



BODY NOVA FITNESS COACHING
PRESENTS:

Super Hero Physique Program

FOR WOMEN



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

Day 1

Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	4	6-8	41X0	75 sec	
A2) Reverse Flyes	4	8-10	21X1	75 sec	Thumbs down. Leaning forward.
B1) Seated Dumbbell Curls	4	6-8	40X0	60 sec	With twist.
B2) Close Grip Bench Press	4	6-8	41X0	60 sec	Can also be dips or a dip machine. You'll need to change the form to hit the triceps
C1) Overhead Triceps Extension	4	6-8	31X0	---	
C2) Preacher Curls	4	6-8	31X0	75 sec	With dumbbells. Preferably both arms at same time.
D1) Lateral Raises	3	8-10	21X1	---	
D2) DB Upright Rows	3	15-20	20X1	75 sec	Wide grip.

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 2

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	4	8-10	41X0	----	Heels Elevated. Can also be 1 ¼ Leg Press.
A2) Bulgarian Squats	4	15-20	30X0	90 sec	
B1) Stiff Legged Deadlifts	4	12-15	40X0		
B2) Hamstring Prey Contraction	4	1	45-sec hold	90 sec	
C1) Calf Raise on Leg Press	4	10-12	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	15-20	21X1	75 sec	Knees Bent.
D1) Leg Curl	3	6-8	40X1	-----	Seated or Kneeling.
D2) Wall Squat	3	1	----	75 sec	30-45 second hold at 90- degrees of knee bend.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Crunch	3	12-15	30X0	---	
A2) Bicycle Crunch	3	25-30	----	75 sec	

Day 3
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4	6-8	41X0	75 sec	Or Incline Chest Press
A2) DB Rows	4	6-8	40X1	75 sec	Can also be done lying against a slight incline.
B1) Lat Pulldown	4	6-8	40X0	---	Close grip. Preferably a reverse grip, but can also be a neutral grip.
B2) Lat Pulldown	4	15-20	20X1	75 sec	Behind the neck.
C1) Cable Crossover	4	8-10	31X0	---	Or Flyes
C2) Push-ups	4	AMRAP	20X0	75 sec	AMRAP- As Many Reps as Possible. Push-ups can also be the modified version from the knees.

Day 4 OFF

Day 5
Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	4	8-10	30X1	----	Can also be done with cables.
A2) Incline Lateral Raise	4	8-10	30X1	75 sec	If you use cables for A1
B1) Incline Curls	4	6-8	40X0	60 sec	With twist.
B2) Barbell Curls	4	6-8	31X0	60 sec	With DB's.
C1) Rope Pressdowns	4	8-10	31X0	---	
C2) Triceps Kickbacks	4	12-15	21X1	75 sec	On ropes with cables.
D) DB Shoulder Press	2	15-25	20X0	40 sec	Neutral grip. Can also be done on a machine.
E) Reverse Flyes	3	8-10	20X1	75 sec	With cables. 1 arm at a time

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Smith Machine Squats	3	8-10	40X0	---	
A2) Reverse Lunges	3	15-20	20X0	75 sec	Foot on step. Drop Lunge.
B) Side Plank	3	1	45 sec holds	60 sec	Each side.

Day 6

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	4	6-8	31X0	75 sec	
A2) Low Pulley Split Squat	4	8-10	31X0	75 sec	Front Foot Elevated.
B) Duck Leg Press	3-4	10-12	31X0	---	
C1) Leg Curls	4	6-8	40X0	---	
C2) Hip Thrust on Leg Curls	4	10-12	20X3	75 sec	Can also be a glute bridge done with a barbell.
D) Leg Extension	2-3	15-20	20X0	40 sec	
E) Seated Calf Raise	4	15-20	20X2	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	---	
A2) Toes to Sky	3	6-8	20X3	75 sec	If you can't perform the holds

Day 7 Off

Day 8
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	4	6-8	20X2	----	Top 1/2 of the Range of Motion. For upper back.
A2) Cable Rows	4	12-15	30X1	75 sec	Wide Pronated Grip
B1) Bench Press	4	6-8	40X0	60 sec	Can also be chest press.
B2) Flyes	4	12-15	31X0	60 sec	Or Cable Crossover
C) Lat Pulldown	4	10-12	31X0	50 sec	
D) Incline Cable Crossover	4	12-15	21X1	75 sec	Or Incline Flyes.
E) B-Pak Pullover	2	12-15	30X1	50 sec	

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 9

Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	4	6-8	41X0	75 sec	
A2) Reverse Flyes	4	8-10	21X1	75 sec	Thumbs down. Leaning forward.
B1) Seated Dumbbell Curls	4	6-8	40X0	60 sec	With twist.
B2) Close Grip Bench Press	4	6-8	41X0	60 sec	Can also be dips or a dip machine. You'll need to change the form to hit the triceps
C1) Overhead Triceps Extension	4	6-8	31X0	---	
C2) Preacher Curls	4	6-8	31X0	75 sec	With dumbbells. Preferably both arms at same time.
D1) Lateral Raises	3	8-10	21X1	---	
D2) DB Upright Rows	3	15-20	20X1	75 sec	Wide grip.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Crunch	3	12-15	30X0	---	
A2) Bicycle Crunch	3	25-30	----	75 sec	

Day 10

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	4	8-10	41X0	----	Heels Elevated. Can also be 1 ¼ Leg Press.
A2) Bulgarian Squats	4	15-20	30X0	90 sec	
B1) Stiff Legged Deadlifts	4	12-15	40X0		
B2) Hamstring Prey Contraction	4	1	45-sec hold	90 sec	
C1) Calf Raise on Leg Press	4	10-12	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	15-20	21X1	75 sec	Knees Bent.
D1) Leg Curl	3	6-8	40X1	-----	Seated or Kneeling.
D2) Wall Squat	3	1	----	75 sec	30-45 second hold at 90- degrees of knee bend.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Knee-Ups	3	12-15	30X0	---	Or Reverse Crunch
A2) Leg Lift Hold	3	1	----	75 sec	30-60 sec hold, 6 –inches off of ground.

Day 11 Off

Day 12

Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4	6-8	41X0	75 sec	Or Incline Chest Press
A2) DB Rows	4	6-8	40X1	75 sec	Can also be done lying against a slight incline.
B1) Lat Pulldown	4	6-8	40X0	---	Close grip. Preferably a reverse grip, but can also be a neutral grip.
B2) Lat Pulldown	4	15-20	20X1	75 sec	Behind the neck.
C1) Cable Crossover	4	8-10	31X0	---	Or Flyes
C2) Push-ups	4	AMRAP	20X0	75 sec	AMRAP- As Many Reps as Possible. Push-ups can also be the modified version from the knees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Smith Machine Squats	3	8-10	40X0	---	
A2) Reverse Lunges	3	15-20	20X0	75 sec	Foot on step. Drop Lunge.
B) Side Plank	3	1	45 sec holds	60 sec	Each side.

Day 13
Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	4	8-10	30X1	----	Can also be done with cables.
A2) Incline Lateral Raise	4	8-10	30X1	75 sec	If you use cables for A1
B1) Incline Curls	4	6-8	40X0	60 sec	With twist.
B2) Barbell Curls	4	6-8	31X0	60 sec	With DB's.
C1) Rope Pressdowns	4	8-10	31X0	---	
C2) Triceps Kickbacks	4	12-15	21X1	75 sec	On ropes with cables.
D) DB Shoulder Press	2	15-25	20X0	40 sec	Neutral grip. Can also be done on a machine.
E) Reverse Flyes	3	8-10	20X1	75 sec	With cables. 1 arm at a time

Day 14 Off

Day 15

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	4	6-8	31X0	75 sec	
A2) Low Pulley Split Squat	4	8-10	31X0	75 sec	Front Foot Elevated.
B) Duck Leg Press	3-4	10-12	31X0	---	
C1) Leg Curls	4	6-8	40X0	---	
C2) Hip Thrust on Leg Curls	4	10-12	20X3	75 sec	Can also be a glute bridge done with a barbell.
D) Leg Extension	2-3	15-20	20X0	40 sec	
E) Seated Calf Raise	4	15-20	20X2	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	---	
A2) Toes to Sky	3	6-8	20X3	75 sec	If you can't perform the holds, just perform reps.

Day 16
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	4	6-8	20X2	----	Top 1/2 of the Range of Motion. For upper back.
A2) Cable Rows	4	12-15	30X1	75 sec	Wide Pronated Grip
B1) Bench Press	4	6-8	40X0	60 sec	Can also be chest press.
B2) Flyes	4	12-15	31X0	60 sec	Or Cable Crossover
C) Lat Pulldown	4	10-12	31X0	50 sec	
D) Incline Cable Crossover	4	12-15	21X1	75 sec	Or Incline Flyes.
E) B-Pak Pullover	2	12-15	30X1	50 sec	

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 17

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	4	8-10	41X0	----	Heels Elevated. Can also be 1 1/4 Leg Press.
A2) Bulgarian Squats	4	15-20	30X0	90 sec	
B1) Stiff Legged Deadlifts	4	12-15	40X0		
B2) Hamstring Prey Contraction	4	1	45-sec hold	90 sec	
C1) Calf Raise on Leg Press	4	10-12	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	15-20	21X1	75 sec	Knees Bent.
D1) Leg Curl	3	6-8	40X1	-----	Seated or Kneeling.
D2) Wall Squat	3	1	----	75 sec	30-45 second hold at 90-degrees of knee bend.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Crunch	3	12-15	30X0	---	
A2) Bicycle Crunch	3	25-30	----	75 sec	

Day 18 Off

Day 19

Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4	6-8	41X0	75 sec	Or Incline Chest Press
A2) DB Rows	4	6-8	40X1	75 sec	Can also be done lying against a slight incline.
B1) Lat Pulldown	4	6-8	40X0	---	Close grip. Preferably a reverse grip, but can also be a neutral grip.
B2) Lat Pulldown	4	15-20	20X1	75 sec	Behind the neck.
C1) Cable Crossover	4	8-10	31X0	---	Or Flyes
C2) Push-ups	4	AMRAP	20X0	75 sec	AMRAP- As Many Reps as Possible. Push-ups can also be the modified version from the knees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 20
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4	6-8	41X0	75 sec	Or Incline Chest Press
A2) DB Rows	4	6-8	40X1	75 sec	Can also be done lying against a slight incline.
B1) Lat Pulldown	4	6-8	40X0	---	Close grip. Preferably a reverse grip, but can also be a neutral grip.
B2) Lat Pulldown	4	15-20	20X1	75 sec	Behind the neck.
C1) Cable Crossover	4	8-10	31X0	---	Or Flyes
C2) Push-ups	4	AMRAP	20X0	75 sec	AMRAP- As Many Reps as Possible. Push-ups can also be the modified version from the knees.

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 21 Off

Day 22

Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	4	6-8	41X0	75 sec	
A2) Reverse Flyes	4	8-10	21X1	75 sec	Thumbs down. Leaning forward.
B1) Seated Dumbbell Curls	4	6-8	40X0	60 sec	With twist.
B2) Close Grip Bench Press	4	6-8	41X0	60 sec	Can also be dips or a dip machine. You'll need to change the form to hit the triceps
C1) Overhead Triceps Extension	4	6-8	31X0	---	
C2) Preacher Curls	4	6-8	31X0	75 sec	With dumbbells. Preferably both arms at same time.
D1) Lateral Raises	3	8-10	21X1	---	
D2) DB Upright Rows	3	15-20	20X1	75 sec	Wide grip.

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 23

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	4	8-10	41X0	----	Heels Elevated. Can also be 1 ¼ Leg Press.
A2) Bulgarian Squats	4	15-20	30X0	90 sec	
B1) Stiff Legged Deadlifts	4	12-15	40X0		
B2) Hamstring Prey Contraction	4	1	45-sec hold	90 sec	
C1) Calf Raise on Leg Press	4	10-12	21X1	---	Legs Straight
C2) Calf Raise on Leg Press	4	15-20	21X1	75 sec	Knees Bent.
D1) Leg Curl	3	6-8	40X1	-----	Seated or Kneeling.
D2) Wall Squat	3	1	----	75 sec	30-45 second hold at 90-degrees of knee bend.

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Crunch	3	12-15	30X0	---	
A2) Bicycle Crunch	3	25-30	----	75 sec	

Day 24
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4	6-8	41X0	75 sec	Or Incline Chest Press
A2) DB Rows	4	6-8	40X1	75 sec	Can also be done lying against a slight incline.
B1) Lat Pulldown	4	6-8	40X0	---	Close grip. Preferably a reverse grip, but can also be a neutral grip.
B2) Lat Pulldown	4	15-20	20X1	75 sec	Behind the neck.
C1) Cable Crossover	4	8-10	31X0	---	Or Flyes
C2) Push-ups	4	AMRAP	20X0	75 sec	AMRAP- As Many Reps as Possible. Push-ups can also be the modified version from the knees.

Day 25 OFF

Day 26

Shoulders & Arms

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Upright Rows	4	8-10	30X1	----	Can also be done with cables.
A2) Incline Lateral Raise	4	8-10	30X1	75 sec	If you use cables for A1
B1) Incline Curls	4	6-8	40X0	60 sec	With twist.
B2) Barbell Curls	4	6-8	31X0	60 sec	With DB's.
C1) Rope Pressdowns	4	8-10	31X0	---	
C2) Triceps Kickbacks	4	12-15	21X1	75 sec	On ropes with cables.
D) DB Shoulder Press	2	15-25	20X0	40 sec	Neutral grip. Can also be done on a machine.
E) Reverse Flyes	3	8-10	20X1	75 sec	With cables. 1 arm at a time

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Smith Machine Squats	3	8-10	40X0	---	
A2) Reverse Lunges	3	15-20	20X0	75 sec	Foot on step. Drop Lunge.
B) Side Plank	3	1	45 sec holds	60 sec	Each side.

Day 27

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	4	6-8	31X0	75 sec	
A2) Low Pulley Split Squat	4	8-10	31X0	75 sec	Front Foot Elevated.
B) Duck Leg Press	3-4	10-12	31X0	---	
C1) Leg Curls	4	6-8	40X0	---	
C2) Hip Thrust on Leg Curls	4	10-12	20X3	75 sec	Can also be a glute bridge done with a barbell.
D) Leg Extension	2-3	15-20	20X0	40 sec	
E) Seated Calf Raise	4	15-20	20X2	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	12-15	30X0	---	
A2) Toes to Sky	3	6-8	20X3	75 sec	If you can't perform the holds

Day 28 Off

Day 29
Back & Chest

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Flyes	4	6-8	20X2	----	Top ½ of the Range of Motion. For upper back.
A2) Cable Rows	4	8-10	30X1	75 sec	Wide Pronated Grip
B1) Bench Press	4	6-8	40X0	60 sec	Can also be chest press.
B2) Flyes	4	12-15	31X0	60 sec	Or Cable Crossover
C) Lat Pulldown	4	10-12	31X0	50 sec	
D) Incline Cable Crossover	4	12-15	21X1	75 sec	Or Incline Flyes.
E) B-Pak Pullover	2	12-15	30X1	50 sec	

Glute Specialization Work

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) 1-Legged Hip Thrust	3-4	8-10	20X2	----	
A2) Hip Thrust	3-4	6-8	20X4	60 sec	

Day 30 & 31 OFF

12, 10, 8, 6, 15+POF

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

Shoulders & Calves

Day 32

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 8, 6, 20	31X0	60 sec	
B) Incline Lateral Raises	12, 8, 6, 20	30X1	60 sec	
C) Upright Rows	12, 8, 6, 20	20X1	60 sec	Wide Grip
D) Calf Raises On Leg Press	12, 8, 6, 20	22X0	50 sec	Legs Straight
E) Standing Calf Raise	12, 8, 6, 20	21X1	50 sec	
F) Reverse Flyes	12, 8, 6, 20	20X2	50 sec	Thumbs down. Preferably on the machine. Do not let arms go down further than 45 degrees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 33

Legs

Plyo Circuit

Exercise	Reps	Tempo	Rest	Notes
A1) Jump Squats	6-8	---	----	Real Jump Squats. Not those feet switching, fake plyos, you see most people do.
A2) Squats	10-12	30X1	----	Heels elevated.
A3) Bulgarian Squats	15-20	20X1	90 sec	
B1) Stiff Legged Deadlift	6-8	40X0	----	Legs Straight
B2) Leg Curls	8-10	40X1	----	Or Hamstring Prey Contractions with 45-second hold.
B3) Reverse Hypers	15-25	20X1	90 sec	You might have to hold a weight between your feet.
C) Duck Leg Press	15-20	30X0	60 sec	Continuous Tension. Don't lockout.
D) Glute Bridge	10-12	20X4	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Reverse Crunch	3	12-15	30X0	---	Flat

Day 34

Back & Triceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Lat Pulldowns	12, 8, 6, 20	30X1	60 sec	Wide neutral grip
B) Decline Close Grip Bench Press	12, 8, 6, 20	30X1	50 sec	
C) B-Pak Pullovers	12, 8, 6, 20	30X0	50 sec	Continuous tension
D) Overhead Triceps Extension	12, 8, 6, 20	22X0	50 sec	
E) T-Bar Rows	12, 8, 6, 20	21X1	50 sec	Can also be DB Incline Rows, Cable rows
F) Rope Kickbacks	15, 12, 10, 15	20X2	50 sec	

Day 35 Off

Day 36
Chest & Biceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	6-8	31X0	----	
A2) Incline Flyes	3-4	10-12	40X0	----	
A3) Flyes	3-4	15-20	20X1	90 sec	Or Cable Crossover
B1) Dumbbell Curls	3-4	10-12	40X0	----	w/twist
B2) Incline Curls	3-4	10-12	30X1	----	
B3) Spider Curls	3-4	15-25	30X1	90 sec	
C) Push-ups	3	15-20	30X0	50 sec	Continuous Tension.
D) High Pulley Cable Curls	3	12-15	20X6	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Side Plank	3	10-20	20X0	60 sec	Perform side crunches in the side plank position. Every 10th rep, hold the fully contracted position for 10 seconds.
B1) Hip Adduction	3	10-12	31X0	---	
B2) Speed Skaters	3	12-15	---	75 sec	Perform explosively as safely possible.

Day 37
Shoulders & Calves
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	10-12	20X1	----	Thumbs down.
A2) Military Press	3-4	10-12	30X1	----	
A3) W-Press	3-4	15-20	20X1	90 sec	
B) Seated Calf Raises	5	15-20	40X0	50 sec	
C) Reverse Flyes	4	10-12	30X1	60 sec	
D) Cable Lateral Raises	4	10-12	20X2	50 sec	Cross Cables Behind back.
E) Standing Calf Raise	4	12-15	20X2	60 sec	
F) Full Contact Twists	3	10-12	20X0	60 sec	

Day 38 OFF

Day 39

Legs

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15	31X0	75 sec	
B) Leg Press	20, 15, 10, 10	30X1	50 sec	
C1) Leg Curls	12, 10, 8, 6, 15	30X1	----	Hips Extended
C2) Hip Thrust	20, 15, 15, 10, 20	20X2	50 sec	On leg curl.
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	4 Sets 25 reps	20X1	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Reverse Crunch	3	12-15	30X0	---	Flat

Day 40
Back & Triceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	10-12	30X1	----	
A2) Row to Neck	3-4	10-12	20X2	----	
A3) Lat Pulldowns	3-4	15-20	20X1	90 sec	Behind the Neck
B1) Dip Machine	3-4	10-12	30X0	----	
B2) Overhead Tricep Extension	4	10-12	30X1	----	
B3) DB Triceps Kickbacks	4	10-12	20X2	90 sec	
C1) Lat Pulldowns	4	12-15	20X2	---	Reverse Grip
C2) Reverse Flyes	4	12-15	20X2	60 sec	
D) Decline Triceps Extension	4	12-15	30X0	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 41

Chest & Biceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15+	31X0	60 sec	
B) Barbell Curls	12, 10, 8, 6, 15+	40X0	50 sec	
C) Cable Crossover	12, 10, 8, 6, 15+	30X1	50 sec	
D) High Pulley Cable Curls	5 sets 15 Reps	20X2	50 sec	
E) Flyes	12, 10, 8, 6, 15+	21X1	50 sec	Don't bring arms all the way in. Keep Constant tension on pecs.
F) Incline Curls	12, 10, 8, 6, 15+	40X0	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Knee-Ups	3	15-20	30X1	---	Or Hanging Leg Raises
A2) Modified V-Sit	3	12-15	20X0	---	
A3) Toe Touch Plank	3	15-20	20X0	75 sec	

Day 42 OFF

Shoulders & Calves

Day 43

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 8, 6, 20	31X0	60 sec	
B) Incline Lateral Raises	12, 8, 6, 20	30X1	60 sec	
C) Upright Rows	12, 8, 6, 20	20X1	60 sec	Wide Grip
D) Calf Raises on Leg Press	12, 8, 6, 20	22X0	50 sec	Legs Straight
E) Standing Calf Raise	12, 8, 6, 20	21X1	50 sec	
F) Reverse Flyes	12, 8, 6, 20	20X2	50 sec	Thumbs down. Preferably on the machine. Do not let arms go down further than 45 degrees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 44

Legs

Plyo Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Jump Squats	3-4	6-8	---	----	Real Jump Squats. Not those feet switching, fake plyos, you see most people do.
A2) Squats	3-4	10-12	30X1	----	Heels elevated.
A3) Bulgarian Squats	3-4	15-20	20X1	90 sec	
B1) Stiff Legged Deadlift	3-4	6-8	40X0	----	Legs Straight
B2) Leg Curls	3-4	8-10	40X1	----	Or Hamstring Prey Contractions with 45-second hold.
B3) Reverse Hypers	3-4	15-25	20X1	90 sec	You might have to hold a weight between your feet.
C) Duck Leg Press	4	15-20	30X0	60 sec	Continuous Tension. Don't lockout.
D) Glute Bridge	4	10-12	20X4	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Reverse Crunch	3	12-15	30X0	90 sec	Flat

Day 45

Back & Triceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Lat Pulldowns	12, 8, 6, 20	30X1	60 sec	Wide neutral grip
B) Decline Close Grip Bench Press	12, 8, 6, 20	30X1	50 sec	
C) B-Pak Pullovers	12, 8, 6, 20	30X0	50 sec	Continuous tension
D) Overhead Triceps Extension	12, 8, 6, 20	22X0	50 sec	
E) T-Bar Rows	12, 8, 6, 20	21X1	50 sec	Can also be DB Incline Rows, Cable rows
F) Rope Kickbacks	15, 12, 10, 15	20X2	50 sec	

Day 46 Off

Day 47
Chest & Biceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	6-8	31X0	----	
A2) Incline Flyes	3-4	10-12	40X0	----	
A3) Flyes	3-4	15-20	20X1	90 sec	Or Cable Crossover
B1) Dumbbell Curls	3-4	10-12	40X0	----	w/twist
B2) Incline Curls	3-4	10-12	30X1	----	
B3) Spider Curls	3-4	15-25	30X1	90 sec	
C) Push-ups	3	15-20	30X0	50 sec	Continuous Tension.
D) High Pulley Cable Curls	3	12-15	20X6	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Side Plank	3	10-20	20X0	60 sec	Perform side crunches in the side plank position. Every 10th rep, hold the fully contracted position for 10 seconds.
B1) Hip Adduction	3	10-12	31X0	---	
B2) Speed Skaters	3	12-15	---	75 sec	Perform explosively as safely possible.

Day 48
Shoulders & Calves
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	10-12	20X1	----	Thumbs down.
A2) Military Press	3-4	10-12	30X1	----	
A3) W-Press	3-4	15-20	20X1	90 sec	
B) Seated Calf Raises	5	15-20	40X0	50 sec	
C) Reverse Flyes	4	10-12	30X1	60 sec	
D) Cable Lateral Raises	4	10-12	20X2	50 sec	Cross Cables Behind back.
E) Standing Calf Raise	4	12-15	20X2	60 sec	
F) Full Contact Twists	3	10-12	20X0	60 sec	

Day 49 OFF

Day 50

Legs

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15	31X0	75 sec	
B) Leg Press	20, 15, 10, 10	30X1	50 sec	
C1) Leg Curls	12, 10, 8, 6, 15	30X1	----	Hips Extended
C2) Hip Thrust	20, 15, 15, 10, 20	20X2	50 sec	On leg curl.
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	4 Sets 25 reps	20X1	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0	----	Low Incline
A3) Reverse Crunch	3	12-15	30X0	90 sec	Flat

Day 51
Back & Triceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	10-12	30X1	----	
A2) Row to Neck	3-4	10-12	20X2	----	
A3) Lat Pulldowns	3-4	15-20	20X1	90 sec	Behind the Neck
B1) Dip Machine	3-4	10-12	30X0	----	
B2) Overhead Tricep Extension	4	10-12	30X1	----	
B3) DB Triceps Kickbacks	4	10-12	20X2	90 sec	
C1) Lat Pulldowns	4	12-15	20X2	---	Reverse Grip
C2) Reverse Flyes	4	12-15	20X2	60 sec	
D) Decline Triceps Extension	4	12-15	30X0	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 52

Chest & Biceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15+	31X0	60 sec	
B) Barbell Curls	12, 10, 8, 6, 15+	40X0	50 sec	
C) Cable Crossover	12, 10, 8, 6, 15+	30X1	50 sec	
D) High Pulley Cable Curls	5 sets 15 Reps	20X2	50 sec	
E) Flyes	12, 10, 8, 6, 15+	21X1	50 sec	Don't bring arms all the way in. Keep Constant tension on pecs.
F) Incline Curls	12, 10, 8, 6, 15+	40X0	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Knee-Ups	3	15-20	30X1	---	Or Hanging Leg Raises
A2) Modified V-Sit	3	12-15	20X0	---	
A3) Toe Touch Plank	3	15-20	20X0	75 sec	

Day 54

Shoulders & Calves

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 8, 6, 20	31X0	60 sec	
B) Incline Lateral Raises	12, 8, 6, 20	30X1	60 sec	
C) Upright Rows	12, 8, 6, 20	20X1	60 sec	Wide Grip
D) Calf Raises On Leg Press	12, 8, 6, 20	22X0	50 sec	Legs Straight
E) Standing Calf Raise	12, 8, 6, 20	21X1	50 sec	
F) Reverse Flies	12, 8, 6, 20	20X2	50 sec	Thumbs down. Preferably on the machine. Do not let arms go down further than 45 degrees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 55

Legs

Plyo Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Jump Squats	3-4	6-8	---	----	Real Jump Squats. Not those feet switching, fake plyos, you see most people do.
A2) Squats	3-4	10-12	30X1	----	Heels elevated.
A3) Bulgarian Squats	3-4	15-20	20X1	90 sec	Either with bands, or using Smith Machine
B1) Stiff Legged Deadlift	3-4	6-8	40X0	----	Legs Straight
B2) Leg Curls	3-4	8-10	40X1	----	Or Hamstring Prey Contractions with 45-second hold.
B3) Reverse Hypers	3-4	15-25	20X1	90 sec	You might have to hold a weight between your feet.
C) Duck Leg Press	4	15-20	30X0	60 sec	Continuous Tension. Don't lockout.
D) Glute Bridge	4	10-12	20X4	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Reverse Crunch	3	12-15	30X0	---	Flat

Day 56

Back & Triceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Lat Pulldowns	12, 8, 6, 20	30X1	60 sec	Wide neutral grip
B) Decline Close Grip Bench Press	12, 8, 6, 20	30X1	50 sec	
C) B-Pak Pullovers	12, 8, 6, 20	30X0	50 sec	Continuous tension
D) Overhead Triceps Extension	12, 8, 6, 20	22X0	50 sec	
E) T-Bar Rows	12, 8, 6, 20	21X1	50 sec	Can also be DB Incline Rows, Cable rows
F) Rope Kickbacks	15, 12, 10, 15	20X2	50 sec	

Day 57 Off

Day 58
Chest & Biceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	6-8	31X0	----	
A2) Incline Flyes	3-4	10-12	40X0	----	
A3) Flyes	3-4	15-20	20X1	90 sec	Or Cable Crossover
B1) Dumbbell Curls	3-4	10-12	40X0	----	w/twist
B2) Incline Curls	3-4	10-12	30X1	----	
B3) Spider Curls	3-4	15-25	30X1	90 sec	
C) Push-ups	3	15-20	30X0	50 sec	Continuous Tension.
D) High Pulley Cable Curls	3	12-15	20X6	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Side Plank	3	10-20	20X0	60 sec	Perform side crunches in the side plank position. Every 10th rep, hold the fully contracted position for 10 seconds.
B1) Hip Adduction	3	10-12	31X0	---	
B2) Speed Skaters	3	12-15	---	75 sec	Perform explosively as safely possible.

Day 59
Shoulders & Calves
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	10-12	20X1	----	Thumbs down.
A2) Military Press	3-4	10-12	30X1	----	
A3) W-Press	3-4	15-20	20X1	90 sec	
B) Seated Calf Raises	5	15-20	40X0	50 sec	
C) Reverse Flyes	4	10-12	30X1	60 sec	
D) Cable Lateral Raises	4	10-12	20X2	50 sec	Cross Cables Behind back.
E) Standing Calf Raise	4	12-15	20X2	60 sec	
F) Full Contact Twists	3	10-12	20X0	60 sec	

Day 60 OFF

Day 61

Legs

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15	31X0	75 sec	
B) Leg Press	20, 15, 10, 10	30X1	50 sec	
C1) Leg Curls	12, 10, 8, 6, 15	30X1	----	Hips Extended
C2) Hip Thrust	20, 15, 15, 10, 20	20X2	50 sec	On leg curl.
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	4 Sets 25 reps	20X1	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0	---	Low Incline
A3) Reverse Crunch	3	12-15	30X0	90 sec	Flat

Day 62
POF Circuit
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	10-12	30X1	----	
A2) Row to Neck	3-4	10-12	20X2	----	
A3) Lat Pulldowns	3-4	15-20	20X1	90 sec	Behind the Neck
B1) Dip Machine	3-4	10-12	30X0	----	
B2) Overhead Tricep Extension	4	10-12	30X1	----	
B3) DB Triceps Kickbacks	4	10-12	20X2	90 sec	
C1) Lat Pulldowns	4	12-15	20X2	---	Reverse Grip
C2) Reverse Flyes	4	12-15	20X2	60 sec	
D) Decline Triceps Extension	4	12-15	30X0	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----	75 sec	Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 63
Chest & Biceps
12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15+	31X0	60 sec	
B) Barbell Curls	12, 10, 8, 6, 15+	40X0	50 sec	
C) Cable Crossover	12, 10, 8, 6, 15+	30X1	50 sec	
D) High Pulley Cable Curls	5 sets 15 Reps	20X2	50 sec	
E) Flyes	12, 10, 8, 6, 15+	21X1	50 sec	Don't bring arms all the way in. Keep Constant tension on pecs.
F) Incline Curls	12, 10, 8, 6, 15+	40X0	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Knee-Ups	3	15-20	30X1	---	Or Hanging Leg Raises
A2) Modified V-Sit	3	12-15	20X0	---	
A3) Toe Touch Plank	3	15-20	20X0	75 sec	

Day 64 OFF

Shoulders & Calves

Day 65

Exercise	Reps	Tempo	Rest	Notes
A) DB Shoulder Press	12, 8, 6, 20	31X0	60 sec	
B) Incline Lateral Raises	12, 8, 6, 20	30X1	60 sec	
C) Upright Rows	12, 8, 6, 20	20X1	60 sec	Wide Grip
D) Calf Raises on Leg Press	12, 8, 6, 20	22X0	50 sec	Legs Straight
E) Standing Calf Raise	12, 8, 6, 20	21X1	50 sec	
F) Reverse Flyes	12, 8, 6, 20	20X2	50 sec	Thumbs down. Preferably on the machine. Do not let arms go down further than 45 degrees.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----	75 sec	Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 66

Legs

Plyo Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Jump Squats	3-4	6-8	---	----	Real Jump Squats. Not those feet switching, fake plyos, you see most people do.
A2) Squats	3-4	10-12	30X1	----	Heels elevated.
A3) Bulgarian Squats	3-4	15-20	20X1	90 sec	
B1) Stiff Legged Deadlift	3-4	6-8	40X0	----	Legs Straight
B2) Leg Curls	3-4	8-10	40X1	----	Or Hamstring Prey Contractions with 45-second hold.
B3) Reverse Hypers	3-4	15-25	20X1	90 sec	You might have to hold a weight between your feet.
C) Duck Leg Press	4	15-20	30X0	60 sec	Continuous Tension. Don't lockout.
D) Glute Bridge	4	10-12	20X4	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0	---	Low Incline
A3) Reverse Crunch	3	12-15	30X0	90 sec	Flat

Day 67

Back & Triceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Lat Pulldowns	12, 8, 6, 20	30X1	60 sec	Wide neutral grip
B) Decline Close Grip Bench Press	12, 8, 6, 20	30X1	50 sec	
C) B-Pak Pullovers	12, 8, 6, 20	30X0	50 sec	Continuous tension
D) Overhead Triceps Extension	12, 8, 6, 20	22X0	50 sec	
E) T-Bar Rows	12, 8, 6, 20	21X1	50 sec	Can also be DB Incline Rows, Cable rows
F) Rope Kickbacks	15, 12, 10, 15	20X2	50 sec	

Day 68 Off

Day 69
Chest & Biceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	6-8	31X0	----	
A2) Incline Flyes	3-4	10-12	40X0	----	
A3) Flyes	3-4	15-20	20X1	90 sec	Or Cable Crossover
B1) Dumbbell Curls	3-4	10-12	40X0	----	w/twist
B2) Incline Curls	3-4	10-12	30X1	----	
B3) Spider Curls	3-4	15-25	30X1	90 sec	
C) Push-ups	3	15-20	30X0	50 sec	Continuous Tension.
D) High Pulley Cable Curls	3	12-15	20X6	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Side Plank	3	10-20	20X0	60 sec	Perform side crunches in the side plank position. Every 10th rep, hold the fully contracted position for 10 seconds.
B1) Hip Adduction	3	10-12	31X0	---	
B2) Speed Skaters	3	12-15	---	75 sec	Perform explosively as safely possible.

Day 70
Shoulders & Calves
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lateral Raises	3-4	10-12	20X1	----	Thumbs down.
A2) Military Press	3-4	10-12	30X1	----	
A3) W-Press	3-4	15-20	20X1	90 sec	
B) Seated Calf Raises	5	15-20	40X0	50 sec	
C) Reverse Flyes	4	10-12	30X1	60 sec	
D) Cable Lateral Raises	4	10-12	20X2	50 sec	Cross Cables Behind back.
E) Standing Calf Raise	4	12-15	20X2	60 sec	
F) Full Contact Twists	3	10-12	20X0	60 sec	

Day 71 OFF

Day 72

Legs

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Deadlifts	12, 10, 8, 6, 15	31X0	75 sec	
B) Leg Press	20, 15, 10, 10	30X1	50 sec	
C1) Leg Curls	12, 10, 8, 6, 15	30X1	----	Hips Extended
C2) Hip Thrust	20, 15, 15, 10, 20	20X2	50 sec	On leg curl.
D) Leg Extensions	12, 10, 8, 6, 15	21X1	50 sec	
E) Lunges	4 Sets 25 reps	20X1	60 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0	---	Low Incline
A3) Reverse Crunch	3	12-15	30X0	90 sec	Flat

Day 73
Back & Triceps
POF Circuit

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	10-12	30X1	----	
A2) Row to Neck	3-4	10-12	20X2	----	
A3) Lat Pulldowns	3-4	15-20	20X1	90 sec	Behind the Neck
B1) Dip Machine	3-4	10-12	30X0	----	
B2) Overhead Tricep Extension	4	10-12	30X1	----	
B3) DB Triceps Kickbacks	4	10-12	20X2	90 sec	
C1) Lat Pulldowns	4	12-15	20X2	---	Reverse Grip
C2) Reverse Flyes	4	12-15	20X2	60 sec	
D) Decline Triceps Extension	4	12-15	30X0	50 sec	

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Modified Decline Crunch	3	15-20	30X1	--	Or Cable Crunch
A2) Decline Crunch Holds	3	1	----		Or Cable Crunch holds. 40-second holds
B1) Glute Bridge	3	10-12	20X4	----	
B2) Sumo Deadlift	3	6-8	31X0	75 sec	

Day 74

Chest & Biceps

12, 10, 8, 6, 15+POF

Exercise	Reps	Tempo	Rest	Notes
A) Bench Press	12, 10, 8, 6, 15+	31X0	60 sec	
B) Barbell Curls	12, 10, 8, 6, 15+	40X0	50 sec	
C) Cable Crossover	12, 10, 8, 6, 15+	30X1	50 sec	
D) High Pulley Cable Curls	5 sets 15 Reps	20X2	50 sec	
E) Flyes	12, 10, 8, 6, 15+	21X1	50 sec	Don't bring arms all the way in. Keep Constant tension on pecs.
F) Incline Curls	12, 10, 8, 6, 15+	40X0	50 sec	

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Knee-Ups	3	15-20	30X1	---	Or Hanging Leg Raises
A2) Modified V-Sit	3	12-15	20X0	---	
A3) Toe Touch Plank	3	15-20	20X0	75 sec	

At this point in the process, now we've built up your ability to work hard, and we've built some muscle in places that will allow you to have something to show off. Now it's time put those gains that you've made in the first two microcycles (training phases) to use. You now have increased your ability to burn fat, and shake the body up in a way that will allow you to build muscle. This workout program should coincide with a cutting phase. The goal here is to trim as much body fat as possible. On the flipside, you should also be able to build muscle during this phase, even though it's not the primary goal. Superheroes are all made of something special. Some of them are bulletproof. I'll hit ya with this 50 Caliber program, and I expect to see you look fabulous in 6 weeks.

50 Caliber Workouts

You'll choose a weight that you can perform 10-12 reps with, and you'll perform 8 reps for each exercise in the circuit unless otherwise noted, until you reach 50 reps. Once you reach 50 reps for an exercise, then you're finished, and that exercise will drop out of the circuit. After the 2nd week increase the target reps to 60, and then to 65 for the 4th week.

Day 75 OFF

Day 76

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X5	---	
A2) Sumo Deadlift	3-4	6-8	31X0	---	
A3) Glute Bridge	3-4	15-20	20X2	90 sec	

Shoulders & Calves

Exercise	Reps	Tempo	Notes
A1) Shoulder Press	50	41X0	
A2) Seated Calf Raise	75	21X1	Choose a weight you can perform 20 reps with, and perform 15.
A3) Lateral Raises	50	21X1	
A4) Toe Hops	200	---	Perform 40 hops each set.
B1) Reverse Flyes	50	31X1	Thumbs down. Leaning Forward
B2) Calf Raise on Leg Press	60	20X2	Or Standing Calf Raise
B3) Lean Away Lateral Raises	50	40X0	
B4) Front Raise	50	30X1	

Day 77

Legs & Abs

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0		Low Incline
A3) Leg Lift Hold	3	1	---	2 Min	Hold feet 6-12 inches off the ground for 40 seconds.

Legs

Exercise	Reps	Tempo	Notes
A1) Leg Press	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A2) Hamstring Prey Contraction	1	40 sec holds	1 40-second hold.
A3) Bulgarian Squats	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A4) Stiff Legged Deadlift	60		Same as A3. Toes elevated on weight plates.
B1) Leg Extension	50	40X1	
B2) Leg Curls	50	40X1	
B3) Hip Thrust on Leg Curl	60	20X4	See A1)
B4) Wall Squats	1	30-sec hold	Only at 90 degrees of knee bend

Day 78
Back & Triceps

Exercise	Reps	Tempo	Notes
A1) Bent Over Rows	50	30X2	Reverse Grip
A2) Triceps Extension	50	21X1	
A3) Lat Pulldowns	50	31X1	Behind the Neck.
A4) Overhead Triceps Extension	50	22X0	
B1) B-Pak Pullover	50	30X2	w/Ropes
B2) Rope Pressdowns	50	31X0	
B3) Row To Neck	50	31X1	
B4) Rope Kickbacks	60	20X2	

Day 79 Off

Day 80
Chest & Biceps

Exercise	Reps	Tempo	Notes
A1) Incline Bench Press	50	40X0	
A2) Incline Curls	50	30X0	
A3) Push-Up	50	20X4	
A4) DB Curls	50	30X0	With twist
B1) Cable Crossover	60	31X0	
B2) High Pulley Cable Curls	60	21X1	
C) Modified V-Sit	12-15	30X0	Perform 4 sets. Rest 40 seconds.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3	12-15	30X1	--	
A2) Lunges	3	15-20	----		Longer Strides.
A3) Cable Pull-throughs	3	12-15	30X0	2 Min	
B) Toe Touch Planks	4	12-15	---	60 sec	

Day 81
Shoulders & Calves
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	6-8	31X1	---	
A2) DB Shoulder Press	3-4	10-12	40X0	---	
A3) Upright Rows	3-4	15-25	20X1	90 sec	Can be done with barbells, or DB's.
B1) Calf Raise on Leg Press	3-4	8-10	21X1	----	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	20X1	----	Knees bent
B3) Toe Hops	3-4	30-40	----	90 sec	
C1) Reverse Flyes	3-4	8-10	30X1	---	With Cables, or DB's
C2) Front Raise	3-4	8-10	30X1	---	
C3) Reverse Flyes	3-4	12-15	30X0	90 sec	With Cables or DB's

Day 82 OFF

Day 83

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Curls	3-4	6-8	40X0	---	
A2) Hamstring Prey Contractions	3-4	1	45-sec hold	---	
A3) Hip Thrust on Leg Curl	3-4	15-20	10X2	90 sec	
B1) Wall Squats	3-4	1	30-40 second hold	---	30-40 second holds at 90-degrees of knee bend.
B2) Leg Extension	3-4	10-12	40X0	----	
B3) Squats	3-4	AMRAP	---	90 sec	Heels elevated. Perform As many reps as possible with continuous tension for 1 minute.
C) Hamstring Leg Press	4	12-15	31X0	50 sec	Wide stance. Feet wide on platform.
D) Reverse Crunch Tri-set	3-4	12-15	30X0		https://youtu.be/I8YinD9P2_E

Day 84
Back & Triceps
6-12-25

Exercise	Sets	Reps	Tempo	Notes
A1) Lat Pulldowns	3-4	6-8	41X0	Behind the Neck
A2) Bent Over Rows	3-4	10-12	40X0	
A3) Lat Pulldowns	3-4	15-25	21X0	Reverse Grip
B1) Triceps Extensions	3-4	6-8	40X0	
B2) Overhead Triceps Extensions	3-4	10-12	31X1	
B3) Triceps Pressdowns	3-4	15-25	20X1	Reverse Grip
C) Cable Rows	3-4	6-8	40X1	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.
D) Decline Close Grip Bench Press	3-4	6-8	31X0	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sumo Deadlift	3-4	6-8	31X0	---	
A2) Glute Bridge	3-4	10-12	10X4	---	
A3) Lunges	3-4	15-25	20X0	90 sec	

Day 85 Off

Day 86
Chest & Biceps
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Flyes	3-4	6-8	31X0	----	Or Incline Cable Crossover
A2) Incline Bench Press	3-4	10-12	40X0	----	
A3) Bench Press	3-4	15-25	30X0	90 sec	
B1) Hammer Curls	3-4	6-8	40X0	----	
B2) Preacher Curls	3-4	10-12	31X1	----	
B3) Spider Curls	3-4	15-25	20X1	90 sec	Only perform the top 1/2 of the range of motion.
C) Incline Curls	3-4	6-8	40X1	50 sec	

Day 87

Shoulders & Calves

Exercise	Reps	Tempo	Notes
A1) Shoulder Press	50	41X0	
A2) Seated Calf Raise	75	21X1	Choose a weight you can perform 20 reps with, and perform 15.
A3) Lateral Raises	50	21X1	
A4) Toe Hops	200	---	Perform 40 hops each set.
B1) Reverse Flyes	50	31X1	Thumbs down. Leaning Forward
B2) Calf Raise on Leg Press	60	20X2	Or Standing Calf Raise
B3) Lean Away Lateral Raises	50	40X0	
B4) Front Raise	50	30X1	

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X5	---	
A2) Sumo Deadlift	3-4	6-8	31X0	---	
A3) Glute Bridge	3-4	15-20	20X2	90 sec	

Day 88
Legs & Abs
Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	30X0		Low Incline
A3) Leg Lift Hold	3	1	---	2 Min	Hold feet 6-12 inches off the ground for 40 seconds.

Day 88

Legs

Exercise	Reps	Tempo	Notes
A1) Leg Press	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A2) Hamstring Prey Contraction	1	40 sec holds	1 40-second hold.
A3) Bulgarian Squats	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A4) Stiff Legged Deadlift	60		Same as A3. Toes elevated on weight plates.
B1) Leg Extension	50	40X1	
B2) Leg Curls	50	40X1	
B3) Hip Thrust on Leg Curl	60	20X4	See A1)
B4) Wall Squats	1	30-sec hold	Only at 90 degrees of knee bend

Day 89
Back & Triceps

Exercise	Reps	Tempo	Notes
A1) Bent Over Rows	50	30X2	Reverse Grip
A2) Triceps Extension	50	21X1	
A3) Lat Pulldowns	50	31X1	Behind the Neck.
A4) Overhead Triceps Extension	50	22X0	
B1) B-Pak Pullover	50	30X2	w/Ropes
B2) Rope Pressdowns	50	31X0	
B3) Row To Neck	50	31X1	
B4) Rope Kickbacks	60	20X2	

Day 90 Off

Day 91

Chest & Biceps

Exercise	Reps	Tempo	Notes
A1) Incline Bench Press	50	40X0	
A2) Incline Curls	50	30X0	
A3) Push-Up	50	20X4	
A4) DB Curls	50	30X0	With twist
B1) Cable Crossover	60	31X0	
B2) High Pulley Cable Curls	60	21X1	
C) Modified V-Sit	12-15	30X0	Perform 4 sets. Rest 40 seconds.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3	12-15	30X1	--	
A2) Lunges	3	15-20	20X0	---	Longer Strides.
A3) Cable Pull-throughs	3	12-15	30X0	2 Min	
B) Toe Touch Planks	4	12-15	---	60 sec	

Day 92
Shoulders & Calves
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	6-8	31X1	---	
A2) DB Shoulder Press	3-4	10-12	40X0	---	
A3) Upright Rows	3-4	15-25	20X1	90 sec	Can be done with barbells, or DB's.
B1) Calf Raise on Leg Press	3-4	8-10	21X1	----	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	20X1	----	Knees bent
B3) Toe Hops	3-4	30-40	----	90 sec	
C1) Reverse Flyes	3-4	8-10	30X1	---	With Cables, or DB's
C2) Front Raise	3-4	8-10	30X1	---	
C3) Reverse Flyes	3-4	12-15	30X0	90 sec	With Cables or DB's

Day 93 OFF

Day 94

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Curls	3-4	6-8	40X0	---	
A2) Hamstring Prey Contractions	3-4	1	45-sec hold	---	
A3) Hip Thrust on Leg Curl	3-4	15-20	10X2	90 sec	
B1) Wall Squats	3-4	1	30-40 second hold	---	30-40 second holds at 90-degrees of knee bend.
B2) Leg Extension	3-4	10-12	40X0	----	
B3) Squats	3-4	AMRAP	---	90 sec	Heels elevated. Perform As many reps as possible with continuous tension for 1 minute.
C) Hamstring Leg Press	4	12-15	31X0	50 sec	Wide stance. Feet wide on platform.
D) Reverse Crunch Tri-set	3-4	12-15	30X0	90 sec	https://youtu.be/I8YinD9P2_E

Day 95
Back & Triceps
6-12-25

Exercise	Sets	Reps	Tempo	Notes
A1) Lat Pulldowns	3-4	6-8	41X0	Behind the Neck
A2) Bent Over Rows	3-4	10-12	40X0	
A3) Lat Pulldowns	3-4	15-25	21X0	Reverse Grip
B1) Triceps Extensions	3-4	6-8	40X0	
B2) Overhead Triceps Extensions	3-4	10-12	31X1	
B3) Triceps Pressdowns	3-4	15-25	20X1	Reverse Grip
C) Cable Rows	3-4	6-8	40X1	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.
D) Decline Close Grip Bench Press	3-4	6-8	31X0	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sumo Deadlift	3-4	6-8	31X0	---	
A2) Glute Bridge	3-4	10-12	10X4	---	
A3) Lunges	3-4	15-25	20X0	90 sec	

Day 96 Off

Day 97
Chest & Biceps
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Flyes	3-4	6-8	31X0	----	Or Incline Cable Crossover
A2) Incline Bench Press	3-4	10-12	40X0	----	
A3) Bench Press	3-4	15-25	30X0	90 sec	
B1) Hammer Curls	3-4	6-8	40X0	----	
B2) Preacher Curls	3-4	10-12	31X1	----	
B3) Spider Curls	3-4	15-25	20X1	90 sec	Only perform the top 1/2 of the range of motion.
C) Incline Curls	3-4	6-8	40X1	50 sec	

Day 98

Shoulders & Calves

Exercise	Reps	Tempo	Notes
A1) Shoulder Press	50	41X0	
A2) Seated Calf Raise	75	21X1	Choose a weight you can perform 20 reps with, and perform 15.
A3) Lateral Raises	50	21X1	
A4) Toe Hops	200	---	Perform 40 hops each set.
B1) Reverse Flyes	50	31X1	Thumbs down. Leaning Forward
B2) Calf Raise on Leg Press	60	20X2	Or Standing Calf Raise
B3) Lean Away Lateral Raises	50	40X0	
B4) Front Raise	50	30X1	

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X5	---	
A2) Sumo Deadlift	3-4	6-8	31X0	---	
A3) Glute Bridge	3-4	15-20	20X2	90 sec	

Day 99
Legs & Abs

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Leg Lift Hold	3	12-15	30X0	---	Hold feet 6-12 inches off the ground for 40 seconds.

Legs

Exercise	Reps	Tempo	Notes
A1) Leg Press	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A2) Hamstring Prey Contraction	1	40 sec holds	1 40-second hold.
A3) Bulgarian Squats	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A4) Stiff Legged Deadlift	60		Same as A3. Toes elevated on weight plates.
B1) Leg Extension	50	40X1	
B2) Leg Curls	50	40X1	
B3) Hip Thrust on Leg Curl	60	20X4	See A1)
B4) Wall Squats	1	30-sec hold	Only at 90 degrees of knee bend

Day 100
Back & Triceps

Exercise	Reps	Tempo	Notes
A1) Bent Over Rows	50	30X2	Reverse Grip
A2) Triceps Extension	50	21X1	
A3) Lat Pulldowns	50	31X1	Behind the Neck.
A4) Overhead Triceps Extension	50	22X0	
B1) B-Pak Pullover	50	30X2	w/Ropes
B2) Rope Pressdowns	50	31X0	
B3) Row To Neck	50	31X1	
B4) Rope Kickbacks	60	20X2	

Day 101 Off

Day 102
Chest & Biceps

Exercise	Reps	Tempo	Notes
A1) Incline Bench Press	50	40X0	
A2) Incline Curls	50	30X0	
A3) Push-Up	50	20X4	
A4) DB Curls	50	30X0	With twist
B1) Cable Crossover	60	31X0	
B2) High Pulley Cable Curls	60	21X1	
C) Modified V-Sit	12-15	30X0	Perform 4 sets. Rest 40 seconds.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3	12-15	30X1	--	
A2) Lunges	3	15-20	30X0	---	Longer Strides.
A3) Cable Pull-throughs	3	12-15	30X0	2 Min	
B) Toe Touch Planks	4	12-15	---	60 sec	

Day 103
Shoulders & Calves
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	6-8	31X1	---	
A2) DB Shoulder Press	3-4	10-12	40X0	---	
A3) Upright Rows	3-4	15-25	20X1	90 sec	Can be done with barbells, or DB's.
B1) Calf Raise on Leg Press	3-4	8-10	21X1	----	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	20X1	----	Knees bent
B3) Toe Hops	3-4	30-40	----	90 sec	
C1) Reverse Flyes	3-4	8-10	30X1	---	With Cables, or DB's
C2) Front Raise	3-4	8-10	30X1	---	
C3) Reverse Flyes	3-4	12-15	30X0	90 sec	With Cables or DB's

Day 104 OFF

Day 105

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Curls	3-4	6-8	40X0	---	
A2) Hamstring Prey Contractions	3-4	1	45-sec hold	---	
A3) Hip Thrust on Leg Curl	3-4	15-20	10X2	75 sec	
B1) Wall Squats	3-4	1	30-40 second hold	---	30-40 second holds at 90-degrees of knee bend.
B2) Leg Extension	3-4	10-12	40X0	----	
B3) Squats	3-4	AMRAP	---	90 sec	Heels elevated. Perform As many reps as possible with continuous tension for 1 minute.
C) Hamstring Leg Press	4	12-15	31X0	45 sec	Wide stance. Feet wide on platform.
D) Reverse Crunch Tri-set		12-15	30X0		https://youtu.be/I8YinD9P2_E

Day 106
Back & Triceps

6-12-25

Exercise	Sets	Reps	Tempo	Notes
A1) Lat Pulldowns	3-4	6-8	41X0	Behind the Neck
A2) Bent Over Rows	3-4	10-12	40X0	
A3) Lat Pulldowns	3-4	15-25	21X0	Reverse Grip
B1) Triceps Extensions	3-4	6-8	40X0	
B2) Overhead Triceps Extensions	3-4	10-12	31X1	
B3) Triceps Pressdowns	3-4	15-25	20X1	Reverse Grip
C) Cable Rows	3-4	6-8	40X1	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.
D) Decline Close Grip Bench Press	3-4	6-8	31X0	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sumo Deadlift	3-4	6-8	31X0	---	
A2) Glute Bridge	3-4	10-12	10X4	---	
A3) Lunges	3-4	15-25	20X0	90 sec	

Day 107 Off

Day 108
Chest & Biceps
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Flyes	3-4	6-8	31X0	----	Or Incline Cable Crossover
A2) Incline Bench Press	3-4	10-12	40X0	----	
A3) Bench Press	3-4	15-25	30X0	90 sec	
B1) Hammer Curls	3-4	6-8	40X0	----	
B2) Preacher Curls	3-4	10-12	31X1	----	
B3) Spider Curls	3-4	15-25	20X1	90 sec	Only perform the top 1/2 of the range of motion.
C) Incline Curls	3-4	6-8	40X1	50 sec	

Day 109
Shoulders & Calves

Exercise	Reps	Tempo	Notes
A1) Shoulder Press	50	41X0	
A2) Seated Calf Raise	75	21X1	Choose a weight you can perform 20 reps with, and perform 15.
A3) Lateral Raises	50	21X1	
A4) Toe Hops	200	---	Perform 40 hops each set.
B1) Reverse Flies	50	31X1	Thumbs down. Leaning Forward
B2) Calf Raise on Leg Press	60	20X2	Or Standing Calf Raise
B3) Lean Away Lateral Raises	50	40X0	
B4) Front Raise	50	30X1	

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Glute Bridge	3-4	6-8	20X5	---	
A2) Sumo Deadlift	3-4	6-8	31X0	---	
A3) Glute Bridge	3-4	15-20	20X2	90 sec	

Day 110
Back & Triceps

Exercise	Reps	Tempo	Notes
A1) Bent Over Rows	50	30X2	Reverse Grip
A2) Triceps Extension	50	21X1	
A3) Lat Pulldowns	50	31X1	Behind the Neck.
A4) Overhead Triceps Extension	50	22X0	
B1) B-Pak Pullover	50	30X2	w/Ropes
B2) Rope Pressdowns	50	31X0	
B3) Row To Neck	50	31X1	
B4) Rope Kickbacks	60	20X2	

Day 111 Off

Day 112

Chest & Biceps

Exercise	Reps	Tempo	Notes
A1) Incline Bench Press	50	40X0	
A2) Incline Curls	50	30X0	
A3) Push-Up	50	20X4	
A4) DB Curls	50	30X0	With twist
B1) Cable Crossover	60	31X0	
B2) High Pulley Cable Curls	60	21X1	
C) Modified V-Sit	12-15	30X0	Perform 4 sets. Rest 40 seconds.

Abs & Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Pull-Throughs	3	12-15	30X1	--	
A2) Lunges	3	15-20	----		Longer Strides.
A3) Cable Pull-throughs	3	12-15	30X0	---	
B) Toe Touch Planks	4	12-15	---	60 sec	

Day 113
Legs & Abs

Abs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Reverse Crunch	3	15-20	30X1	--	High Incline
A2) Reverse Crunch	3	12-15	----		Low Incline
A3) Leg Lift Hold	3	12-15	30X0	---	Hold feet 6-12 inches off the ground for 40 seconds.

Legs

Exercise	Reps	Tempo	Notes
A1) Leg Press	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A2) Hamstring Prey Contraction	1	40 sec holds	1 40-second hold.
A3) Bulgarian Squats	60	31X0	Choose a weight you can hit for 12-15 reps and perform 10 reps on the first set.
A4) Stiff Legged Deadlift	60		Same as A3. Toes elevated on weight plates.
B1) Leg Extension	50	40X1	
B2) Leg Curls	50	40X1	
B3) Hip Thrust on Leg Curl	60	20X4	See A1
B4) Wall Squats	1	30-sec hold	Only at 90 degrees of knee bend

Day 114
Shoulders & Calves
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Lateral Raise	3-4	6-8	31X1	---	
A2) DB Shoulder Press	3-4	10-12	40X0	---	
A3) Upright Rows	3-4	15-25	20X1	90 sec	Can be done with barbells, or DB's.
B1) Calf Raise on Leg Press	3-4	8-10	21X1	----	Legs Straight
B2) Calf Raise on Leg Press	3-4	15-20	20X1	----	Knees bent
B3) Toe Hops	3-4	30-40	----	90 sec	
C1) Reverse Flyes	3-4	8-10	30X1	---	With Cables, or DB's
C2) Front Raise	3-4	8-10	30X1	---	
C3) Reverse Flyes	3-4	12-15	30X0	90 sec	With Cables or DB's

Day 115 OFF

Day 116

Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Curls	3-4	6-8	40X0	---	
A2) Hamstring Prey Contractions	3-4	1	45-sec hold	---	
A3) Hip Thrust on Leg Curl	3-4	15-20	10X2	90 sec	
B1) Wall Squats	3-4	1	30-40 second hold	---	30-40 second holds at 90-degrees of knee bend.
B2) Leg Extension	3-4	10-12	40X0	----	
B3) Squats	3-4	AMRAP	---	90 sec	Heels elevated. Perform As many reps as possible with continuous tension for 1 minute.
C) Hamstring Leg Press	4	12-15	31X0	50 sec	Wide stance. Feet wide on platform.
C) Reverse Crunch Tri-set		12-15	30X0		https://youtu.be/I8YinD9P2_E

Day 117
Back & Triceps
6-12-25

Exercise	Sets	Reps	Tempo	Notes
A1) Lat Pulldowns	3-4	6-8	41X0	Behind the Neck
A2) Bent Over Rows	3-4	10-12	40X0	
A3) Lat Pulldowns	3-4	15-25	21X0	Reverse Grip
B1) Triceps Extensions	3-4	6-8	40X0	
B2) Overhead Triceps Extensions	3-4	10-12	31X1	
B3) Triceps Pressdowns	3-4	15-25	20X1	Reverse Grip
C) Cable Rows	3-4	6-8	40X1	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.
D) Decline Close Grip Bench Press	3-4	6-8	31X0	Reduce the weight and perform as many reps as possible in 45 seconds on the 4 th set.

Glutes

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Sumo Deadlift	3-4	6-8	31X0	---	
A2) Glute Bridge	3-4	10-12	10X4	---	
A3) Lunges	3-4	15-25	20X0	90 sec	

Day 118 Off

Day 119
Chest & Biceps
6-12-25

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Flyes	3-4	6-8	31X0	----	Or Incline Cable Crossover
A2) Incline Bench Press	3-4	10-12	40X0	----	
A3) Bench Press	3-4	15-25	30X0	90 sec	
B1) Hammer Curls	3-4	6-8	40X0	----	
B2) Preacher Curls	3-4	10-12	31X1	----	
B3) Spider Curls	3-4	15-25	20X1	90 sec	Only perform the top 1/2 of the range of motion.
C) Incline Curls	3-4	6-8	40X1	50 sec	