grip
A2) DB Pullovers	3-4	10-12	32X0	---	Can also be done with cables
A3) Cable Rows	3-4	15-25	20X1	90 sec	
B1) Triceps Pressdowns	3-4	8-10	31X0	----	
B2) Push-Ups	3-4	15-20	30X0	----	Hands close together.
B3) Triceps Pressdowns	3-4	10-12	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X2	---	Reverse Grip.
C2) Lat Pulldowns	3-4	10-12	30X0	----	Behind the Neck.
C3) Lat Pulldowns	3-4	15-25	30X0	90 sec	Reverse grip.
D1) Overhead Triceps Extension	3-4	10-12	30X0	---	w/Rope or DB's
D2) Triceps Kickbacks	3-4	15-20	20X1	---	With Ropes or DB's
D3) Overhead Triceps Extension	3-4	12-15	22X0	90 sec	

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X4	----	
A2) Cable Pull-throughs	3-4	15-20	20X2	---	
A3) Glute Bridge	3-4	10-12	20X4	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 15 sec.

**Day 2
Legs
Doubles**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	3-4	6-8	31X0		
A2) Reverse Hypers	3-4	15-20	30X0	---	
A3) Deadlift	3-4	12-15	30X0	90 sec	
B1) Leg Press	3-4	10-12	31X0	---	
B2) Bulgarian Squats	3-4	15-20	30X0	---	
B3) Leg Press	3-4	10-12	31X0	90 sec	
C1) Leg Curls	3-4	6-8	40X1	---	
C2) Hamstring Prey Contraction	3-4	1	50-sec hold	---	
C3) Leg Curls	3-4	6-8	40X1	90 sec	
D) Squats	3-4	AMRAP	---	60	Timed set. Perform as many reps as possible within 75 seconds.

Day 3
Shoulders & Calves
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raise	3-4	10-12	20X1	----	
A2) DB Shoulder Press	3-4	6-8	51X0	----	Neutral Grip
A3) Lateral Raises	3-4	15-20	20X0	90 sec	
B) Seated Calf Raise	5	15-20	21X1	60 sec	
C1) Reverse Flyes	3	8-10	30X1	----	
C2) Incline Front Raises	3	8-10	30X1	---	
C3) Reverse Flyes	3	15-20	20X1	90 sec	
D) Standing Calf Raise	3	10-12	20X2	75 sec	1 drop-set with 2 drops.
E1) Cable Crunch	3	15-20	30X0	---	
E2) Modified V-Sit	3	12-15	20X0	---	

DAY 4 Off
Day 5
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Cable Crossover	3-4	10-12	30X0	----	Or Incline Flyes
A2) Incline DB Bench Press	3-4	6-8	41X0	----	
A3) Incline Cable Crossover	3-4	10-12	30X0	90 sec	
B1) Incline Curls	3-4	8-10	40X0		
B2) DB Curls	3-4	8-10	40X0	----	
B3) Incline Curls	3-4	15-20	30X0	---	
C1) Preacher Curls	3	8-10	31X0	---	
C2) Push-Ups	3	AMRAP	20X2	---	
C3) Preacher Curls	3	12-15	30X0	90 sec	
D) Bicycle Crunch	3	20-25	---	50 sec	Move as fast your technique will allow.

Mad Ladders

When you perform a ladder workout, you'll perform a set of 25 reps but it'll be in separate sets of 5 reps and you will increase the weight every five reps and after the 3rd set, you'll drop the weight back down to your starting weight. For example, let's say that you bench press 100 lbs. for 5 reps. On this ladder program, your set will look like the following:

5 reps with 70 lbs

5 reps with 80 lbs

5 reps with 90 lbs

5 reps with 80 lbs

5 reps with 70 lbs

Remember, this is ONE SET!!! So, you will want to change the weights as fast as possible.

Day 6 Back & Triceps Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldown	3	12-15	30X1	----	Behind the Neck
A2) Lat Pulldown	3	15-20	41X0	40 sec	Wide Pronated Grip
B) Lat Pulldown	1	Ladder	30X0	60 sec	Close Neutral Grip
C1) Triceps Kickbacks	3	12-15	20X1	----	
C2) Rope Pressdowns	3	12-15	40X0	40 sec	
D) Dip Machine	1	Ladder	30X0	60	
E1) Pullovers	3-4	12-15	30X1	---	
E2) Bent Over Row	3-4	12-15	30X1	50 sec	E1 & E2 can be done with cables.
F) Decline Triceps Extension	4	12-15	30X0	90 sec	

Glute

Perform 15 reps of A1, then 15 reps of A2, 12 reps of A1, 12 reps of A2, and then finish with 8 reps of A1, then 8 reps of A2 taking the prescribed rest.

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Speed Skaters	3	15, 12, 8	----	---	
A2) Hip Abduction	3	15, 12, 8	30X1	75 sec	

Day 7 Off

Day 8

Legs

Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	3-4	12-15	40X0	---	Toes elevated
A2) Hamstring Leg Press	3-4	15-20	30X0	75 sec	
B) Hip Thrust	1	Ladder	20X2	60 sec	
C1) Hack Squat	3	12-15	40X0	---	
C2) Wall Squat	3	1	40-sec hold	75 sec	40 sec hold at 90-degrees
D) Hack Squat	1	Ladder	31X0	60 sec	
E) Leg Extension	3	8-10	40X0	40 sec	Ladder on last set.
F1) Leg Curl	3	6-8	40X1	----	
F2) Hamstring Prey Contraction	3	1	60-sec hold	75 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Knee-Ups	3	8-10	---	---	
A2) Knee-Ups	3	12-15	30X0	---	
A3) Leg Lift Hold	3	1	40-sec holds	75 sec	

Day 9
Shoulders & Calves
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	10-12	30X1	---	
A2) DB Shoulder Press	3-4	15-20	30X0	50 sec	Can also be done on a machine.
B) DB Shoulder Press	1	Ladder	30X0	60 sec	
C) Standing Calf Raise	2	Ladder	22X0	60 sec	
D1) Reverse Flyes	3	1	40-sec hold	---	Lean Forward. Thumbs down.
D2) Front Raise	3	Ladder	31X0	50 sec	
E) Lean Away Lateral Raise	4	8-10	31X1	40 sec	
F) Seated Calf Raise	4	20-25	20X1	45 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	4	10-12	10X3	---	Hold the fully contracted portion of the last rep for 15-seconds.
A2) Walking Lunge	4	15-20	20X0	75 sec	Longer strides.
B1) Reverse Crunch	2-3	12-15	30X0	---	On slight incline. You can also start with the "B" exercises.
B2) Modified V-Sit	2-3	12-15	30X0	60 sec	

Day 10
Chest & Biceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Flyes	3-4	12-15	31X0	---	Or Cable Crossover.
A2) Push-ups	3-4	15-20	30X0	50 sec	OR AMRAP. Can also be done as Bench Press.
B) Chest Press	1	Ladder	30X0	60 sec	Or Bench Press
C1) Hammer Curls	3	8-10	40X0	----	
C2) Preacher Curls	3	12-15	31X0	50 sec	
D) Preacher Curls	1	Ladder	31X0	50 sec	Can be done on machine.
E1) Incline Curls	4	8-10	31X1	---	
E2) Incline Bench Press	4	12-15	20X1	45 sec	

Day 11 OFF

Day 12
Back & Triceps
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	6-8	41X1	---	Close Neutral Grip
A2) DB Pullovers	3-4	10-12	32X0	---	Can also be done with cables
A3) Cable Rows	3-4	15-25	20X1	90 sec	
B1) Triceps Pressdowns	3-4	8-10	31X0	----	
B2) Push-Ups	3-4	15-20	30X0	----	Hands close together.
B3) Triceps Pressdowns	3-4	10-12	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X2	---	Reverse Grip.
C2) Lat Pulldowns	3-4	10-12	30X0	----	Behind the Neck.
C3) Lat Pulldowns	3-4	15-25	30X0	90 sec	Reverse grip.
D1) Overhead Triceps Extension	3-4	10-12	30X0	---	w/Rope or DB's
D2) Triceps Kickbacks	3-4	15-20	20X1	---	With Ropes or DB's
D3) Overhead Triceps Extension	3-4	12-15	22X0	90 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X4	----	
A2) Cable Pull-throughs	3-4	15-20	20X2	---	
A3) Glute Bridge	3-4	10-12	20X4	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 15 sec.

**Day 13
Legs
Doubles**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	3-4	6-8	31X0		
A2) Reverse Hypers	3-4	15-20	30X0	---	
A3) Deadlift	3-4	12-15	30X0	90 sec	
B1) Leg Press	3-4	10-12	31X0	---	
B2) Bulgarian Squats	3-4	15-20	30X0	---	
B3) Leg Press	3-4	10-12	31X0	90 sec	
C1) Leg Curls	3-4	6-8	40X1	---	
C2) Hamstring Prey Contraction	3-4	1	50-sec hold	---	
C3) Leg Curls	3-4	6-8	40X1	90 sec	
D) Squats	3-4	AMRAP	---	60	Timed set. Perform as many reps as possible within 75 seconds.

Day 14 Off

**Day 15
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raise	3-4	10-12	20X1	----	
A2) DB Shoulder Press	3-4	6-8	51X0	----	Neutral Grip
A3) Lateral Raises	3-4	15-20	20X0	90 sec	
B) Seated Calf Raise	5	15-20	21X1	60 sec	
C1) Reverse Flyes	3	8-10	30X1	----	
C2) Incline Front Raises	3	8-10	30X1	---	
C3) Reverse Flyes	3	15-20	20X1	90 sec	
D) Standing Calf Raise	3	10-12	20X2	75 sec	1 drop-set with 2 drops.
E1) Cable Crunch	3	15-20	30X0	---	
E2) Modified V-Sit	3	12-15	20X0	---	

**Doubles
Day 16
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Cable Crossover	3-4	10-12	30X0	----	Or Incline Flyes
A2) Incline DB Bench Press	3-4	6-8	41X0	----	
A3) Incline Cable Crossover	3-4	10-12	30X0	90 sec	
B1) Incline Curls	3-4	8-10	40X0		
B2) DB Curls	3-4	8-10	40X0	----	
B3) Incline Curls	3-4	15-20	30X0	---	
C1) Preacher Curls	3	8-10	31X0	---	
C2) Push-Ups	3	AMRAP	20X2	---	
C3) Preacher Curls	3	12-15	30X0	90 sec	
D) Bicycle Crunch	3	20-25	---	50 sec	Move as fast your technique will allow.

Day 17
Back & Triceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldown	3	12-15	30X1	----	Behind the Neck
A2) Lat Pulldown	3	15-20	41X0	40 sec	Wide Pronated Grip
B) Lat Pulldown	1	Ladder	30X0	60 sec	Close Neutral Grip
C1) Triceps Kickbacks	3	12-15	20X1	----	
C2) Rope Pressdowns	3	12-15	40X0	40 sec	
D) Dip Machine	1	Ladder	30X0	60	
E1) Pullovers	3-4	12-15	30X1	---	
E2) Bent Over Row	3-4	12-15	30X1	50 sec	E1 & E2 can be done with cables.
F) Decline Triceps Extension	4	12-15	30X0	90 sec	

Glute

Perform 15 reps of A1, then 15 reps of A2, 12 reps of A1, 12 reps of A2, and then finish with 8 reps of A1, then 8 reps of A2 taking the prescribed rest.

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Speed Skaters	3	15, 12, 8	----	---	
A2) Hip Abduction	3	15, 12, 8	30X1	75 sec	

Day 18 Off**Day 19****Legs****Mad Ladder**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	3-4	12-15	40X0	---	Toes elevated
A2) Hamstring Leg Press	3-4	15-20	30X0	75 sec	
B) Hip Thrust	1	Ladder	20X2	60 sec	
C1) Hack Squat	3	12-15	40X0	---	
C2) Wall Squat	3	1	40-sec hold	75 sec	40 sec hold at 90-degrees
D) Hack Squat	1	Ladder	31X0	60 sec	
E) Leg Extension	3	8-10	40X0	40 sec	Ladder on last set.
F1) Leg Curl	3	6-8	40X1	----	
F2) Hamstring Prey Contraction	3	1	60-sec hold	75 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Knee-Ups	3	8-10	---	---	
A2) Knee-Ups	3	12-15	30X0	---	
A3) Leg Lift Hold	3	1	40-sec holds	75 sec	

Day 20
Shoulders & Calves
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	10-12	30X1	---	
A2) DB Shoulder Press	3-4	15-20	30X0	50 sec	Can also be done on a machine.
B) DB Shoulder Press	1	Ladder	30X0	60 sec	
C) Standing Calf Raise	2	Ladder	22X0	60 sec	
D1) Reverse Flyes	3	1	40-sec hold	---	Lean Forward. Thumbs down.
D2) Front Raise	3	Ladder	31X0	50 sec	
E) Lean Away Lateral Raise	4	8-10	31X1	40 sec	
F) Seated Calf Raise	4	20-25	20X1	45 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	4	10-12	10X3	---	Hold the fully contracted portion of the last rep for 15-seconds.
A2) Walking Lunge	4	15-20	20X0	75 sec	Longer strides.
B1) Reverse Crunch	2-3	12-15	30X0	---	On slight incline. You can also start with the "B" exercises.
B2) Modified V-Sit	2-3	12-15	30X0	60 sec	

Day 21
Chest & Biceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Flyes	3-4	12-15	31X0	---	Or Cable Crossover.
A2) Push-ups	3-4	15-20	30X0	50 sec	OR AMRAP. Can also be done as Bench Press.
B) Chest Press	1	Ladder	30X0	60 sec	Or Bench Press
C1) Hammer Curls	3	8-10	40X0	----	
C2) Preacher Curls	3	12-15	31X0	50 sec	
D) Preacher Curls	1	Ladder	31X0	50 sec	Can be done on machine.
E1) Incline Curls	4	8-10	31X1	---	
E2) Incline Bench Press	4	12-15	20X1	45 sec	

Day 22 OFF

Day 23
Back & Triceps
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	6-8	41X1	---	Close Neutral Grip
A2) DB Pullovers	3-4	10-12	32X0	---	Can also be done with cables
A3) Cable Rows	3-4	15-25	20X1	90 sec	
B1) Triceps Pressdowns	3-4	8-10	31X0	----	
B2) Push-Ups	3-4	15-20	30X0	----	Hands close together.
B3) Triceps Pressdowns	3-4	10-12	30X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X2	---	Reverse Grip.
C2) Lat Pulldowns	3-4	10-12	30X0	----	Behind the Neck.
C3) Lat Pulldowns	3-4	15-25	30X0	90 sec	Reverse grip.
D1) Overhead Triceps Extension	3-4	10-12	30X0	---	w/Rope or DB's
D2) Triceps Kickbacks	3-4	15-20	20X1	---	With Ropes or DB's
D3) Overhead Triceps Extension	3-4	12-15	22X0	90 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X4	----	
A2) Cable Pull-throughs	3-4	15-20	20X2	---	
A3) Glute Bridge	3-4	10-12	20X4	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 15 sec.

Day 24
Legs
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	3-4	6-8	31X0		
A2) Reverse Hypers	3-4	15-20	30X0	---	
A3) Deadlift	3-4	12-15	30X0	90 sec	
B1) Leg Press	3-4	10-12	31X0	---	
B2) Bulgarian Squats	3-4	15-20	30X0	---	
B3) Leg Press	3-4	10-12	31X0	90 sec	
C1) Leg Curls	3-4	6-8	40X1	---	
C2) Hamstring Prey Contraction	3-4	1	50-sec hold	---	
C3) Leg Curls	3-4	6-8	40X1	90 sec	
D) Squats	3-4	AMRAP	---	60	Timed set. Perform as many reps as possible within 75 seconds.

Day 25 Off

Day 26

Shoulders & Calves
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raise	3-4	10-12	20X1	----	
A2) DB Shoulder Press	3-4	6-8	51X0	----	Neutral Grip
A3) Lateral Raises	3-4	15-20	20X0	90 sec	
B) Seated Calf Raise	5	15-20	21X1	60 sec	
C1) Reverse Flyes	3	8-10	30X1	----	
C2) Incline Front Raises	3	8-10	30X1	---	
C3) Reverse Flyes	3	15-20	20X1	90 sec	
D) Standing Calf Raise	3	10-12	20X2	75 sec	1 drop-set with 2 drops.
E1) Cable Crunch	3	15-20	30X0	---	
E2) Modified V-Sit	3	12-15	20X0	---	

Day 27
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Cable Crossover	3-4	10-12	30X0	----	Or Incline Flyes
A2) Incline DB Bench Press	3-4	6-8	41X0	----	
A3) Incline Cable Crossover	3-4	10-12	30X0	90 sec	
B1) Incline Curls	3-4	8-10	40X0		
B2) DB Curls	3-4	8-10	40X0	----	
B3) Incline Curls	3-4	15-20	30X0	---	
C1) Preacher Curls	3	8-10	31X0	---	
C2) Push-Ups	3	AMRAP	20X2	---	
C3) Preacher Curls	3	12-15	30X0	90 sec	
D) Bicycle Crunch	3	20-25	---	50 sec	Move as fast your technique will allow.

Day 28
Back & Triceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldown	3	12-15	30X1	----	Behind the Neck
A2) Lat Pulldown	3	15-20	41X0	40 sec	Wide Pronated Grip
B) Lat Pulldown	1	Ladder	30X0	60 sec	Close Neutral Grip
C1) Triceps Kickbacks	3	12-15	20X1	----	
C2) Rope Pressdowns	3	12-15	40X0	40 sec	
D) Dip Machine	1	Ladder	30X0	60	
E1) Pullovers	3-4	12-15	30X1	---	
E2) Bent Over Row	3-4	12-15	30X1	50 sec	E1 & E2 can be done with cables.
F) Decline Triceps Extension	4	12-15	30X0	90 sec	

Glute

Perform 15 reps of A1, then 15 reps of A2, 12 reps of A1, 12 reps of A2, and then finish with 8 reps of A1, then 8 reps of A2 taking the prescribed rest.

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Speed Skaters	3	15, 12, 8	----	---	
A2) Hip Abduction	3	15, 12, 8	30X1	75 sec	

Day 29 Off

Day 30

Legs

Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	3-4	12-15	40X0	---	Toes elevated
A2) Hamstring Leg Press	3-4	15-20	30X0	75 sec	
B) Hip Thrust	1	Ladder	20X2	60 sec	
C1) Hack Squat	3	12-15	40X0	---	
C2) Wall Squat	3	1	40-sec hold	75 sec	40 sec hold at 90-degrees
D) Hack Squat	1	Ladder	31X0	60 sec	
E) Leg Extension	3	8-10	40X0	40 sec	Ladder on last set.
F1) Leg Curl	3	6-8	40X1	----	
F2) Hamstring Prey Contraction	3	1	60-sec hold	75 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Knee-Ups	3	8-10	---	---	
A2) Knee-Ups	3	12-15	30X0	---	
A3) Leg Lift Hold	3	1	40-sec holds	75 sec	

Day 31
Shoulders & Calves
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	10-12	30X1	---	
A2) DB Shoulder Press	3-4	15-20	30X0	50 sec	Can also be done on a machine.
B) DB Shoulder Press	1	Ladder	30X0	60 sec	
C) Standing Calf Raise	2	Ladder	22X0	60 sec	
D1) Reverse Flyes	3	1	40-sec hold	---	Lean Forward. Thumbs down.
D2) Front Raise	3	Ladder	31X0	50 sec	
E) Lean Away Lateral Raise	4	8-10	31X1	40 sec	
F) Seated Calf Raise	4	20-25	20X1	45 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	4	10-12	10X3	---	Hold the fully contracted portion of the last rep for 15-seconds.
A2) Walking Lunge	4	15-20	20X0	75 sec	Longer strides.
B1) Reverse Crunch	2-3	12-15	30X0	---	On slight incline. You can also start with the "B" exercises.
B2) Modified V-Sit	2-3	12-15	30X0	60 sec	

Day 32
Chest & Biceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Flyes	3-4	12-15	31X0	---	Or Cable Crossover.
A2) Push-ups	3-4	15-20	30X0	50 sec	OR AMRAP. Can also be done as Bench Press.
B) Chest Press	1	Ladder	30X0	60 sec	Or Bench Press
C1) Hammer Curls	3	8-10	40X0	----	
C2) Preacher Curls	3	12-15	31X0	50 sec	
D) Preacher Curls	1	Ladder	31X0	50 sec	Can be done on machine.
E1) Incline Curls	4	8-10	31X1	---	
E2) Incline Bench Press	4	12-15	20X1	45 sec	

Day 33 Off

**Doubles
Day 34
Back & Triceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	4	6-8	41X1	---	Close Neutral Grip
A2) DB Pullovers	4	10-12	32X0	---	Can also be done with cables
A3) Cable Rows	4	15-25	20X1	90 sec	
B1) Triceps Pressdowns	4	8-10	31X0	----	
B2) Push-Ups	4	15-20	30X0	----	Hands close together.
B3) Triceps Pressdowns	4	10-12	30X0	90 sec	
C1) Lat Pulldowns	4	6-8	30X2	---	Reverse Grip.
C2) Lat Pulldowns	4	10-12	30X0	----	Behind the Neck.
C3) Lat Pulldowns	4	15-25	30X0	90 sec	Reverse grip.
D1) Overhead Triceps Ext.	3-4	10-12	30X0	---	w/Rope or DB's
D2) Triceps Kickbacks	3-4	15-20	20X1	---	With Ropes or DB's
D3) Overhead Triceps Extension	3-4	12-15	22X0	90 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X4	----	
A2) Cable Pull-throughs	3-4	15-20	20X2	---	
A3) Glute Bridge	3-4	10-12	20X4	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 15 sec.

Day 35
Legs
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	4	6-8	31X0		
A2) Reverse Hypers	4	15-20	30X0	---	
A3) Deadlift	4	12-15	30X0	90 sec	
B1) Leg Press	4	10-12	31X0	---	
B2) Bulgarian Squats	4	15-20	30X0	---	
B3) Leg Press	4	10-12	31X0	90 sec	
C1) Leg Curls	4	6-8	40X1	---	
C2) Hamstring Prey Contraction	4	1	60-sec hold	---	
C3) Leg Curls	4	6-8	40X1	90 sec	
D) Squats	3-4	AMRAP	---	60	Timed set. Perform as many reps as possible within 75 seconds.

Day 36 Off

Day 37
Shoulders & Calves
Doubles

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raise	3-4	10-12	20X1	----	
A2) DB Shoulder Press	3-4	6-8	51X0	----	Neutral Grip
A3) Lateral Raises	3-4	15-20	20X0	90 sec	
B) Seated Calf Raise	5	15-20	21X1	60 sec	
C1) Reverse Flyes	3	8-10	30X1	----	
C2) Incline Front Raises	3	8-10	30X1	---	
C3) Reverse Flyes	3	15-20	20X1	90 sec	
D) Standing Calf Raise	3	10-12	20X2	75 sec	1 drop-set with 2 drops.
E1) Cable Crunch	3	15-20	30X0	---	
E2) Modified V-Sit	3	12-15	20X0	---	

Day 38
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Cable Crossover	3-4	10-12	30X0	----	Or Incline Flyes
A2) Incline DB Bench Press	3-4	6-8	41X0	----	
A3) Incline Cable Crossover	3-4	10-12	30X0	90 sec	
B1) Incline Curls	3-4	8-10	40X0		
B2) DB Curls	3-4	8-10	40X0	----	
B3) Incline Curls	3-4	15-20	30X0	---	
C1) Preacher Curls	3	8-10	31X0	---	
C2) Push-Ups	3	AMRAP	20X2	---	
C3) Preacher Curls	3	12-15	30X0	90 sec	
D) Bicycle Crunch	3	20-25	---	50 sec	Move as fast your technique will allow.

Day 39
Back & Triceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldown	3	12-15	30X1	----	Behind the Neck
A2) Lat Pulldown	3	15-20	41X0	40 sec	Wide Pronated Grip
B) Lat Pulldown	2	Ladder	30X0	60 sec	Close Neutral Grip
C1) Triceps Kickbacks	3	12-15	20X1	----	
C2) Rope Pressdowns	3	12-15	40X0	40 sec	
D) Dip Machine	2	Ladder	30X0	60 sec	
E1) Pullovers	3-4	12-15	30X1	---	
E2) Bent Over Row	3-4	12-15	30X1	50 sec	E1 & E2 can be done with cables.
F) Decline Triceps Extension	4	12-15	30X0	40 sec	

Glute

Perform 15 reps of A1, then 15 reps of A2, 12 reps of A1, 12 reps of A2, and then finish with 8 reps of A1, then 8 reps of A2 taking the prescribed rest.

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Speed Skaters	3	15, 12, 8	----	---	
A2) Hip Abduction	3	15, 12, 8	30X1	75 sec	

Day 40 Off

Day 41

Legs

Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	3-4	12-15	40X0	---	Toes elevated
A2) Hamstring Leg Press	3-4	15-20	30X0	75 sec	
B) Hip Thrust	1	Ladder	20X2	60 sec	
C1) Hack Squat	3	12-15	40X0	---	
C2) Wall Squat	3	1	40-sec hold	75 sec	40 sec hold at 90-degrees
D) Hack Squat	1	Ladder	31X0	50 sec	
E) Leg Extension	3	8-10	40X0	40 sec	Ladder on last set.
F1) Leg Curl	3	6-8	40X1	---	
F2) Hamstring Prey Contraction	3	1	60-sec hold	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Knee-Ups	3	8-10	---	---	
A2) Knee-Ups	3	12-15	30X0	---	
A3) Leg Lift Hold	3	1	40-sec holds	75 sec	

Day 42
Shoulders & Calves
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	10-12	30X1	---	
A2) DB Shoulder Press	3-4	15-20	30X0	40 sec	Can also be done on a machine.
B) DB Shoulder Press	1	Ladder	30X0	60 sec	
C) Standing Calf Raise	2	Ladder	22X0	60 sec	
D1) Reverse Flyes	3	10-12	30X1	---	Lean Forward. Thumbs down.
D2) Front Raise	3	10-12	31X0	40 sec	
E) Lean Away Lateral Raise	4	8-10	31X1	40 sec	
F) Seated Calf Raise	4	20-25	20X1	45 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	4	10-12	10X3	---	Hold the fully contracted portion of the last rep for 15-seconds.
A2) Walking Lunge	4	15-20	20X0	60 sec	Longer strides.
B1) Reverse Crunch	2-3	12-15	30X0	---	On slight incline. You can also start with the "B" exercises.
B2) Modified V-Sit	2-3	12-15	30X0	50 sec	

Day 43
Chest & Biceps
Mad Ladder

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Flyes	3-4	12-15	31X0	---	Or Cable Crossover.
A2) Push-ups	3-4	15-20	30X0	40 sec	OR AMRAP. Can also be done as Bench Press.
B) Chest Press	2	Ladder	30X0	60 sec	Or Bench Press
C1) Hammer Curls	3	8-10	40X0	----	
C2) Preacher Curls	3	12-15	31X0	40 sec	
D) Preacher Curls	2	Ladder	31X0	50 sec	Can be done on machine.
E1) Incline Curls	4	8-10	31X1	---	
E2) Incline Bench Press	4	12-15	20X1	40 sec	

Day 44 OFF

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 8 reps with a weight you can lift 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. **AMRAP= As Many Reps as Possible**

Day 45 Mech Adv DS Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Row to Neck	3-4	6-8	21X1	---	
A2) Cable Rows	3-4	8-10	40X1	---	Wide Pronated
A3) Cable Rows	3-4	AMRAP	40X1	90 sec	Reverse grip.
B1) Overhead Triceps Extension	3-4	6-8	31X0	---	You may need to change the weight in order to perform B2
B2) Decline Triceps Extension	3-4	AMRAP	31X0	---	
B3) Triceps Extension	3-4	AMRAP	31X0	90 sec	
C1) Lat Pulldown	3-4	6-8	31X1	----	Behind the Neck
C2) Lat Pulldown	3-4	AMRAP	31X1	---	Wide Pronated Grip
C3) Lat Pulldown	3-4	AMRAP	31X1	90 sec	Close Neutral, or Reverse Grip
D1) Reverse Pressdowns	3-4	6-8	30X1	---	
D2) Triceps Pressdowns	3-4	AMRAP	30X1	---	
D3) Push-Ups	3-4	AMRAP	30X0	90 sec	Hands Close Together.

Day 46
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	----	---	
A2) Duck Leg Press	3-4	AMRAP	30X1	---	
A3) Hamstring Leg Press	3-4	AMRAP	40X1	90 sec	
B1) Hip Thrust	3-4	6-8	10X4	---	1-Legged
B2) Reverse Hyper	3-4	15-20	30X1	---	
B3) Stiff Legged Deadlift	3-4	AMRAP	31X0	90 sec	
C1) Leg Extensions	3-4	10-12	30X1	----	
C2) Bulgarian Squats	3-4	15-20	30X0	---	
C3) Leg Extensions	3-4	10-12	30X1	90 sec	
D1) Hamstring Prey Contractions	3-4	1	60-sec hold	---	
D2) Leg Curls	3-4	6-8	40X0	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X0	90 sec	Normal

Day 47
Shoulders & Calves

Mechanical Advantage Drop-sets

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) W-Press	3-4	10-12	----	---	You may need to change the weight in order to perform A2
A2) DB Shoulder Press	3-4	AMRAP	30X1	---	Neutral Grip
A3) DB Shoulder Press	3-4	AMRAP	40X1	90 sec	
B1) Calf Raise on Leg Press	3-4	10-12	21X1	---	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	21X1	---	Knees Bent
B3) Triceps Extension	3-4	10-12	21X1	90 sec	Legs Straight
C1) Incline Lateral Raise	3-4	6-8	31X1	----	
C2) Lateral Raise	2-4	AMRAP	31X1	---	Thumbs Down
C3) Lean Away Lateral Raise	3-4	AMRAP	31X1	90 sec	
D1) Reverse Flyes	3-4	6-8	30X1	---	With DB's, thumbs down.
D2) Reverse Flyes	3-4	AMRAP	30X1	---	On Machine. Thumbs Down.
D3) Reverse Flyes	3-4	AMRAP	30X0	90 sec	Normal grip. Don't let arms come closer together than 45-degree angle from body.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	6-8	10X4	---	
A2) Squats	3-4	10-12	40X0	---	
A3) Hip Thrust	3-4	15-20	20X2	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 48 OFF

Day 49

Chest & Biceps

Mechanical Advantage

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Incline Flyes	4	10-12	31X0	50 sec	Or Incline Cable Crossover
B) Preacher Curls	4	10-12	30X1	50 sec	
C1) Incline Bench Press	3-4	6-8	40X0	---	
C2) Bench Press	3-4	AMRA P	21X1	---	
C3) Push-Ups	3-4	AMRA P	21X1	90 sec	Feet on Bench. Can also be a Decline Bench Press
D1) Incline Curls	3-4	6-8	40X0	---	
D2) Hammer Curls	3-4	AMRA P	31X0	----	
D3) DB Curls	3-4	AMRA P	31X1	90 sec	w/twist

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3-4	15-20	30X1	---	
A2) 1 Legged Glute Bridge	3-4	10-12	10X4	---	
A3) Cable Pull-Throughs	3-4	15-20	30X1	90 sec	

Day 50

15, 12, 8

In this program, you'll alternate between the exercises in the pairing, but you'll perform 1 set of 15 for exercise 1, then a set of 15, for exercise 2. Then a 12 set of 12 of exercise 1, followed by a set of 8 for exercise 2, and then immediately perform the set 8 for both exercise 1 & 2 before resting. This is 1 set.

Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) B-Pak Pullover	3-4	15, 12, 8	30X1	---	
A2) Triceps Pressdowns	3-4	15, 12, 8	31X0	75 sec	Reverse Grip
B1) DB Rows	3-4	15, 12, 8	40X0	---	Lying against Incline, or T-Bar Rows
B2) Triceps Extensions	3-4	15, 12, 8	31X0	75 sec	With bar or dumbbells
C1) Lat Pulldowns	3-4	15, 12, 8	30X1	---	Close Neutral Grip
C2) Overhead Triceps Extensions	3-4	15, 12, 8	22X0	75 sec	With DB's or cables
D1) Push-ups	2	15, 12, 8	21X0	----	Hands close. Hands on bench, or step. Feet, or knees on the ground.
D2) Lat Pulldown	2	15, 12, 8	20X2	75 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3	15, 12, 8	10X3		
A2) Step-Ups	3	20, 15, 10	20X1	90 sec	High step.
B1) Cable Crunch	2-3	20, 15, 10	30X0	---	
B2) Modified V-Sit	2-3	15, 12, 8	30X0	75 sec	

Day 51 OFF

Day 52

15, 12, 8

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Duck Leg Press	3-4	20, 15, 10	30X1	---	
A2) Bulgarian Squats	3-4	20, 15, 10	31X0	90 sec	
B1) 1-Legged Glute Bridge	3-4	15, 12, 8	10X3	---	Feet elevated
B2) Sumo Deadlift	3-4	12, 8, 6	31X0	90 sec	
C1) Jump Squats	3-4	10, 10, 10	---	---	Close Stance. Don't Squat Deep.
C2) Leg Curls	3-4	12, 8, 6	22X0	75 sec	
D1) Reverse Crunch Super-set	3	12-15	31X0	----	Perform the Reverse Crunch on an Incline, reduce the incline, and perform 12-15 more reps.
D2) Bicycle Crunch	2	25-30	----	75 sec	

Day 53
Shoulders & Calves
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	15, 12, 8	20X1	---	
A2) Seated Calf Raises	3-4	25, 20, 15	20X1	75 sec	
B1) Shoulder Press	3-4	15, 12, 8	40X0	---	Can be done on machine.
B2) Reverse Flyes	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C1) Lateral Raises w/cables	3-4	15, 12, 8	30X1	---	Behind the back. If the weights are too heavy, just perform Incline Lateral Raises w/DB's.
C2) Front Raise	3-4	15, 12, 8	22X0	75 sec	
D1) Standing Calf Raise	3	15, 12, 8	21X0	----	Close stance.
D2) Standing Calf Raise	2	15, 12, 8	20X2	75 sec	Wider Stance.

Abs

Exercise	Set s	Reps	Tempo	Rest	Notes
A) Toe Touch Plank	3	12-15	---	60 sec	
B) Side Crunch/Side Plank	3	15-20	---	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 54 OFF
Day 55
Chest & Biceps
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	15, 12, 8	40X0	---	
A2) Incline Curls	3-4	15, 12, 8	40X0	75 sec	
B1) Flyes	3-4	15, 12, 8	40X0	---	Or Cable Crossovers
B2) DB Curls	3-4	15, 12, 8	31X0	75 sec	W/twist
C1) Push-Ups	3-4	20, 15, 10	30X0	---	
C2) Spider Curls	3-4	15, 12, 8	22X0	75 sec	Top ½ of movement.
D1) Full Contact Twists	3	15, 12, 8	21X0	----	Or Woodchopper w/cables.
D2) Modified V-Sit	2	15, 12, 8	20X2	75 sec	

Glutes

Exercise	Set s	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	15, 12, 8	10X3	---	
A2) Speed Skater	3-4	12, 12, 12	---	75 sec	
B) Hip Adduction	4	12-15	30X1	50 sec	

Day 56
Legs
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Goblet Squats	3-4	30, 25, 20	30X0	---	
A2) Hamstring Leg Press	3-4	25, 20, 15	20X1	90 sec	
B1) Stiff Legged Deadlift	3-4	20, 15, 10	40X0	---	
B2) Leg Extension	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C) Hamstring Prey Contractions	3	1	60-sec hold	75 sec	
D) Lunges	3	AMRAP	---	90 sec	Timed Set. As Many Reps as Possible within 90 seconds.

Day 57 OFF

Day 58
Mech Adv DS
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Row to Neck	3-4	6-8	21X1	---	
A2) Cable Rows	3-4	8-10	40X1	---	Wide Pronated
A3) Cable Rows	3-4	AMRAP	40X1	90 sec	Reverse grip.
B1) Overhead Triceps Extension	3-4	6-8	31X0	---	You may need to change the weight in order to perform B2
B2) Decline Triceps Extension	3-4	AMRAP	31X0	---	
B3) Triceps Extension	3-4	AMRAP	31X0	90 sec	
C1) Lat Pulldown	3-4	6-8	31X1	----	Behind the Neck
C2) Lat Pulldown	3-4	AMRAP	31X1	---	Wide Pronated Grip
C3) Lat Pulldown	3-4	AMRAP	31X1	90 sec	Close Neutral, or Reverse Grip
D1) Reverse Pressdowns	3-4	6-8	30X1	---	
D2) Triceps Pressdowns	3-4	AMRAP	30X1	---	
D3) Push-Ups	3-4	AMRAP	30X0	90 sec	Hands Close Together.

Day 59**Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	----	---	
A2) Duck Leg Press	3-4	AMRAP	30X1	---	
A3) Hamstring Leg Press	3-4	AMRAP	40X1	90 sec	
B1) Hip Thrust	3-4	6-8	10X4	---	1-Legged
B2) Reverse Hyper	3-4	15-20	30X1	---	
B3) Stiff Legged Deadlift	3-4	AMRAP	31X0	90 sec	
C1) Leg Extensions	3-4	10-12	30X1	----	
C2) Bulgarian Squats	3-4	15-20	30X0	---	
C3) Leg Extensions	3-4	10-12	30X1	90 sec	
D1) Hamstring Prey Contractions	3-4	1	60-sec hold	---	
D2) Leg Curls	3-4	6-8	40X0	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X0	90 sec	Normal

Day 60
Shoulders & Calves

Mechanical Advantage Drop-sets

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) W-Press	3-4	10-12	----	---	You may need to change the weight in order to perform A2
A2) DB Shoulder Press	3-4	AMRAP	30X1	---	Neutral Grip
A3) DB Shoulder Press	3-4	AMRAP	40X1	90 sec	
B1) Calf Raise on Leg Press	3-4	10-12	21X1	---	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	21X1	---	Knees Bent
B3) Triceps Extension	3-4	10-12	21X1	90 sec	Legs Straight
C1) Incline Lateral Raise	3-4	6-8	31X1	----	
C2) Lateral Raise	2-4	AMRAP	31X1	---	Thumbs Down
C3) Lean Away Lateral Raise	3-4	AMRAP	31X1	90 sec	
D1) Reverse Flyes	3-4	6-8	30X1	---	With DB's, thumbs down.
D2) Reverse Flyes	3-4	AMRAP	30X1	---	On Machine. Thumbs Down.
D3) Reverse Flyes	3-4	AMRAP	30X0	90 sec	Normal grip. Don't let arms come closer together than 45-degree angle from body.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	6-8	10X4	---	
A2) Squats	3-4	10-12	40X0	---	
A3) Hip Thrust	3-4	15-20	20X2	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 61 OFF

Day 62

Chest & Biceps

Mechanical Advantage

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Incline Flyes	4	10-12	31X0	50 sec	Or Incline Cable Crossover
B) Preacher Curls	4	10-12	30X1	50 sec	
C1) Incline Bench Press	3-4	6-8	40X0	---	
C2) Bench Press	3-4	AMRAP	21X1	---	
C3) Push-Ups	3-4	AMRAP	21X1	90 sec	Feet on Bench. Can also be a Decline Bench Press
D1) Incline Curls	3-4	6-8	40X0	---	
D2) Hammer Curls	3-4	AMRAP	31X0	----	
D3) DB Curls	3-4	AMRAP	31X1	90 sec	w/twist

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3-4	15-20	30X1	---	
A2) 1 Legged Glute Bridge	3-4	10-12	10X4	---	
A3) Cable Pull-Throughs	3-4	15-20	30X1	90 sec	

Day 63

15, 12, 8

In this program, you'll alternate between the exercises in the pairing, but you'll perform 1 set of 15 for exercise 1, then a set of 15, for exercise 2. Then a 12 set of 12 of exercise 1, followed by a set of 8 for exercise 2, and then immediately perform the set 8 for both exercise 1 & 2 before resting. This is 1 set.

Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) B-Pak Pullover	3-4	15, 12, 8	30X1	---	
A2) Triceps Pressdowns	3-4	15, 12, 8	31X0	75 sec	Reverse Grip
B1) DB Rows	3-4	15, 12, 8	40X0	---	Lying against Incline, or T-Bar Rows
B2) Triceps Extensions	3-4	15, 12, 8	31X0	75 sec	With bar or dumbbells
C1) Lat Pulldowns	3-4	15, 12, 8	30X1	---	Close Neutral Grip
C2) Overhead Triceps Extensions	3-4	15, 12, 8	22X0	75 sec	With DB's or cables
D1) Push-ups	2	15, 12, 8	21X0	----	Hands close. Hands on bench, or step. Feet, or knees on the ground.
D2) Lat Pulldown	2	15, 12, 8	20X2	75 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3	15, 12, 8	10X3		
A2) Step-Ups	3	20, 15, 10	20X1	90 sec	High step.
B1) Cable Crunch	2-3	20, 15, 10	30X0	---	
B2) Modified V-Sit	2-3	15, 12, 8	30X0	75 sec	

Day 64 OFF

Day 65

15, 12, 8

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Duck Leg Press	3-4	20, 15, 10	30X1	---	
A2) Bulgarian Squats	3-4	20, 15, 10	31X0	90 sec	
B1) 1-Legged Glute Bridge	3-4	15, 12, 8	10X3	---	Feet elevated
B2) Sumo Deadlift	3-4	12, 8, 6	31X0	90 sec	
C1) Jump Squats	3-4	10, 10, 10	---	---	Close Stance. Don't Squat Deep.
C2) Leg Curls	3-4	12, 8, 6	22X0	75 sec	
D1) Reverse Crunch Super-set	3	12-15	31X0	----	Perform the Reverse Crunch on an Incline, reduce the incline, and perform 12-15 more reps.
D2) Bicycle Crunch	2	25-30	----	75 sec	

Day 66
Shoulders & Calves
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	15, 12, 8	20X1	---	
A2) Seated Calf Raises	3-4	25, 20, 15	20X1	75 sec	
B1) Shoulder Press	3-4	15, 12, 8	40X0	---	Can be done on machine.
B2) Reverse Flyes	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C1) Lateral Raises w/cables	3-4	15, 12, 8	30X1	---	Behind the back. If the weights are too heavy, just perform Incline Lateral Raises w/DB's.
C2) Front Raise	3-4	15, 12, 8	22X0	75 sec	
D1) Standing Calf Raise	3	15, 12, 8	21X0	----	Close stance.
D2) Standing Calf Raise	2	15, 12, 8	20X2	75 sec	Wider Stance.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Toe Touch Plank	3	12-15	---	60 sec	
B) Side Crunch/Side Plank	3	15-20	---	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 67 OFF
Day 68
Chest & Biceps
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	15, 12, 8	40X0	---	
A2) Incline Curls	3-4	15, 12, 8	40X0	75 sec	
B1) Flyes	3-4	15, 12, 8	40X0	---	Or Cable Crossovers
B2) DB Curls	3-4	15, 12, 8	31X0	75 sec	W/twist
C1) Push-Ups	3-4	20, 15, 10	30X0	---	
C2) Spider Curls	3-4	15, 12, 8	22X0	75 sec	Top ½ of movement.
D1) Full Contact Twists	3	15, 12, 8	21X0	----	Or Woodchopper w/cables.
D2) Modified V-Sit	2	15, 12, 8	20X2	75 sec	

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	15, 12, 8	10X3	---	
A2) Speed Skater	3-4	12, 12, 12	---	75 sec	
B) Hip Adduction	4	12-15	30X1	50 sec	

Day 69
Legs
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Goblet Squats	3-4	30, 25, 20	30X0	---	
A2) Hamstring Leg Press	3-4	25, 20, 15	20X1	90 sec	
B1) Stiff Legged Deadlift	3-4	20, 15, 10	40X0	---	
B2) Leg Extension	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C) Hamstring Prey Contractions	3	1	60-sec hold	75 sec	
D) Lunges	3	AMRAP	---	90 sec	Timed Set. As Many Reps as Possible within 90 seconds.

Day 70 OFF

Day 71
Mech Adv DS
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Row to Neck	3-4	6-8	21X1	---	
A2) Cable Rows	3-4	8-10	40X1	---	Wide Pronated
A3) Cable Rows	3-4	AMRAP	40X1	90 sec	Reverse grip.
B1) Overhead Triceps Extension	3-4	6-8	31X0	---	You may need to change the weight in order to perform B2
B2) Decline Triceps Extension	3-4	AMRAP	31X0	---	
B3) Triceps Extension	3-4	AMRAP	31X0	90 sec	
C1) Lat Pulldown	3-4	6-8	31X1	----	Behind the Neck
C2) Lat Pulldown	3-4	AMRAP	31X1	---	Wide Pronated Grip
C3) Lat Pulldown	3-4	AMRAP	31X1	90 sec	Close Neutral, or Reverse Grip
D1) Reverse Pressdowns	3-4	6-8	30X1	---	
D2) Triceps Pressdowns	3-4	AMRAP	30X1	---	
D3) Push-Ups	3-4	AMRAP	30X0	90 sec	Hands Close Together.

Day 72
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Leg Press	3-4	6-8	----	---	
A2) Duck Leg Press	3-4	AMRAP	30X1	---	
A3) Hamstring Leg Press	3-4	AMRAP	40X1	90 sec	
B1) Hip Thrust	3-4	6-8	10X4	---	1-Legged
B2) Reverse Hyper	3-4	15-20	30X1	---	
B3) Stiff Legged Deadlift	3-4	AMRAP	31X0	90 sec	
C1) Leg Extensions	3-4	10-12	30X1	----	
C2) Bulgarian Squats	3-4	15-20	30X0	---	
C3) Leg Extensions	3-4	10-12	30X1	90 sec	
D1) Hamstring Prey Contractions	3-4	1	60-sec hold	---	
D2) Leg Curls	3-4	6-8	40X0	---	Hips Extended
D3) Leg Curls	3-4	AMRAP	30X0	90 sec	Normal

Day 73
Shoulders & Calves

Mechanical Advantage Drop-sets

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) W-Press	3-4	10-12	----	---	You may need to change the weight in order to perform A2
A2) DB Shoulder Press	3-4	AMRAP	30X1	---	Neutral Grip
A3) DB Shoulder Press	3-4	AMRAP	40X1	90 sec	
B1) Calf Raise on Leg Press	3-4	10-12	21X1	---	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	21X1	---	Knees Bent
B3) Triceps Extension	3-4	10-12	21X1	90 sec	Legs Straight
C1) Incline Lateral Raise	3-4	6-8	31X1	----	
C2) Lateral Raise	2-4	AMRAP	31X1	---	Thumbs Down
C3) Lean Away Lateral Raise	3-4	AMRAP	31X1	90 sec	
D1) Reverse Flyes	3-4	6-8	30X1	---	With DB's, thumbs down.
D2) Reverse Flyes	3-4	AMRAP	30X1	---	On Machine. Thumbs Down.
D3) Reverse Flyes	3-4	AMRAP	30X0	90 sec	Normal grip. Don't let arms come closer together than 45-degree angle from body.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	6-8	10X4	---	
A2) Squats	3-4	10-12	40X0	---	
A3) Hip Thrust	3-4	15-20	20X2	90 sec	
B) Side Crunch/Side Plank	3	15-20	----	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 74 OFF

Day 75

Chest & Biceps

Mechanical Advantage

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Incline Flyes	4	10-12	31X0	50 sec	Or Incline Cable Crossover
B) Preacher Curls	4	10-12	30X1	50 sec	
C1) Incline Bench Press	3-4	6-8	40X0	---	
C2) Bench Press	3-4	AMRAP	21X1	---	
C3) Push-Ups	3-4	AMRAP	21X1	90 sec	Feet on Bench. Can also be a Decline Bench Press
D1) Incline Curls	3-4	6-8	40X0	---	
D2) Hammer Curls	3-4	AMRAP	31X0	----	
D3) DB Curls	3-4	AMRAP	31X1	90 sec	w/twist

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3-4	15-20	30X1	---	
A2) 1 Legged Glute Bridge	3-4	10-12	10X4	---	
A3) Cable Pull-Throughs	3-4	15-20	30X1	90 sec	

Day 76
15, 12, 8

In this program, you'll alternate between the exercises in the pairing, but you'll perform 1 set of 15 for exercise 1, then a set of 15, for exercise 2. Then a 12 set of 12 of exercise 1, followed by a set of 8 for exercise 2, and then immediately perform the set 8 for both exercise 1 & 2 before resting. This is 1 set.

Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) B-Pak Pullover	3-4	15, 12, 8	30X1	---	
A2) Triceps Pressdowns	3-4	15, 12, 8	31X0	75 sec	Reverse Grip
B1) DB Rows	3-4	15, 12, 8	40X0	---	Lying against Incline, or T-Bar Rows
B2) Triceps Extensions	3-4	15, 12, 8	31X0	75 sec	With bar or dumbbells
C1) Lat Pulldowns	3-4	15, 12, 8	30X1	---	Close Neutral Grip
C2) Overhead Triceps Extensions	3-4	15, 12, 8	22X0	75 sec	With DB's or cables
D1) Push-ups	2	15, 12, 8	21X0	----	Hands close. Hands on bench, or step. Feet, or knees on the ground.
D2) Lat Pulldown	2	15, 12, 8	20X2	75 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3	15, 12, 8	10X3		
A2) Step-Ups	3	20, 15, 10	20X1	90 sec	High step.
B1) Cable Crunch	2-3	20, 15, 10	30X0	---	
B2) Modified V-Sit	2-3	15, 12, 8	30X0	75 sec	

Day 77 OFF**Day 78****15, 12, 8****Legs**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Duck Leg Press	3-4	20, 15, 10	30X1	---	
A2) Bulgarian Squats	3-4	20, 15, 10	31X0	90 sec	
B1) 1-Legged Glute Bridge	3-4	15, 12, 8	10X3	---	Feet elevated
B2) Sumo Deadlift	3-4	12, 8, 6	31X0	90 sec	
C1) Jump Squats	3-4	10, 10, 10	---	---	Close Stance. Don't Squat Deep.
C2) Leg Curls	3-4	12, 8, 6	22X0	75 sec	
D1) Reverse Crunch Super-set	3	12-15	31X0	----	Perform the Reverse Crunch on an Incline, reduce the incline, and perform 12-15 more reps.
D2) Bicycle Crunch	2	25-30	----	75 sec	

Day 79
Shoulders & Calves
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	15, 12, 8	20X1	---	
A2) Seated Calf Raises	3-4	25, 20, 15	20X1	75 sec	
B1) Shoulder Press	3-4	15, 12, 8	40X0	---	Can be done on machine.
B2) Reverse Flyes	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C1) Lateral Raises w/cables	3-4	15, 12, 8	30X1	---	Behind the back. If the weights are too heavy, just perform Incline Lateral Raises w/DB's.
C2) Front Raise	3-4	15, 12, 8	22X0	75 sec	
D1) Standing Calf Raise	3	15, 12, 8	21X0	----	Close stance.
D2) Standing Calf Raise	2	15, 12, 8	20X2	75 sec	Wider Stance.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Toe Touch Plank	3	12-15	---	60 sec	
B) Side Crunch/Side Plank	3	15-20	---	60 sec	Every 5 reps of the side crunch, hold a side plank for 20 sec.

Day 80 OFF
Day 81
Chest & Biceps
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	15, 12, 8	40X0	---	
A2) Incline Curls	3-4	15, 12, 8	40X0	75 sec	
B1) Flyes	3-4	15, 12, 8	40X0	---	Or Cable Crossovers
B2) DB Curls	3-4	15, 12, 8	31X0	75 sec	W/twist
C1) Push-Ups	3-4	20, 15, 10	30X0	---	
C2) Spider Curls	3-4	15, 12, 8	22X0	75 sec	Top ½ of movement.
D1) Full Contact Twists	3	15, 12, 8	21X0	----	Or Woodchopper w/cables.
D2) Modified V-Sit	2	15, 12, 8	20X2	75 sec	

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	15, 12, 8	10X3	---	
A2) Speed Skater	3-4	12, 12, 12	---	75 sec	
B) Hip Adduction	4	12-15	30X1	50 sec	

Day 82
Legs
15, 12, 8

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Goblet Squats	3-4	30, 25, 20	30X0	---	
A2) Hamstring Leg Press	3-4	25, 20, 15	20X1	90 sec	
B1) Stiff Legged Deadlift	3-4	20, 15, 10	40X0	---	
B2) Leg Extension	3-4	15, 12, 8	31X0	75 sec	Thumbs Down. With DB's or on a machine.
C) Hamstring Prey Contractions	3	1	60-sec hold	75 sec	
D) Lunges	3	AMRAP	---	90 sec	Timed Set. As Many Reps as Possible within 90 seconds.

Day 83 OFF

Day 84

Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	5	6-8	50X1	10 sec	Behind the neck. If you can do Chin-ups, switch the order.
A2) Lat Pulldown	5	6-8	50X1	75 sec	Wide Pronated Grip.
B1) Overhead Triceps Extension	5	6-8	50X0	10 sec	Lying against low incline
B2) Triceps Extension	5	6-8	41X0	60 sec	Barbell or DB's
C1) Reverse Flyes	5	6-8	30X1	10 sec	
C2) Cable Rows	5	6-8	41X0	75 sec	Wide Neutral Grip
D1) Triceps Pressdowns	5	6-8	31X1	10 sec	Reverse Grip
D2) Push-ups	5	AMRAP	41X0	60 sec	Hands Close

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toe Touch Planks	3	12-15	---		
A2) Hopping Lunge	3	6-8	---	90 sec	Explosively as possible.
B) Hip Thrust	3	6-8	10X4	75 sec	Drop-Sets. Now the time to go heavy.

Day 85

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Front Squats	5	6-8	41X0	10 sec	Heels Elevated. Can also be a Pistol Squat
A2) Squats	5	6-8	40X0	90 sec	Heels Elevated.
B1) Hamstring Prey Contraction	5	1	60-sec holds	10 sec	Lying against low incline
B2) Hamstring Leg Press	5	12-15	30X0	60 sec	
C) Leg Extension	4	8-10	30X1	50 sec	
D) Leg Curls	5	6-8	41X0	60 sec.	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	----	Start on an incline, hit 12-15 reps, lower the incline, and repeat. Then move to A2.
A2) Bicycle Crunch	3	30-35	---	60 sec	

Day 86 OFF
Shoulders & Calves

Day 87

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	5	6-8	21X1	10 sec	w/DB's. Wide grip.
A2) DB's Shoulder Press	5	6-8	40X0	90 sec	Neutral grip. Can also be done on a machine.
B) Reverse Flyes	5	6-8	30X1	50 sec	On cables. Bent over, and 1-arm at a time.
C) Seated Calf Raise	5	12-15	21X1	60 sec	
D) Full Contact Twists	4	8-10	---	60 sec	
E) Lean Away Lateral Raises	5	8-10	31X1	60 sec.	

Day 88

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	5	8-10	41X0	10 sec	Heels Elevated.
A2) Deadlifts	5	6-8	31X0	90 sec	
B1) Low Pulley Split Squat	4	6-8	31X0	10 sec	Front Foot Elevated
B2) Pistol Squat	4	AMRAP	30X0	75 sec	
C) Hack Squats	3	8-10	40X0	50 sec	
D) Leg Curls	3	6-8	41X0	60 sec.	2 on 1's. Lift with 2 legs, lower with 1. Alternate legs with each rep.

Day 89
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	5	6-8	41X0	10 sec	With DB's. Find a bench that adjusts to both flat & Incline.
A2) Bench Press	5	6-8	40X0	75 sec	Heels Elevated.
B1) Spider Curls	5	6-8	30X1	10 sec	Or Machine Preacher Curls.
B2) Hammer Curls	5	6-8	40X0	60 sec	
C) Cable Curls	4	8-10	31X0	50 sec	Low Pulley. Arms behind body.
D) Incline Cable Crossover	4	8-10	31X0	50 sec.	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toes to Sky	3	6-8	10X8		
A2) Cable Crunch	3	12-15	31X0	75 sec	
B1) Speed Skaters	3	10-12	----	---	Explosively as possible.
B2) Glute Kickback	3	12-15	20X2	60 sec	On machine or cables.

Day 90 OFF

Day 91
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	5	6-8	50X1	10 sec	Behind the neck. If you can do Chin-ups, switch the order.
A2) Lat Pulldown	5	6-8	50X1	75 sec	Wide Pronated Grip.
B1) Overhead Triceps Extension	5	6-8	50X0	10 sec	Lying against low incline
B2) Triceps Extension	5	6-8	41X0	60 sec	Barbell or DB's
C1) Reverse Flyes	5	6-8	30X1	10 sec	
C2) Cable Rows	5	6-8	41X0	75 sec	Wide Neutral Grip
D1) Triceps Pressdowns	5	6-8	31X1	10 sec	Reverse Grip
D2) Push-ups	5	AMRAP	41X0	60 sec	Hands Close

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toe Touch Planks	3	12-15	---		
A2) Hopping Lunge	3	6-8	---	90 sec	Explosively as possible.
B) Hip Thrust	3	6-8	10X4	75 sec	Drop-Sets. Now the time to go heavy.

Day 92

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Front Squats	5	6-8	41X0	10 sec	Heels Elevated. Can also be a Pistol Squat
A2) Squats	5	6-8	40X0	90 sec	Heels Elevated.
B1) Hamstring Prey Contraction	5	1	60-sec holds	10 sec	Lying against low incline
B2) Hamstring Leg Press	5	12-15	30X0	60 sec	
C) Leg Extension	4	8-10	30X1	50 sec	
D) Leg Curls	5	6-8	41X0	60 sec.	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	---	Start on an incline, hit 12-15 reps, lower the incline, and repeat. Then move to A2.
A2) Bicycle Crunch	3	30-35	---	60 sec	

Day 93 OFF

Day 94
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	5	6-8	21X1	10 sec	w/DB's. Wide grip.
A2) DB's Shoulder Press	5	6-8	40X0	90 sec	Neutral grip. Can also be done on a machine.
B) Reverse Flyes	5	6-8	30X1	50 sec	On cables. Bent over, and 1-arm at a time.
C) Seated Calf Raise	5	12-15	21X1	60 sec	
D) Full Contact Twists	4	8-10	---	60 sec	
E) Lean Away Lateral Raises	5	8-10	31X1	60 sec.	

Day 95
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	5	8-10	41X0	10 sec	Heels Elevated.
A2) Deadlifts	5	6-8	31X0	90 sec	
B1) Low Pulley Split Squat	4	6-8	31X0	10 sec	Front Foot Elevated
B2) Pistol Squat	4	AMRAP	30X0	75 sec	
C) Hack Squats	3	8-10	40X0	50 sec	
D) Leg Curls	3	6-8	41X0	60 sec.	2 on 1's. Lift with 2 legs, lower with 1. Alternate legs with each rep.

Day 96
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	5	6-8	41X0	10 sec	With DB's. Find a bench that adjusts to both flat & Incline.
A2) Bench Press	5	6-8	40X0	75 sec	Heels Elevated.
B1) Spider Curls	5	6-8	30X1	10 sec	Or Machine Preacher Curls.
B2) Hammer Curls	5	6-8	40X0	60 sec	
C) Cable Curls	4	8-10	31X0	50 sec	Low Pulley. Arms behind body.
D) Incline Cable Crossover	4	8-10	31X0	50 sec.	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toes to Sky	3	6-8	10X8		
A2) Cable Crunch	3	12-15	31X0	75 sec	
B1) Speed Skaters	3	10-12	---	---	Explosively as possible.
B2) Glute Kickback	3	12-15	20X2	60 sec	On machine or cables.

Day 97 OFF

Day 98
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	5	6-8	50X1	10 sec	Behind the neck. If you can do Chin-ups, switch the order.
A2) Lat Pulldown	5	6-8	50X1	75 sec	Wide Pronated Grip.
B1) Overhead Triceps Extension	5	6-8	50X0	10 sec	Lying against low incline
B2) Triceps Extension	5	6-8	41X0	60 sec	Barbell or DB's
C1) Reverse Flyes	5	6-8	30X1	10 sec	
C2) Cable Rows	5	6-8	41X0	75 sec	Wide Neutral Grip
D1) Triceps Pressdowns	5	6-8	31X1	10 sec	Reverse Grip
D2) Push-ups	5	AMRAP	41X0	60 sec	Hands Close

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toe Touch Planks	3	12-15	---		
A2) Hopping Lunge	3	6-8	---	90 sec	Explosively as possible.
B) Hip Thrust	3	6-8	10X4	75 sec	Drop-Sets. Now the time to go heavy.

Day 99
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Front Squats	5	6-8	41X0	10 sec	Heels Elevated. Can also be a Pistol Squat
A2) Squats	5	6-8	40X0	90 sec	Heels Elevated.
B1) Hamstring Prey Contraction	5	1	60-sec holds	10 sec	Lying against low incline
B2) Hamstring Leg Press	5	12-15	30X0	60 sec	
C) Leg Extension	4	8-10	30X1	50 sec	
D) Leg Curls	5	6-8	41X0	60 sec.	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	----	Start on an incline, hit 12-15 reps, lower the incline, and repeat. Then move to A2.
A2) Bicycle Crunch	3	30-35	---	60 sec	

Day 100 OFF

Day 101 Shoulder & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	5	6-8	21X1	10 sec	w/DB's. Wide grip.
A2) DB's Shoulder Press	5	6-8	40X0	90 sec	Neutral grip. Can also be done on a machine.
B) Reverse Flyes	5	6-8	30X1	50 sec	On cables. Bent over, and 1-arm at a time.
C) Seated Calf Raise	5	12-15	21X1	60 sec	
D) Full Contact Twists	4	8-10	---	60 sec	
E) Lean Away Lateral Raises	5	8-10	31X1	60 sec.	

Day 102 Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Stiff Legged Deadlift	5	8-10	41X0	10 sec	Heels Elevated.
A2) Deadlifts	5	6-8	31X0	90 sec	
B1) Low Pulley Split Squat	4	6-8	31X0	10 sec	Front Foot Elevated
B2) Pistol Squat	4	AMRAP	30X0	75 sec	
C) Hack Squats	3	8-10	40X0	50 sec	
D) Leg Curls	3	6-8	41X0	60 sec.	2 on 1's. Lift with 2 legs, lower with 1. Alternate legs with each rep.

Day 103
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	5	6-8	41X0	10 sec	With DB's. Find a bench that adjusts to both flat & Incline.
A2) Bench Press	5	6-8	40X0	75 sec	Heels Elevated.
B1) Spider Curls	5	6-8	30X1	10 sec	Or Machine Preacher Curls.
B2) Hammer Curls	5	6-8	40X0	60 sec	
C) Cable Curls	4	8-10	31X0	50 sec	Low Pulley. Arms behind body.
D) Incline Cable Crossover	4	8-10	31X0	50 sec.	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Toes to Sky	3	6-8	10X8		
A2) Cable Crunch	3	12-15	31X0	75 sec	
B1) Speed Skaters	3	10-12	----	---	Explosively as possible.
B2) Glute Kickback	3	12-15	20X2	60 sec	On machine or cables.

Day 104 OFF

Day 105

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.

<https://youtu.be/cxvqtgZjiHU>

Day 105

Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	10 minutes	12	8	Wide neutral grip
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	10 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	With Cables or DB's.
C1) Push-Ups	12 minutes	12	8	Hands close. Or Dips/Dip Machine
C2) Hammer Strength Rows		12	8	Could also be Bent Over Rows
D1) Lat Pulldown	10 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) High Step-Ups	12 minutes	20	15	
A2) Modified V-Sit		12	8	

Day 106
Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	10 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Glute Bridges	10 minutes	12	8	Feet on small step. Push through heels
C2) Duck Leg Press		15	10	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	10 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Day 107 OFF

Day 108
Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	10 minutes	12	8	
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	
D1) Hip Thrust	10 minutes	15	12	
D2) Bicycle Crunch		30	20	

Day 109
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	10 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Chest Press	10 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) Hammer Curls		12	8	
D1) Glute Kickbacks	10 minutes	15	12	
D2) Toe Touch Plank		15	12	

Day 110
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Rows	5	6-8	41X1	----	
A2) DB Triceps Extension	5	6-8	32X0	90 sec	Both A1 & A2 can be done on cables
Exercise	Time Period	Rep Max	Reps Performed	Notes	
B1) B-Pak Pullover	10 Minutes	20	15		
B2) Triceps Pressdowns		20	15	Both B1 & B2 can also be with rope.	
C1) Lat Pulldown	10 Minutes	20	15	Reverse Grip	
C2) Overhead Triceps Extension		20	15		

Day 111 OFF

Day 112

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Squats	5	6-8	41X0	60 sec	Heels Elevated. Close Stance.
A2) Leg Curls	5	6-8	40X0	60 sec	Hips Extended.
Exercise	Time Period	Rep Max	Reps Performed	Notes	

			d	
B1) Cable Pull-Through	10 Minutes	20	15	
B2) Cable Drags		8-10	4	Load the stack with a weight you can walk out and back with 8-10 reps, but only perform 4.
C1) Bulgarian Squats	12 Minutes	20	15	
C2) Hamstring Leg Press		20	15	

**Day 113
Shoulders & Calves**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lean Away Lateral Raise	5	6-8	31X1	----	
A2) Standing Calf Raise	5	8-10	21X1	90 sec	
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) W-Press	10 Minutes		20	15	
B2) Seated Calf Raises			20	15	Both B1 & B2 can also be with rope.
C1) Upright Rows	10 Minutes		20	15	w/DB's
C2) Reverse Flyes			20	15	Thumbs Down.

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Drop Lunges	12 minutes	20	15	Front Foot Elevated. Long Stride
A2) Toe Touch Plank		20	12	

**Day 114 OFF
Day 115
Chest & Biceps**

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	5	6-8	32X0	----	Neutral Grip
A2) DB Curls	5	6-8	31X0	90 sec	w/Twist
Exercise	Time Period		Rep Max	Reps Performed	Notes

			d	
B1) Incline Cable Crossover	10 Minutes	15	12	
B2) Cable Curls		20	15	(2-arms.) Hands behind body. Can also be incline curls w/DB's/
C1) High Pulley Cable Curls	10 Minutes	20	15	
C2) Cable Crossovers		15	12	Or Flyes

Day 116
Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	10 minutes	12	8	Wide neutral grip
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	10 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	With Cables or DB's.
C1) Push-Ups	12 minutes	12	8	Hands close. Or Dips/Dip Machine
C2) Hammer Strength Rows		12	8	Could also be Bent Over Rows
D1) Lat Pulldown	10 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) High Step-Ups	12 minutes	20	15	
A2) Modified V-Sit		12	8	

Day 117
Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	10 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Glute Bridges	10 minutes	12	8	Feet on small step. Push through heels
C2) Duck Leg Press		15	10	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	10 minutes	20	15	Choose an Incline that will put you in the

				desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Day 118 OFF

Day 119 Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	10 minutes	12	8	
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	
D1) Hip Thrust	10 minutes	15	12	
D2) Bicycle Crunch		30	20	

Day 120 Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	10 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Chest Press	10 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) Hammer Curls		12	8	
D1) Glute Kickbacks	10 minutes	15	12	
D2) Toe Touch Plank		15	12	

Day 121 Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Rows	5	6-8	41X1	----	
A2) DB Triceps Extension	5	6-8	32X0	90 sec	Both A1 & A2 can be done on cables

Exercise	Time Period	Rep Max	Reps Performed	Notes
B1) B-Pak Pullover	10 Minutes	20	15	
B2) Triceps Pressdowns		20	15	Both B1 & B2 can also be with rope.
C1) Lat Pulldown	10 Minutes	20	15	Reverse Grip
C2) Overhead Triceps Extension		20	15	

Day 122 OFF

Day 123

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Squats	5	6-8	41X0	60 sec	Heels Elevated. Close Stance.
A2) Leg Curls	5	6-8	40X0	60 sec	Hips Extended.
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) Cable Pull-Through	10 Minutes		20	15	
B2) Cable Drags			8-10	4	Load the stack with a weight you can walk out and back with 8-10 reps, but only perform 4.
C1) Bulgarian Squats	12 Minutes		20	15	
C2) Hamstring Leg Press			20	15	

Day 124

Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lean Away Lateral Raise	5	6-8	31X1	----	
A2) Standing Calf Raise	5	8-10	21X1	90 sec	
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) W-Press	10 Minutes		20	15	
B2) Seated Calf Raises			20	15	Both B1 & B2 can also be with rope.
C1) Upright Rows	10 Minutes		20	15	w/DB's
C2) Reverse Flyes			20	15	Thumbs Down.

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Drop Lunges	12 minutes	20	15	Front Foot Elevated. Long Stride
A2) Toe Touch Plank		20	12	

Day 125 OFF

Day 126 Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	5	6-8	32X0	----	Neutral Grip w/Twist
A2) DB Curls	5	6-8	31X0	90 sec	
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) Incline Cable Crossover	10 Minutes		15	12	(2-arms.) Hands behind body. Can also be incline curls w/DB's/
B2) Cable Curls			20	15	
C1) High Pulley Cable Curls	10 Minutes		20	15	Or Flyes
C2) Cable Crossovers			15	12	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	10 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	

Day 127 Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
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A1) Lat Pulldown	12 minutes	12	8	Wide neutral grip
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	12 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	With Cables or DB's.
C1) Push-Ups	12 minutes	12	8	Hands close. Or Dips/Dip Machine
C2) Hammer Strength Rows		12	8	Could also be Bent Over Rows
D1) Lat Pulldown	12 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) High Step-Ups	12 minutes	20	15	
A2) Modified V-Sit		12	8	

Day 128

Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	10 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	12 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Glute Bridges	10 minutes	12	8	Feet on small step. Push through heels
C2) Duck Leg Press		15	10	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	10 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Day 129 OFF

Day 130

Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	12 minutes	12	8	
A2) Reverse Flyes		12	8	Lean forward. Thumbs down.
B1) Lateral Raise	12 minutes	12	8	Thumbs down.
B2) Seated Calf Raises		20	15	
C1) Cable Lateral Raises	12 minutes	12	8	
C2) Cable Crunches		15	12	
D1) Hip Thrust	12 minutes	15	12	
D2) Bicycle Crunch		30	20	

Day 131
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) Chest Press	12 minutes	12	8	OR Bench Press
B2) Preacher Curls		12	8	Can be done with Cables
C1) Incline Cable Crossover	12 minutes	12	8	
C2) Hammer Curls		12	8	
D1) Glute Kickbacks	12 minutes	15	12	
D2) Toe Touch Plank		15	12	

Day 132
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Rows	5	6-8	41X1	----	
A2) DB Triceps Extension	5	6-8	32X0	90 sec	Both A1 & A2 can be done on cables

Exercise	Time Period	Rep Max	Reps Performed	Notes
B1) B-Pak Pullover	12 Minutes	20	15	
B2) Triceps Pressdowns		20	15	Both B1 & B2 can also be with rope.
C1) Lat Pulldown	12 Minutes	20	15	Reverse Grip
C2) Overhead Triceps Extension		20	15	

Day 133 OFF

Day 134

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Squats	5	6-8	41X0	60 sec	Heels Elevated. Close Stance.
A2) Leg Curls	5	6-8	40X0	60 sec	Hips Extended.
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) Cable Pull-Through	12 Minutes		20	15	
B2) Cable Drags			8-10	4	Load the stack with a weight you can walk out and back with 8-10 reps, but only perform 5.
C1) Bulgarian Squats	12 Minutes		20	15	
C2) Hamstring Leg Press			20	15	

Day 135

Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lean Away Lateral Raise	5	6-8	31X1	----	
A2) Standing Calf Raise	5	8-10	21X1	90 sec	
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) W-Press	12 Minutes		20	15	
B2) Seated Calf Raises			20	15	Both B1 & B2 can also be with rope.
C1) Upright Rows	12 Minutes		20	15	w/DB's

C2) Reverse Flyes		20	15	Thumbs Down.
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Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Drop Lunges	12 minutes	20	15	Front Foot Elevated. Long Stride
A2) Toe Touch Plank		20	12	

Day 136 OFF

Day 137

Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	5	6-8	32X0	----	Neutral Grip
A2) DB Curls	5	6-8	31X0	90 sec	w/Twist
Exercise	Time Period		Rep Max	Reps Performed	Notes
B1) Incline Cable Crossover	12 Minutes		15	12	(2-arms.) Hands behind body. Can also be incline curls w/DB's/
B2) Cable Curls			20	15	
C1) High Pulley Cable Curls	12 Minutes		20	15	Or Flyes
C2) Cable Crossovers			15	12	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	12 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Day 138 Back & Triceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Lat Pulldown	13 minutes	12	8	Wide neutral grip
A2) Overhead Triceps Extension		12	8	
B1) Cable Rows	13 minutes	12	8	Wide Pronated Grip
B2) Triceps Extension		15	12	With Cables or DB's.
C1) Push-Ups	12 minutes	12	8	Hands close. Or Dips/Dip Machine
C2) Hammer Strength Rows		12	8	Could also be Bent Over Rows
D1) Lat Pulldown	12 minutes	10	8	Behind the Neck
D2) Rope Kickbacks		15	12	

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) High Step-Ups	12 minutes	20	15	
A2) Modified V-Sit		12	8	

Day 139

Legs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Leg Extension	13 minutes	12	8	
A2) Deadlift		12	8	
B1) Leg Curls	13 minutes	12	8	
B2) Bulgarian Squats		15	12	
C1) Glute Bridges	12 minutes	12	8	Feet on small step. Push through heels
C2) Duck Leg Press		15	10	

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	13 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Day 140 OFF

Day 141

Shoulders & Calves

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Machine Shoulder Press	13 minutes	12	8	
A2) Reverse Flyes		12	8	Lean forward. Thumbs down.
B1) Lateral Raise	13 minutes	12	8	Thumbs down.
B2) Seated Calf Raises		20	15	
C1) Cable Lateral Raises	12 minutes	12	8	
C2) Cable Crunches		15	12	
D1) Hip Thrust	12 minutes	15	12	
D2) Bicycle Crunch		30	20	

Day 142
Chest & Biceps

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Incline Bench Press	13 minutes	12	8	Or incline chest press
A2) Incline Curls		12	8	
B1) Chest Press	13 minutes	12	8	OR Bench Press
B2) Preacher Curls		12	8	Can be done with Cables
C1) Incline Cable Crossover	12 minutes	12	8	
C2) Hammer Curls		12	8	
D1) Glute Kickbacks	12 minutes	15	12	
D2) Toe Touch Plank		15	12	

Day 143
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Rows	5	6-8	41X1	----	
A2) DB Triceps Extension	5	6-8	32X0	90 sec	Both A1 & A2 can be done on cables
Exercise	Time Period	Rep Max	Reps Performed	Notes	
B1) B-Pak Pullover	12 Minutes	20	15		
B2) Triceps Pressdowns		20	15	Both B1 & B2 can also be with rope.	
C1) Lat Pulldown	12 Minutes	20	15	Reverse Grip	
C2) Overhead Triceps Extension		20	15		

Day 144 OFF
Day 145
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1 ¼ Squats	5	6-8	41X0	60 sec	Heels Elevated. Close Stance.
A2) Leg Curls	5	6-8	40X0	60 sec	Hips Extended.

Exercise	Time Period	Rep Max	Reps Performed	Notes
B1) Cable Pull-Through	13 Minutes	20	15	Load the stack with a weight you can walk out and back with 8-10 reps, but only perform 5.
B2) Cable Drags		8-10	4	
C1) Bulgarian Squats	13 Minutes	20	15	
C2) Hamstring Leg Press		20	15	

Day 146

Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lean Away Lateral Raise	5	6-8	31X1	----	
A2) Standing Calf Raise	5	8-10	21X1	90 sec	

Exercise	Time Period	Rep Max	Reps Performed	Notes
B1) W-Press	13 Minutes	20	15	Both B1 & B2 can also be with rope.
B2) Seated Calf Raises		20	15	
C1) Upright Rows	13 Minutes	20	15	w/DB's
C2) Reverse Flyes		20	15	Thumbs Down.

Abs & Glutes

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Drop Lunges	12 minutes	20	15	Front Foot Elevated. Long Stride
A2) Toe Touch Plank		20	12	

Day 147 OFF

Day 148

Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	5	6-8	32X0	----	Neutral Grip
A2) DB Curls	5	6-8	31X0	90 sec	w/Twist

Exercise	Time Period	Rep Max	Reps Performed	Notes
B1) Incline Cable Crossover	12 Minutes	15	12	
B2) Cable Curls		20	15	(2-arms.) Hands behind body. Can also be incline curls w/DB's/
C1) High Pulley Cable Curls	12 Minutes	20	15	
C2) Cable Crossovers		15	12	Or Flyes

Abs

Exercise	Time Period	Rep Max	Reps Performed	Notes
A1) Reverse Crunch	12 minutes	20	15	Choose an Incline that will put you in the desired rep range.
A2) Side Crunch		12	8	In Side Plank position.

Take a week off of training. Enjoy yourself, and your new body! Only do Yoga, and stretching.

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-goPJgTd_tDXigSYVWkptP

Workout Concepts

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