



**RIPPED FREAK**  
**12 WEEK PROGRAMME**

# Phase 1 (Weeks 1 - 4)

## Workout 1: Quads & Calves

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Squats			4		10/6/6/8	Warm up
	Leg Extensions			4		8/8/10/15	
	Leg Press			4		8/8/10/15	
	Dumbbell Lunges onto Step			2		10/10	
	Standing Calf Raises			3		10/10/10	
	Leg Press Calf Raises			3		10/10/10	
	Stairclimber					5 minutes	Intens

## Workout 2: Shoulders & Triceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Seated Smith Machine Shoulder Press			3		6/ 6/ 8	Warm up
	Side Raises			3		8/ 8/ 10	
	Uncrossovers			3		8/ 8/ 10	
	Seated Dumbbell Shrugs			2		8/ 10	
	Narrow Bench Press			3		12/ 10/ 8	Warm up
	Weighted Bench Dips			2		8/ 8	
	Tricep Pushdowns			2		15/ 20	
	Tricep Kickbacks			2		10/ 10	

## Workout 3: Back & Hamstrings

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Deadlifts			4		10/6/6/8	Warm up
	Hamstring Leg Press			3		6/ 6/ 8	
	Lying Leg Curl			3		8/ 10/ 15	
	Smith Machine Lunges			2		10/ 10	
	Bent over Barbell Row			3		10/ 8/ 6	Warm up
	T-Bar Rows			3		10/ 15/ 20	
	Front Lat Pulldowns			3		8/ 8/ 10	
	Pullovers			3		10/ 10/ 12	
	Stairclimber					5 minutes	Intens

## Workout 4: Chest & Biceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Low Incline Dumbbell Press			4		10/6/6/8	Warm up
	Incline Push-ups			4		Limit	
	Incline Smith Machine Bench Press			2		10/ 10	
	Cable Crossover			2		15/ 20	
	Incline Dumbbell Curl			4		10/ 6/ 6/ 8	Warm up
	Pull-ups			3		Limit	
	EZ Bar Curls			3		6/ 8/ 10	
	Cable Curls			2		15/ 20	

# Workout Schedule

**Monday:** Workout 1  
**Tuesday:** Workout 2  
**Wednesday:** Cardio Routine 1 and Ab Routine  
**Thursday:** Workout 3  
**Friday:** Workout 4  
**Saturday:** Cardio Routine 2 and Calf Routine  
**Sunday:** Rest

## Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

## Superset

Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

## Ab Routine

EXERCISE	SETS	REPS			
			Pullover Crunch on Exercise Ball	3	10
			Reverse Crunch on Exercise Ball	3	10
			Exercise Ball Transfer Crunch	3	10
			Hanging Knee Raises	3	10
			Knee Raises Off Bench	3	10

## Calf Routine

EXERCISE	SETS	REPS			
			Standing Calf Raises	3	12
			Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10			

## Cardio Routine

**Routine 1:** 5 minute warm up followed by 20 minutes of continuous cardiovascular exercise, then a 5 minute cool down.  
 Treadmill **(no running)**  
 Warm up + cool down = **Fast flat walking**  
 The 20 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 15 minutes of sprint intervals (10 cycles in total) - sprint for 30 seconds, moderate to recover for 1 minute, repeat. Cool down for 5 minutes.  
**To be done on the Bicycle**

# Phase 2 (Weeks 5 - 8)

## Workout 1: Quads & Calves SS Supersets

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Squats			4		10/ 6/ 6/ 8	Warm up
	Leg Extensions <span>SS</span>			4		8/ 8/ 10/ 15	
	Leg Press <span>SS</span>			4		8/ 8/ 10/ 15	
	Dumbbell Lunges onto Step			2		10/ 10	
	Standing Calf Raises <span>SS</span>			3		10/ 10/ 10	
	Leg Press Calf Raises <span>SS</span>			3		10/ 10/ 10	
	Stairclimber					5 minutes	Intense

## Workout 2: Shoulders & Triceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Seated Dumbbell Press			3		6/ 6/ 8	Warm up
	Side Raises <span>SS</span>			3		8/ 8/ 10	
	Uncrossovers <span>SS</span>			3		8/ 8/ 10	
	Upright Row			2		8/ 10	
	Seated Dumbbell Shrugs			2		8/ 10	
	Skull Crushers			3		12/ 10/ 8	Warm up
	Weighted Bench Dips <span>SS</span>			2		8/ 8	
	Tricep Pushdowns <span>SS</span>			2		15/ 20	
	Overhead Tricep Extensions			2		10/ 10	

## Workout 3: Back & Hamstrings

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Deadlifts			4		10/6/6/8	Warm up
	Hamstring Leg Press <span>SS</span>			3		6/ 6/ 8	
	Seated Leg Curl <span>SS</span>			3		8/ 10/ 15	
	Glute Ham Raises			2		10/10	
	Bent over Barbell Row			3		10/ 8/ 6	Warm up
	T-Bar Rows			3		10/ 15/ 20	
	Front Lat Pulldowns <span>SS</span>			3		8/ 8/ 10	
	Pullovers <span>SS</span>			3		10/ 10/ 12	
	Stairclimber					5 minutes	Intense

## Workout 4: Chest & Biceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Low Incline Dumbbell Press <span>SS</span>			4		10/ 6/ 6/ 8	Warm up
	Incline Push-ups <span>SS</span>			4		Limit	
	High Cable Flies <span>SS</span>			2		10/ 10	
	Incline Smith Machine Bench Press <span>SS</span>			2		10/ 10	
	Flat Bench Flies <i>(bottom range only)</i>			2		10/ 10	
	Cable Crossover			2		15/ 20	
	Incline Dumbbell Curl			4		10/ 6/ 6/ 8	Warm up
	Pull-ups <span>SS</span>			3		Limit	
	EZ Bar Curls <span>SS</span>			3		6/ 8/ 10	
	Cable Curls			2		15/ 20	

# Workout Schedule

**Monday:** Workout 1  
**Tuesday:** Workout 2  
**Wednesday:** Cardio Routine 1 and Ab Routine  
**Thursday:** Workout 3  
**Friday:** Workout 4  
**Saturday:** Cardio Routine 2 and Calf Routine  
**Sunday:** Rest

## Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

## Superset

Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

## Ab Routine

EXERCISE	SETS	REPS			
			Pullover Crunch on Exercise Ball	3	10
			Reverse Crunch on Exercise Ball	3	10
			Exercise Ball Transfer Crunch	3	10
			Hanging Knee Raises	3	10
			Knee Raises Off Bench	3	10

## Calf Routine

EXERCISE	SETS	REPS			
			Standing Calf Raises	3	12
			Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10			

## Cardio Routine

**Routine 1:** 5 minute warm up followed by 30 minutes of continuous cardiovascular exercise, then a 5 minute cool down.  
 Treadmill **(no running)**  
 Warm up + cool down = **Fast flat walking**  
 The 20 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 25 minutes of sprint intervals (15 cycles in total) - sprint for 30 seconds, moderate to recover for 1 minute, repeat.  
 Cool down for 5 minutes.  
**To be done on the Bicycle**

# Phase 3 (Weeks 9 - 12)

## Workout 1: Quads & Calves SS Supersets

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Squats			4		5 - 8	Warm up
	Leg Press			4		8 - 10	
	Leg Extensions <span>SS</span>			4		10 - 12	
	Dumbbell Lunges onto Step <span>SS</span>			2		15	
	Standing Calf Raises <span>SS</span>			3		12 - 15	
	Leg Press Calf Raises <span>SS</span>			3		12 - 15	
	Stairclimber					5 minutes	Intens

## Workout 2: Shoulders & Triceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Seated Dumbbell Press			3		6	Warm up
	Side Raises <span>SS</span>			3		10 - 12	
	Uncrossovers <span>SS</span>			3		10 - 12	
	Upright Row			2		10 - 12	
	Seated Dumbbell Shrugs			2		6 - 8	
	Skull Crushers			3		6 - 8	Warm up
	Weighted Bench Dips			2		6	
	Tricep Pushdowns <span>SS</span>			2		10 - 12	
	Overhead Tricep Extensions <span>SS</span>			2		10 - 12	

## Workout 3: Back & Hamstrings

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Hamstring Leg Press			3		8 - 10	
	Seated Leg Curl <span>SS</span>			3		12 - 15	
	Glute Ham Raises <span>SS</span>			3		10	
	Deadlifts			4		4 - 6	Warm up
	Bent over Barbell Row			3		8 - 10	
	T-Bar Rows			3		8 - 10	
	Front Lat Pulldowns <span>SS</span>			3		10	
	Pullovers <span>SS</span>			3		10	
	Stairclimber					5 minutes	Intens

## Workout 4: Chest & Biceps

<b>EXERCISE</b>	Cycle	<b>SETS</b>	<b>REPS</b>	5 minutes	<b>NOTE</b>	Moderate	
	Low Incline Dumbbell Press			4		6 - 8	Warm up
	Incline Push-ups <span>SS</span>			4		Limit	
	High Cable Flyes <span>SS</span>			2		12	
	Incline Smith Machine Bench Press			2		8 - 10	
	Flat Bench Flyes <i>(bottom range only)</i>			4		12	
	Cable Crossover <span>SS</span>			3		12 - 15	
	Barbell Curls <span>SS</span>			3		6 - 8	Warm up
	Incline Dumbbell Curl			2		Limit	
	Pull-ups <span>SS</span>			3		6/ 8/ 10	
	Cable Curls <span>SS</span>			2		15/ 20	

# Workout Schedule

**Monday:** Workout 1  
**Tuesday:** Workout 2  
**Wednesday:** Cardio Routine 1 and Ab Routine  
**Thursday:** Workout 3  
**Friday:** Workout 4  
**Saturday:** Cardio Routine 2 and Calf Routine  
**Sunday:** Rest

## Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

## Superset

Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

## Ab Routine

EXERCISE	SETS	REPS			
			Pullover Crunch on Exercise Ball	3	10
			Reverse Crunch on Exercise Ball	3	10
			Exercise Ball Transfer Crunch	3	10
			Hanging Knee Raises	3	10
			Knee Raises Off Bench	3	10

## Calf Routine

EXERCISE	SETS	REPS			
			Standing Calf Raises	3	12
			Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10			

## Cardio Routine

**Routine 1:** 5 minute warm up followed by 35 minutes of continuous cardiovascular exercise, then a 5 minute cool down.  
 Warm up + cool down = **Fast flat walking**  
 The 35 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 30 minutes of sprint intervals (18 cycles in total) - sprint for 30 seconds, moderate to recover for 1 minute, repeat. Cool down for 5 minutes.