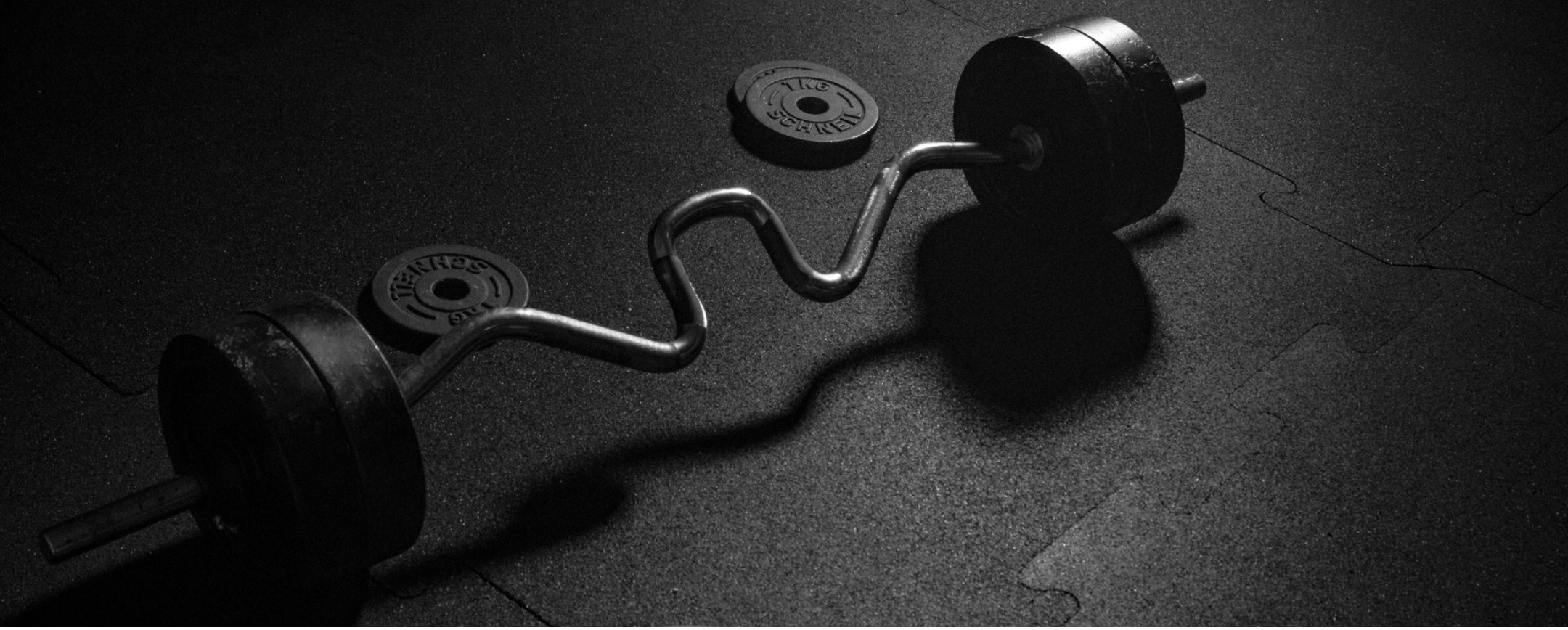


SHAPE
YOUR
BODY

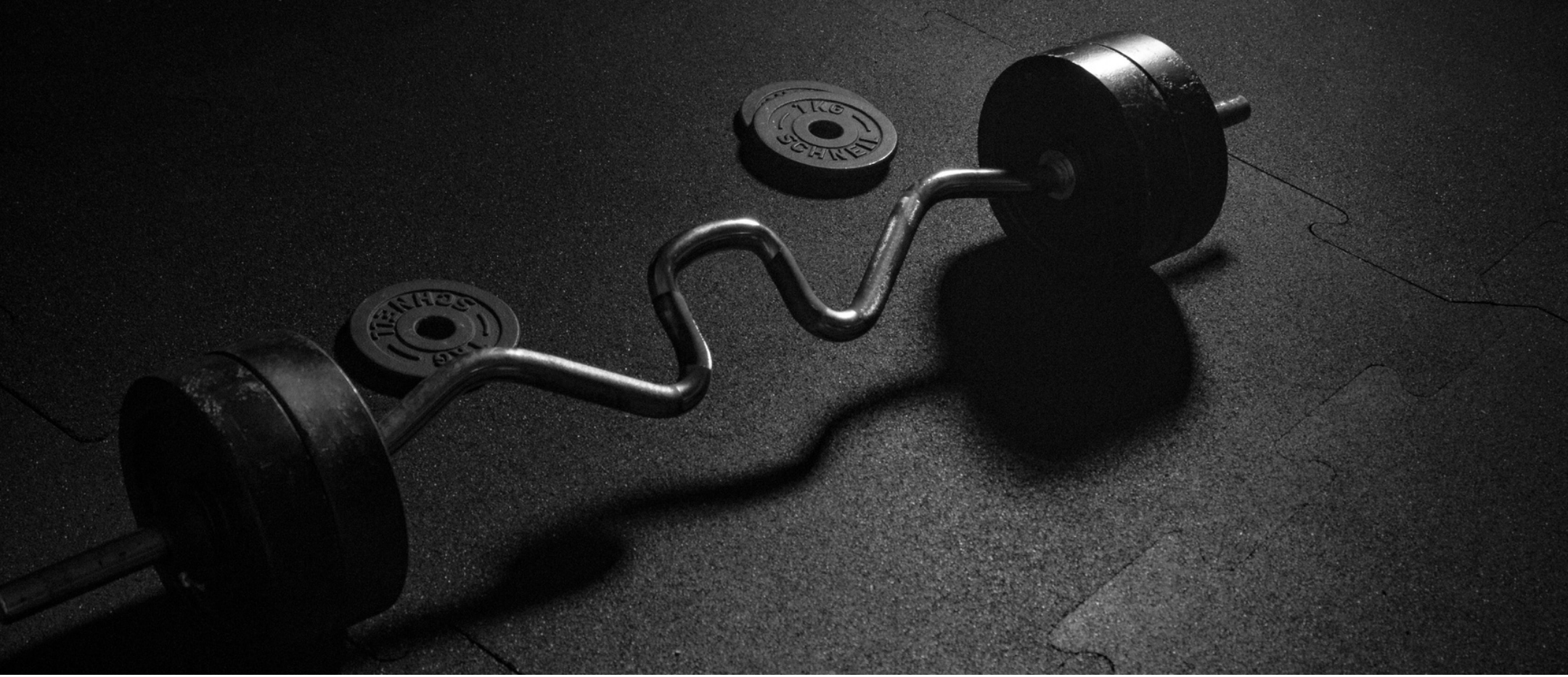
TRIP HOUSE

TRAIN. REFLECT. VISION. PASSION



Day 1: Legs

Exercise	reps	sets & Rest Time	Tips
Quad ext & Hamstring Curls	15	60 secs 4 sets	<p>Control the weight this is only to warm up your quads and hamstrings.</p> <p>Go slow and think about only isolating your quads. Go to full extension, squeeze your quads at the top for 1-2 seconds.</p> <p>Hamstring Curl: go slow and think about only using your hamstrings. Also, squeeze your hamstrings at the bottom of the movement for 1-2 seconds.</p>



Squats	6	120 secs 4 sets	Keep your core tight and chest up, sit back on your heels control the weight on the way down. Don't let your knees go in front of your toes, keep constant tension on the hamstring and power up from the ground. Don't let your chest fall, you can injure your back. 3 seconds on the way down 1 second pause, 2 seconds up, 1 second flex at the top.
Bulgarian Spilt Squats	15 each leg	4 Do one leg and then go right to the other. (No rest)	Get a bench put your back leg on the bench putting your front foot far enough in front of you so when do the spilt squat your knee doesn't go over your toe. Again push off the heel of your front foot. Come all the way up and squeeze your quad at the top. Keep your abs tight chest up. Go down slow and controlled getting a good stretch at the bottom.



Goodmornings	10-12	60 secs 4 sets	Barbell on your back just like you would a back squat. Keep your head and neck neutral, hinge just at the hips putting all the weight on your heels. Go slow, 3 seconds down, 1 second pause, 2 seconds on the way up, 1 second squeezing your hamstrings and butt. Really think about what you are doing.
Cardio	20 mins	None	Make sure to keep your heart rate at 65-75% the entire time



Day 2: Chest & Shoulders	Reps	Sets	Tips
Barbell Press Incline Or Flat	8	60 secs 4 sets	Make sure you have a nice wide grip on the barbell. The closer you have your hands together the more you are going to work your tricep. Think about working your chest getting a good stretch and squeeze at the top of the movement. 2 secs on the way down, 0 second pause, 2 seconds on the way up, 1 second squeeze at the top.
Dumbbell Incline Chest Flys	12	Rest 60 secs 10 reps	Keep your shoulders up, slight bend in the elbow keeping your chest up getting a good stretch at the bottom of the fly. Come up slow and engage your chest all the way through the movement. 3 seconds on the way down, 1 second pause, 2 seconds squeeze.



<p>Push-Ups On The Bench</p>	<p>failure</p>	<p>Rest 60 secs 4 sets</p>	<p>Make sure you have a nice wide grip on the bench, go slow on the way down have your chest hit the pad and explode back up. Once you get really tired speed up on the push-ups until you cant do any more.</p>
<p>Seated Dumbbell Shoulder Press</p>	<p>10</p>	<p>rest 60 seconds 4 sets</p>	<p>Keep your fore arms and biceps at 90 degree angle getting a good stretch through the chest and shoulders. Set the bench up to almost straight up and down. Keep your core tight, go down slow 3 seconds, 1 second pause, 2 seconds on the way up, 1 second pause at the top.</p>



Lateral dumbbell raises	15	60 seconds 4 sets	Start with the weight at your hips, but don't let them touch your hips, keep constant tension. Lead the raise with your elbow, make sure your hand doesn't go above your shoulders. 2 seconds on the way up, 1 second pause at the top, 2 seconds on the way down. Keeping your core tight.
Standing Front Raise to a Shoulder Press	10	60 seconds 4 sets	Do a front raise to full extension then do a shoulder press, once at the top bring the weight down to your hips slow and controlled squeezing your abs. 4 seconds on the way up, 0 second pause, 4 seconds on the way down, 0 seconds pause at the bottom.
Cardio	20 mins	keeping your heart rate at 65%-75% of your Heart Max	You should be sweating a lot during your cardio. You can use the stair master or the incline treadmill but make sure you stay in your heart rate zones.



Day 3: Back & Biceps

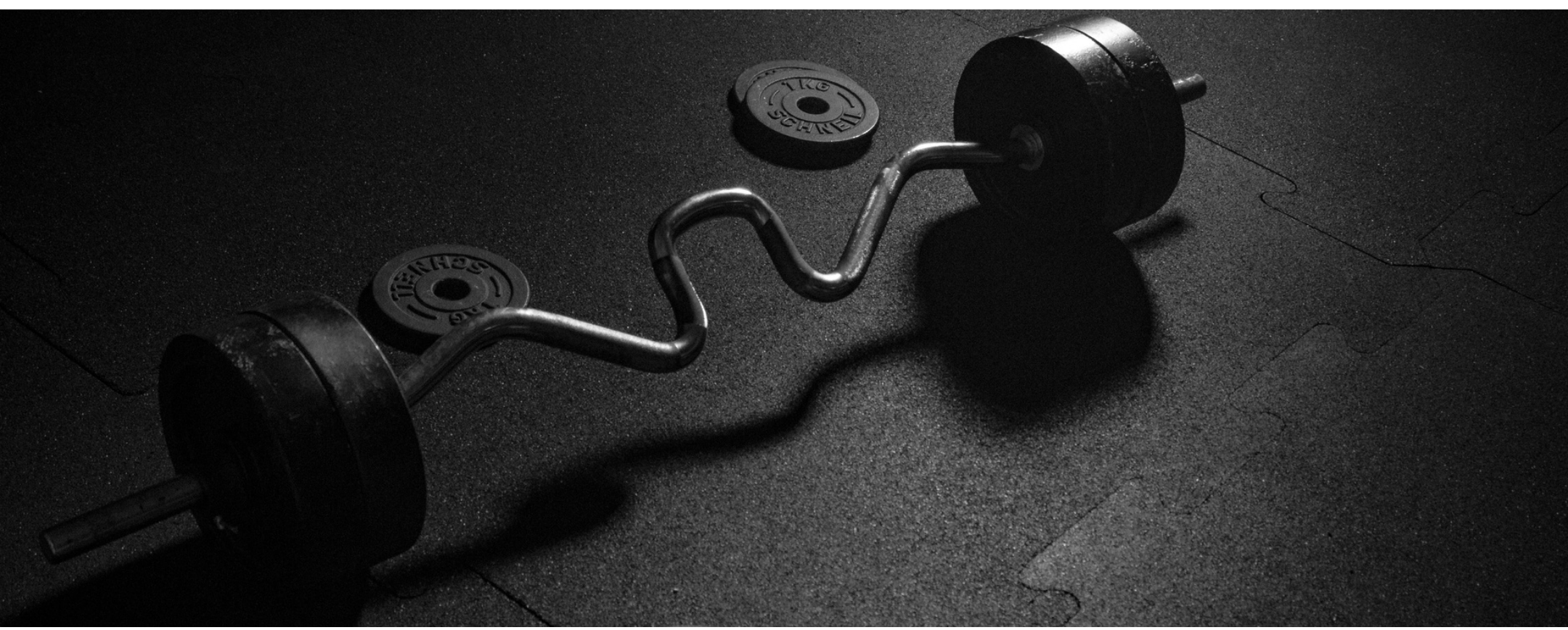
Exercise	reps	Rest & Sets	Tips
Lat Pull-Down	10-12	60 secs 4 sets	Position your hand at the widest setting. Sit down on the machine and lock your knees in position. Bring the bar down slow about chin level and squeeze your lats at the bottom of the movement. Don't swing! 3 seconds on the way down, 1 second pause at the bottom, 3 seconds on the way up, 1 second pause at the top making sure you are getting a good stretch through the lats.



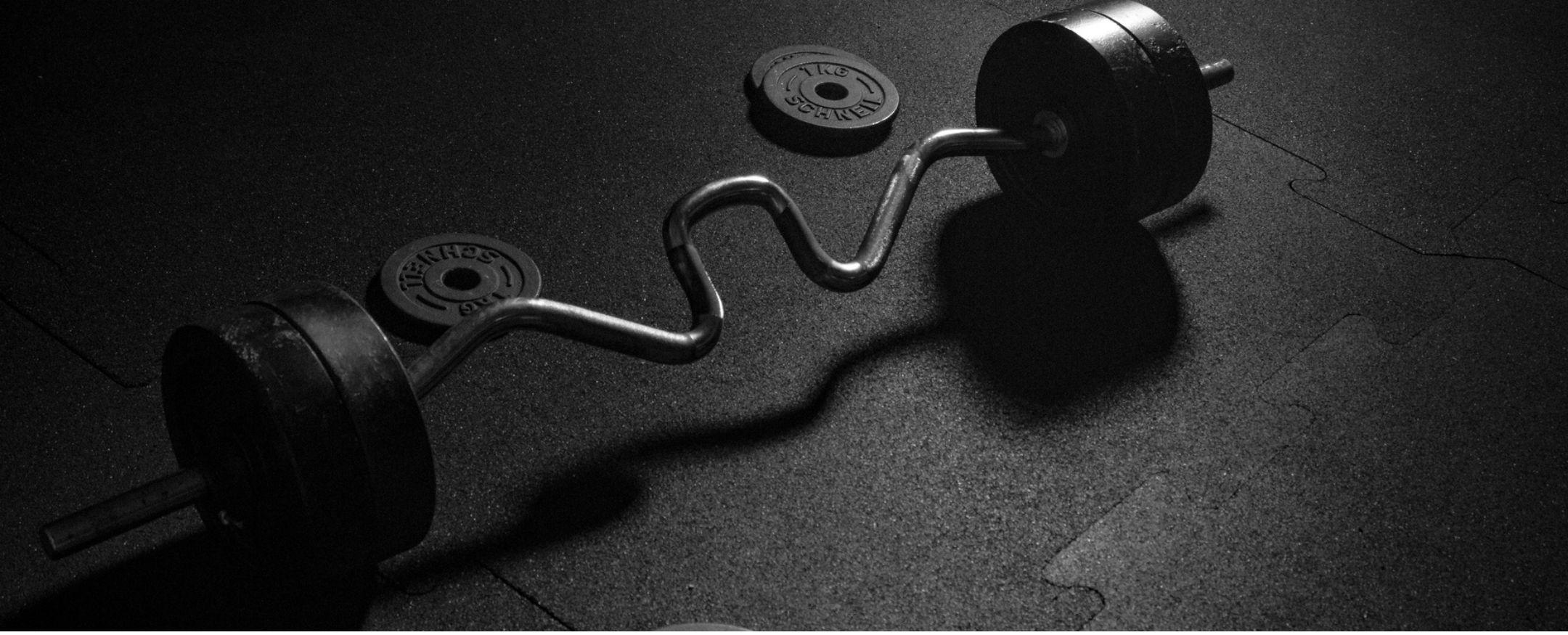
Dead Lifts	12	120 seconds 4 sets	<p>Bend over to where your back and legs are at 90-degree angle or until back is flat while keeping your lower back tight without rounding your shoulders forward. Keep your lats engaged and bring the weight up using a normal grip (Not a power grip) 2 seconds, 1 second pause, 2 seconds down. Make sure to keep your back tight if it rounds and you look like a bent fishing pole, take weight off. It is really important that you do this exercise with good form other wise you can injure your self very badly.</p>
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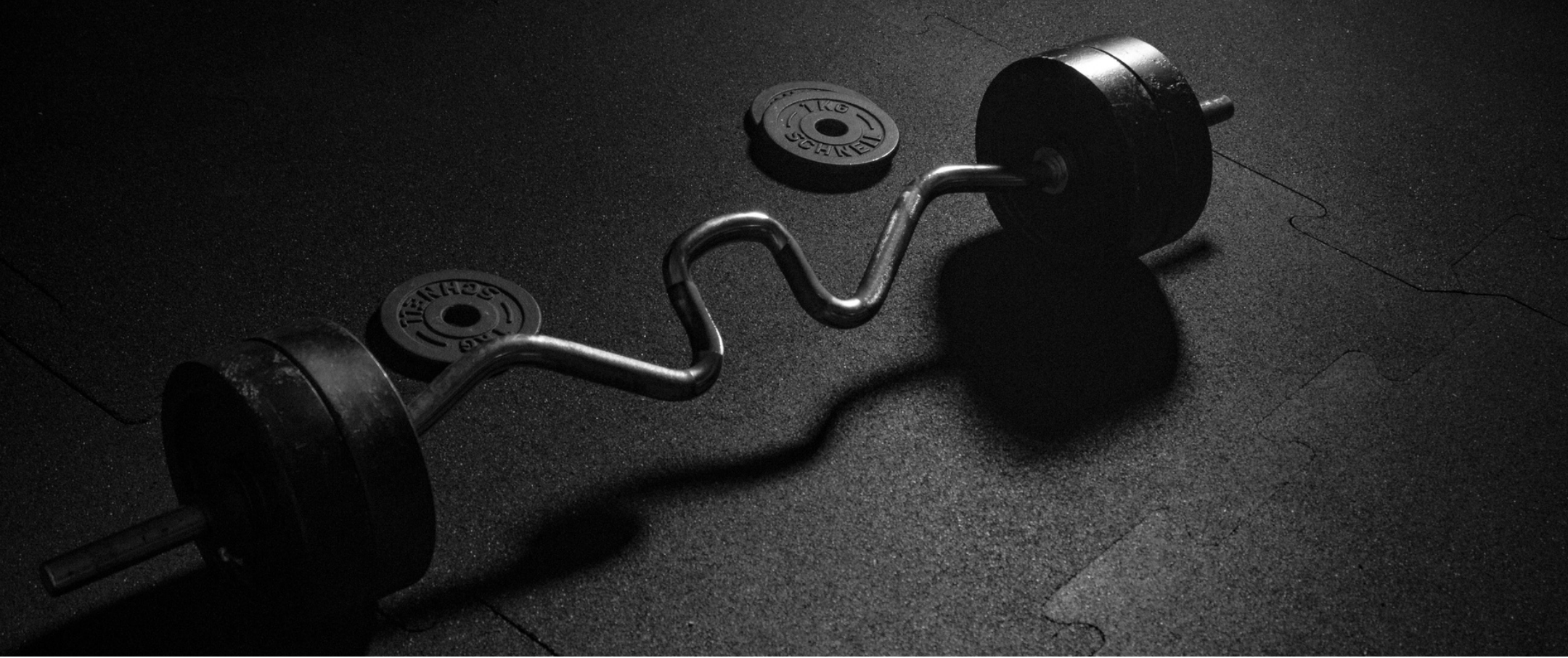
Pull-ups	8-10	60 secs 4 sets	<p>Use the wide grips and go slow on the way down and really squeeze your lats at the top of the pull-up. 2 seconds up, 2 seconds pause, 3 seconds on the way down, 1 seconds pause at the bottom, making sure you are getting good stretch through the lats.</p> <p>you can use the assisted pull-up machine.</p>
Dumbbell pull-overs	12	60 seconds 4 sets	<p>Put your shoulder blades on the bench keeping your hips up bring the weight down while keeping you abs tight and control the weight as it goes toward the floor. Then bring the weight up with straight arms squeezing your chest and lats.</p>
deck peck rear delt flies	12-15	60 seconds 4 sets	<p>Adjust the seat to a low setting and keep your elbows slightly bent squeezing your delts the entire time. 3 seconds, 2 second pause, 3 seconds on the way back to starting position.</p>



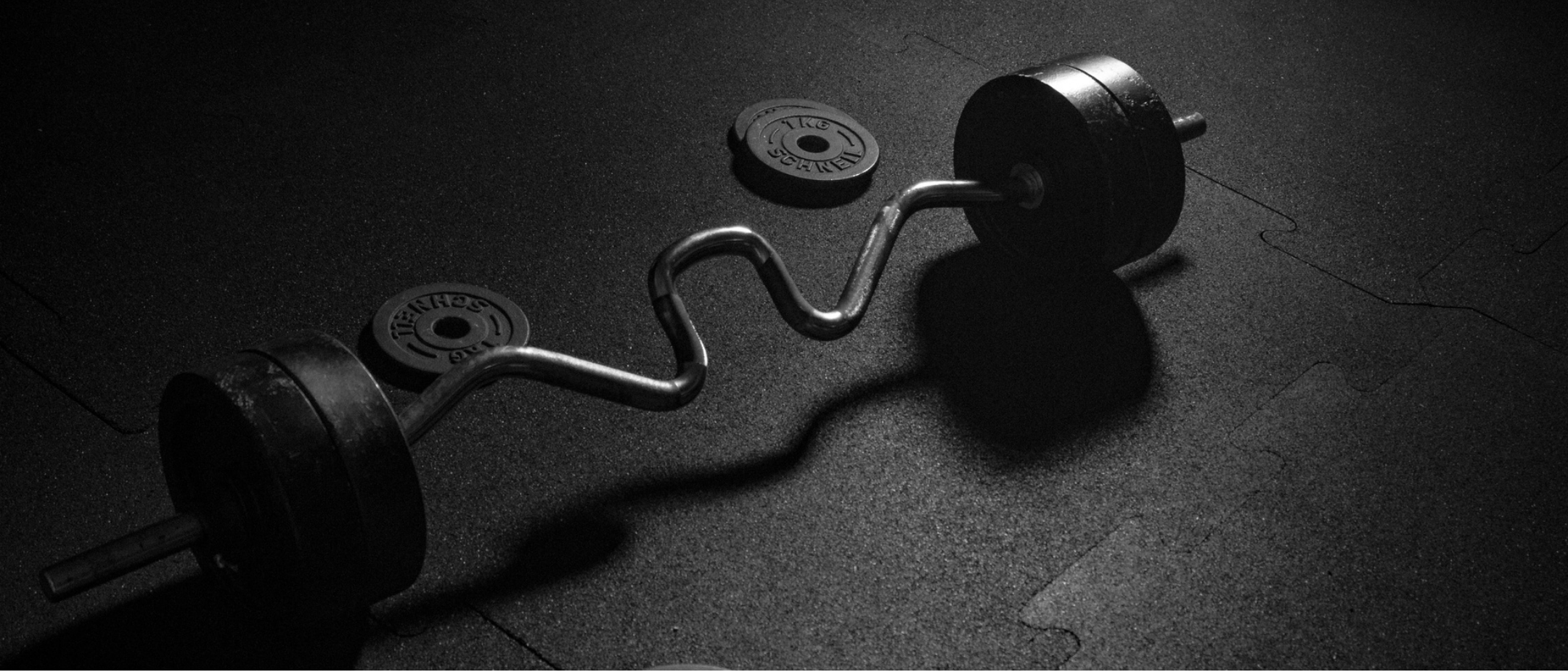
Cable Hammer Curls	12	60 seconds 4 sets	Use a rope attachment on the cable. Keep elbows in tight, squeeze your entire arm at the top and the bottom of the movement
Incline dumbbell curls	10	4	<p>Use an incline bench sit back in the bench keeping your head up. Have palms of your hands face in front of you bring the weights up (both at the same time) without breaking at the wrist, squeeze at the top of the curl. When at the bottom of the exercise flex your tricep to insure correct amount of stretch.</p> <p>3 seconds on the way up, 2 second pause, 3 seconds on the way down, another 1 second flex at the bottom of the curl.</p>



Spider curls	12	Seconds 4 sets	<p>Find a preacher bench use the opposite side the side that goes straight down. Put a lot of pressure on the pad digging your elbows into the pad. Again with breaking at the wrist come up squeezing the biceps at the top.</p> <p>Control the weight and embrace the stretch. 3 seconds on the way up, 2 second pause, 3 seconds on the way down, 1 second pause at the bottom to ensure correct amount of stretch is being placed on the bicep.</p>
Cardio	20 mins	keeping your heart rate at 65-75% of your heart max	none



Abs	Reps	4 rounds (Do one exercise after another)	Do your best to keep moving
V-ups	20	4 sets	<p>Make your body into a shape of a V while lying down then crunch up and try and touch your ankles or your toes. With each rep squeeze your abs really tight with each and every rep. Try not to let your shoulder blades touch the floor.</p>
Reverse Crunches	15 reps L 15 R 15 together	4 sets	<p>Lie flat on your back lift your right leg up about 6 inches. Bring your left leg towards your chest squeezing your abs tight, right after you complete left leg do the same to your right, keeping your right leg up about 6 inches. Then 15 together without dropping your feet when you bring your knees to your chest let your butt lift naturally squeezing your abs.</p>



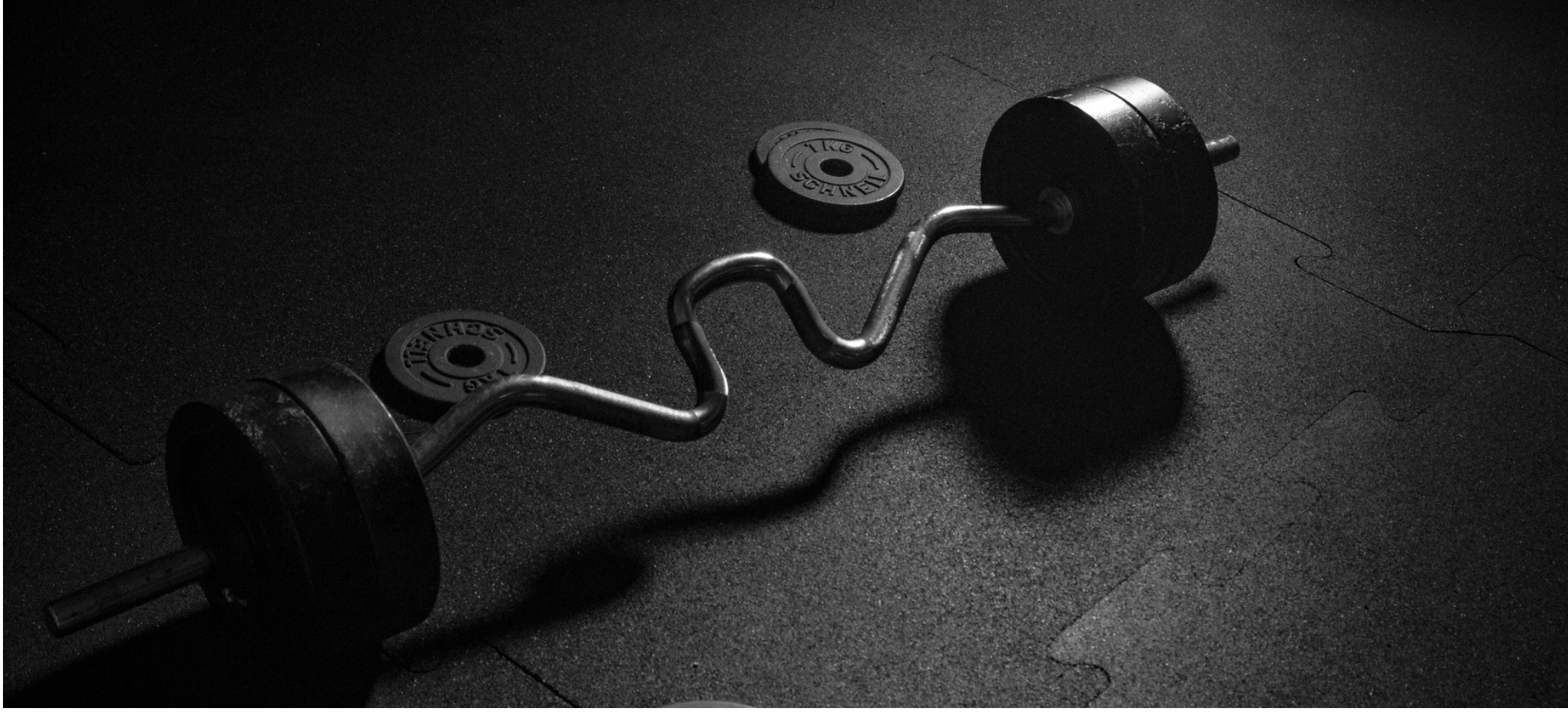
<p>Slow mountain climbers</p>	<p>50 reps 25 each leg 30 together</p>	<p>4</p>	<p>Get in a push up position bring your knees to your chest while keeping a nice flat back and squeezing your abs with each rep you do. You have to go slow and focus on squeezing your abs with each and every rep.</p> <p>You will do 25 on the right leg without putting your leg down. Left leg do 25 and go slow squeezing your abs with each and every rep. Then do 30 together alternating.</p>
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Day 5: Chest & Triceps

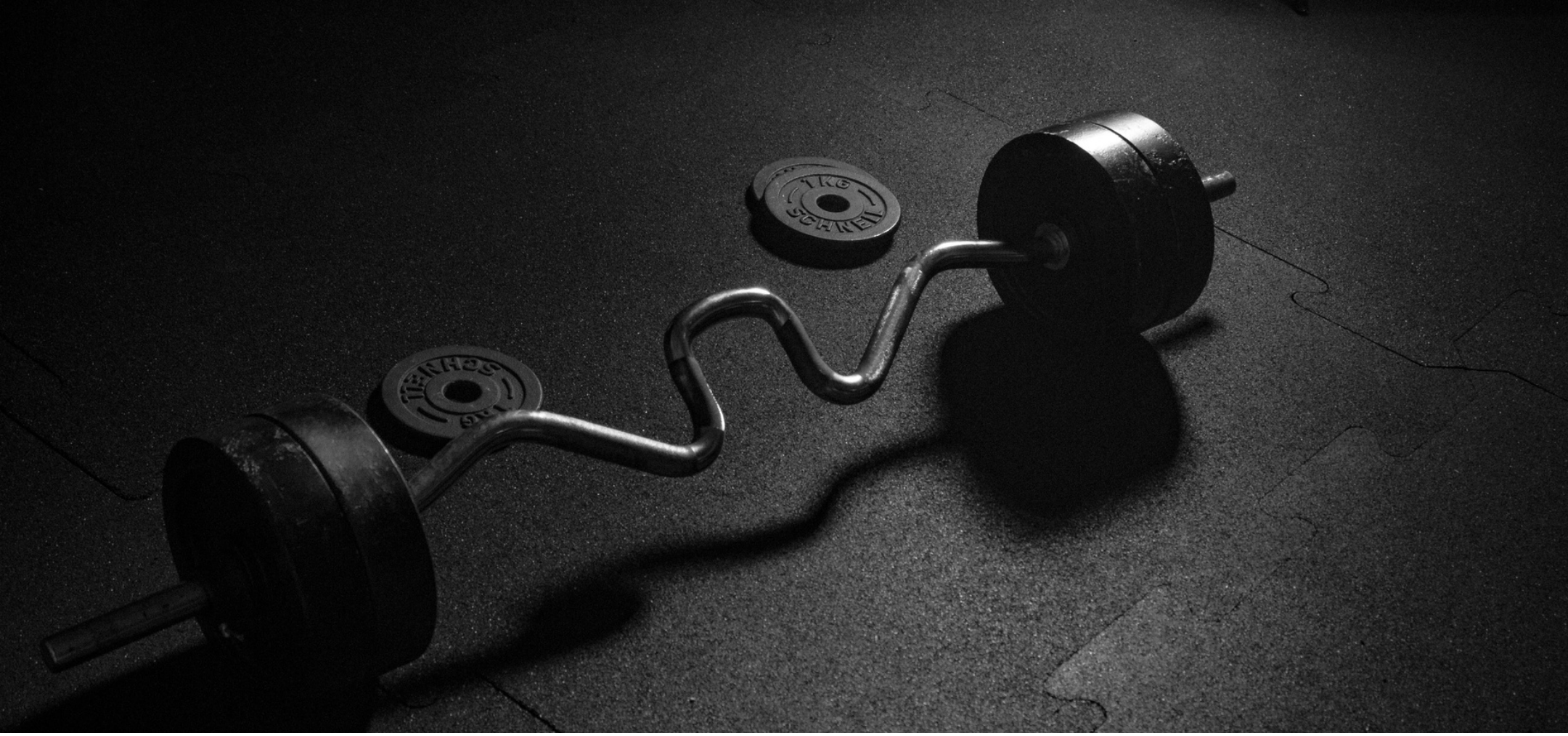
Exercise	Reps	Sets & Rest	Tips
<p>Chest press</p>	<p>12</p>	<p>60 seconds 4 sets</p>	<p>Put the seat on one of the lowest setting to make sure you are working your upper chest. Make sure to get a good stretch and squeeze your chest at the top of the movement.</p>



Leaning Push- ups	20	40 seconds 4 sets	Use the same machine to lean on as you did for the chest press and put each hand on the handle and begin your push-up. Also make sure to get a good stretch throughout your chest and squeeze your chest at the top of the movement while keeping your core tight. 3 seconds on the way down, 1 second pause, 3 seconds on the way up. ON the LAST set go until failure.
tricep ext	15	40 seconds 4 sets	Use the rope attachment keep your elbows tight to your sides bring the rope down and separate the rope at the bottom of the movement squeezing your tricep.



EZ Bar Skull Crushers	10 until failure	60 seconds 4 sets	<p>Start with your elbows locked out with the barbell directly in line with your eye brows, keeping your elbows in tight hinging at the elbows bringing the weight down toward your forehead, press it back up again hinging just at the elbow.</p> <p>when you can not preform any more bring the barbell down just like you would a normal skull crusher, but then bring the barbell to your chest keeping your elbows in tight pressing the weight up squeezing your triceps at the top of the movement.</p> <p>3 seconds down, 1 second pause, 2 seconds on the way up, then another 1 second pause, flexing the tricep. FOLLOW the same sequence doing the close grip presses.</p>
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Cardio Burn Day 6:

Exercise	Reps	Sets	Tips
Kettle bell swings	45 seconds	5 rounds	NONE
Mountain Climbers	45 seconds	5 rounds	NONE
Thrusters	45 seconds	5 rounds	NONE
Squat jumps	45 seconds	5 rounds	NONE
Standing shoulder press	45 seconds	5 rounds	NONE
Plank push-ups	45 seconds	5 rounds	NONE
Bent over rows	45 seconds	5 rounds	NONE



HOW SHOULD I TRACK PROGRESSION DURING THIS PROGRAM?

During this time, the goal is to lose as much body fat as possible, while retaining your existing muscle mass. This means you should be in a caloric deficit.

While it's natural to see some loss in strength during a fat loss phase, you still want to prioritize lifting as heavy as possible throughout the coming weeks

Progression can be seen in the following ways:

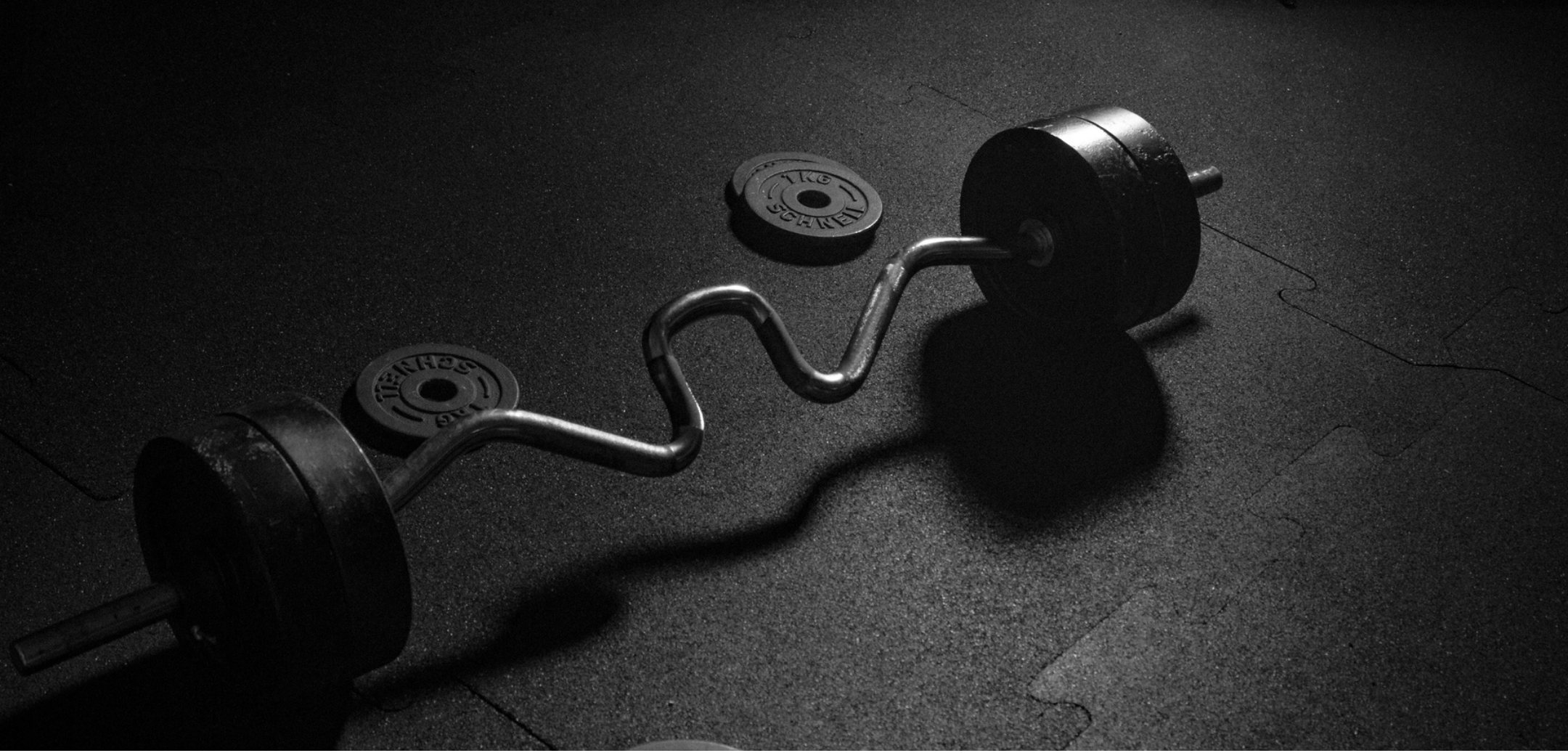
- Lifting more weight.
- Lifting the same weight, but completing more reps.
- Improving your form/technique with a certain weight.

It is important to remember that you will not set personal records each workout, and again, it is natural (and expected) to lose some strength while you get deeper into a cut.

HOW SHOULD I ORGANIZE MY REST DAYS?

CAN I REORGANIZE MY TRAINING DAYS?

Definitely! The organization of these sessions is not set in stone. You have a fair bit of autonomy with how you can organize your training. Feel free to arrange your workouts so that you're prioritizing weaker muscles first. Personally, I feel my back needs the most attention, and that's why I have my Pull workouts at the beginning of each rotation. As far as rest days go, I typically choose to auto-regulate mine, meaning I take a rest day when I feel I need one. I do not recommend this approach for most people, especially beginners and intermediate lifters. I highly recommend taking at least one complete rest day per week meaning a day with no lifting or cardio.



FEEL LIKE I CAN HANDLE MORE VOLUME. CAN I ADD IN EXTRA SETS?

As long as doing so doesn't impede your ability to recover or drastically harm the strength in your lifts, you can absolutely increase the volume.

With that said, keep in mind that there is a limit to how much volume is beneficial - if you're consistently completing more than 20 sets weekly on a muscle you're training twice per week, you may want to consider lowering the volume and increasing the frequency (training the muscle more frequently).

Gauge how you personally feel. You'll find sets ranging from as low as 2 and as high as 5 in this program. I have days where, if a particular exercise is feeling great, I may end up completing an extra 1 or 2 sets than I originally allotted - when this happens, I'll take away sets from another exercise for the same muscle. Again, feel free to adjust the volume of these workouts to your particular liking.



HOW LONG SHOULD I REST IN BETWEEN SETS?

Generally speaking, I recommend taking 3-5 minutes rest between compound movements, and 1-2 minutes rest between isolation movements.

With that said, ideal rest time will vary from person to person, from workout to workout (especially the further you are into your deficit). I recommend performing your set when you feel adequately recovered, and confident that you'll be able to lift the most amount of weight with proper form for your designated rep range. Remember, these are not concrete rules, but rather suggestions.



WHAT IF I DON'T HAVE ACCESS TO, OR WANT TO SWAP AN EXERCISE IN THIS PROGRAM?

I recommend adhering to the protocols written for compound movements as best you're able. With that said, feel free to swap out isolation lifts with alternatives that hit the same muscle group — just be sure to keep the exercises as similar as possible to the program.

(For example, if you'd rather perform an incline dumbbell fly rather than an incline cable fly, that's totally fine.)

Proper form should always be priority one, so I've included a few basic tips on the compound movements in this program too. By no means are they exhaustive, though, so if you're looking to improve your form, continue researching online — there is no shortage of tutorials, walkthroughs, and checklists you can use to make sure you're executing these movements correctly.