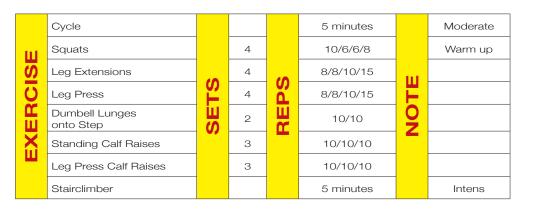


Phase 1 (Weeks 1 - 4)

Workout 1: Quads & Calves



Workout 2: Shoulders & Triceps



Workout 3: Back & Hamstrings



Workout 4: Chest & Biceps

	Cycle				5 minutes		Moderate
	Low Incline Dumbell Press		4		10/6/6/8		Warm up
Щ	Incline Push-ups		4	-	Limit		
CIS	Incline Smith Machine Bench Press	လ	2	S	10/ 10	巴	
ř	Cable Crossover	Ξ	2	μ	15/ 20	б	
U UU	Incline Dumbell Curl	S	4	Ľ	10/ 6/ 6/ 8	Ζ	Warm up
Ê	Pull-ups		З		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

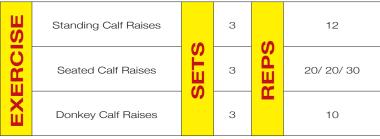
Do two exercises back to back with no rest.

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

Щ	Pullover Crunch on Exercise Ball		З		10
00	Reverse Crunch on Exercise Ball	S	З	S	10
ä	Exercise Ball Transfer Crunch	Ξ	З	Ш	10
×	Hanging Knee Raises	S	З	Ē	10
Ш	Knee Raises Off Bench		З		10

Calf Routine

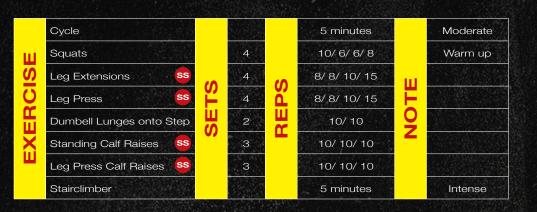


Cardio Routine

- 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)

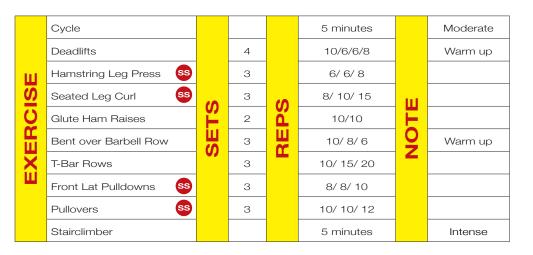
Workout 1: Quads & Calves Supersets



Workout 2: Shoulders & Triceps

	Cycle				5 minutes		Moderate
	Seated Dumbell Press		З		6/ 6/ 8		Warm up
ш	Side Raises ss		3 3 2 2		8/ 8/ 10		
S	Uncrossovers ss				8/ 8/ 10		
Ū	Upright Row	SETS		P	8/ 10	NOTE	
E.	Seated Dumbell Shrugs			Ш	8/ 10		
X	Skull Crushers	S	З	Ĕ	12/ 10/ 8		Warm up
ш	Weighted Bench Dips SS		2		8/ 8		
	Tricep Pushdowns SS		2		15/ 20		
	Overhead Tricep Extensions		2		10/ 10		

Workout 3: Back & Hamstrings



Workout 4: Chest & Biceps

			a sur an			A CONTRACTOR OF THE OWNER		
	Cycle					5 minutes		Moderate
	Low Incline Dumbell Press	ss		4		10/ 6/ 6/ 8		Warm up
	Incline Push-ups	ss		4		Limit		
Щ	High Cable Flyes	ss		2		10/ 10		
RCIS	Incline Smith Machine Bench Press	ss	Ś		S	10/ 10	Щ	
	Flat Bench Flyes (bottom range only)		Ш	2	H	10/ 10	6	
H	Cable Crossover		S	2	Ľ	15/ 20	Ζ	
Û	Incline Dumbell Curl			4		10/ 6/ 6/ 8		Warm up
	Pull-ups	ss		З		Limit		
	EZ Bar Curls	ss		3		6/ 8/ 10		
	Cable Curls			2		15/ 20		1. Al

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

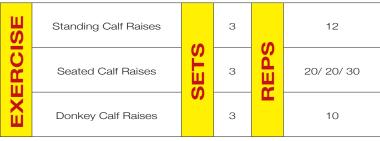
Do two exercises back to back with no rest.

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

Щ	Pullover Crunch on Exercise Ball		З		10
010	Reverse Crunch on Exercise Ball	S	З	So	10
ä	Exercise Ball Transfer Crunch	Ξ	З	Ш	10
×	Hanging Knee Raises	S	З		10
Ш	Knee Raises Off Bench		З		10

Calf Routine

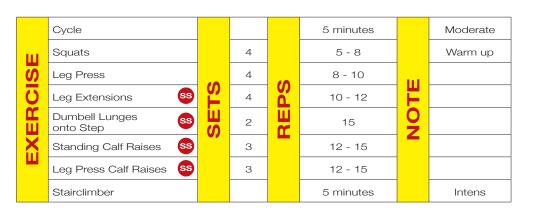


Cardio Routine

- 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)

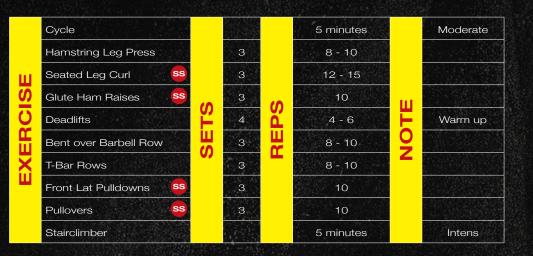
Workout 1: Quads & Calves Supersets



Workout 2: Shoulders & Triceps



Workout 3: Back & Hamstrings



Workout 4: Chest & Biceps

	Cycle				5 minutes		Moderate		
	Low Incline Dumbell Press		4		6 - 8		Warm up		
	Incline Push-ups SS		4		Limit				
SE	High Cable Flyes SS		2	-	12				
Ū	Incline Smith Machine Bench Press	Ņ	2	S	8 - 10	Щ			
E	Flat Bench Flyes (bottom range only)	SET	Ξ	Ξ	4	Ш	12	б	
X	Cable Crossover SS		З	В	12 - 15	Ζ			
	Barbell Curls SS		З		6 - 8		Warm up		
	Incline Dumbell Curl		2		Limit				
	Pull-ups SS		З		6/ 8/ 10				
	Cable Curls SS		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

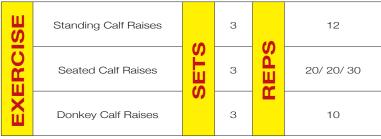
Do two exercises back to back with no rest.

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

Щ	Pullover Crunch on Exercise Ball		З		10
00	Reverse Crunch on Exercise Ball	S	З	S	10
ä	Exercise Ball Transfer Crunch	Ξ	З	Ш	10
×	Hanging Knee Raises	S	З	Ē	10
Ш	Knee Raises Off Bench		З		10

Calf Routine



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.