



FAT LOSS



12-WEEK WORKOUT

12-Week Workout Plan

Exercise doesn't need to be long, and it should never be boring. It just needs to be effective at producing the results YOU want, and efficient enough to fit into your busy schedule. As I'm sure you've seen by our success stories, the effectiveness of our workouts have never been in question. They produce awesome results - period.

But it's important that you realize just how time-efficient our workouts are as well. After all, you won't get any results if you don't have the time to do it. So, we've come up with a way of integrating calorie-burning cardio into resistance training ("weightlifting") for one super-effective, time-efficient workout that can be done in as little as 20 minutes! We call this the "E2 method" because it's DOUBLE the Effectiveness and DOUBLE the Efficiency.

Normally, between weightlifting sets you rest, get a drink of water, get caught talking with the local gym rat, etc, right? Why not use this time more efficiently and complete your cardio routine too! Instead of wasting time between sets, keep your heart rate up by doing one minute of cardio. For example, you just finished a set of lunges and your heart is pounding. Instead of letting your heart rate go back down before your next set, do a minute of cardio ... and then go right back to the next set of lunges (or whatever your next exercise is).

This way, your heart rate stays elevated the entire workout - both when lifting, and in between your sets. By the time you've completed your weightlifting routine, you've done a full session of cardio as well. Plus, this keeps your metabolism revved up longer, making your body more efficient at burning fat around the clock. That's double the effectiveness and efficiency for better results in less time - that's what Fast Track to Fat Loss is all about!

On the following pages you'll find a 12-week workout routine that you can do in the comfort and privacy of your own home with your own bodyweight, dumbbells, resistance bands, and a stability ball. If you don't have all of these, or you'd prefer to workout at a gym, that's fine. Every exercise in our workouts include a list of alternate exercises that you could do instead (refer to the Exercise Instructions book).

Between each set in our workouts you'll see "Cardio 1 minute." As explained above, you should do some form of cardio for 1 minute in between your sets. This could be the treadmill, stationary bike, jumping rope, bench step-ups, or whatever keeps your heart rate elevated for 1 minute and is convenient enough to get to between your sets. For example, refer to Week 1, Workout 1 in this book. Here you'd start off doing set 1 of lunges for 12 reps (each leg), and then go immediately to 1 minute of cardio, such as jacks ... then go immediately back to lunges for set 2 (again, both legs), then 1 minute of cardio ... and then on to set 1 of your back exercise, and so on.

Important note: as you review the workouts in this book, notice how we didn't include "Cardio 1 minute" in between the exercises for biceps, triceps, and abdominals. This is because we use a technique called "super-setting," which combines two exercises back to back without rest (or cardio) in between them. This not only increases the intensity, it saves time as well. For all other muscle groups that don't use this technique, you'll see that the Set Sequence is "1" for the first set of a particular exercise, and then "2" for the next exercise. This simply means that you do the first set, then go straight to cardio for 1 minute, and then back to the second set. But for the bicep, tricep, and abdominal exercises, the Set Sequence is "1" for both because there is no cardio in between the two sets. That is, it's just one big set (or "super-set") of two exercises - back to back.

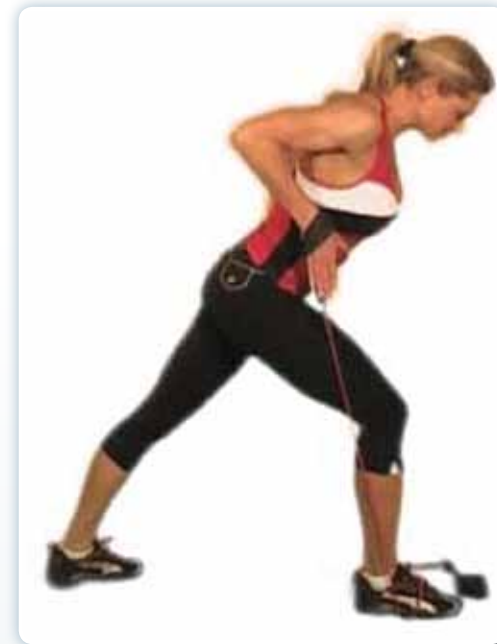
The 12-week workout plan in this book is designed for a beginner/intermediate fitness level at 3 days per week. If you'd like a routine that is custom-tailored to the equipment you have available, your schedule, fitness level, etc, please e-mail us at info@fastracktofatloss.com and we'll reply with options that may be better suited for you. If you signed up for your own Fast Track Personal Trainer, be sure to ask them for help. They are 100% committed to your success and will absolutely make sure you're implementing a workout routine that is perfect for YOU.

Whether you follow this workout plan exactly, or have one custom-tailored for you, be sure to use the "E2 method" explained above and look forward to the time-savings and the results!



Chad Tackett

Week 1 Workouts



Week 1

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		12
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (DB)	1		12
<i>Cardio 1 minute</i>			
ONE ARM ROW (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CHEST PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
CHEST PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LATERAL RAISE (RB)	1		12
<i>Cardio 1 minute</i>			
BENT OVER LATERAL RAISE (RB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING TRICEP EXTENSION (DB)	1		12
TRICEP PUSHDOWN (RB)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (DB)	1		12
BICEP CURL (DB)	1		12
<i>Cardio 1 minute</i>			

Week 1

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BACK EXTENSIONS (BA)	1		12
<i>Cardio 1 minute</i>			
BACK EXTENSIONS (BA)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CROSS-OVERS (RB)	1		12
<i>Cardio 1 minute</i>			
CROSS-OVERS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1		12
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LEG PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
LEG PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
KNEELING CRUNCH (RB)	1		12
LYING LEG LIFTS (BW)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		12
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			

Week 1

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CHEST BUTTERFLY (RB)	1		12
<i>Cardio 1 minute</i>			
CHEST BUTTERFLY (RB))	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ARNOLD PRESS (DB)	1		12
<i>Cardio 1 minute</i>			
ARNOLD PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

LEG & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (DB)	1		12
<i>Cardio 1 minute</i>			
LUNGES (DB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LAT PUSHDOWN STRAIGHT (RB)	1		12
<i>Cardio 1 minute</i>			
LAT PUSHDOWN STRAIGHT (RB)	2		12
<i>Cardio 1 minute</i>			

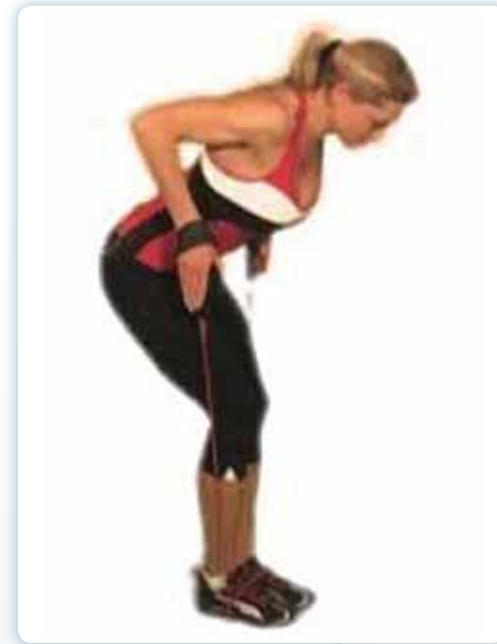
TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (DB)	1		12
TRICEP BENCH DIPS (BW)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL HEIGHT (RB)	1		12
HAMMER CURLS (RB)	1		12
<i>Cardio 1 minute</i>			

Week 2 Workouts



Week 2

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT-OVER ROWS (RB)	1		12
<i>Cardio 1 minute</i>			
BENT-OVER ROWS (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LATERAL RAISE (DB)	1		12
<i>Cardio 1 minute</i>			
BENT OVER LATERAL RAISE (DB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT LUNGES (BW)	1		12
<i>Cardio 1 minute</i>			
FRONT LUNGES (BW)	2		12
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CRUNCHES (BW)	1		12
OBLIQUE CRUNCHES (BW)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		12
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			

Week 2

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		12
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LAT PUSHDOWN STRAIGHT (RB)	1		12
<i>Cardio 1 minute</i>			
LAT PUSHDOWN STRAIGHT (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DECLINE PUSH-UPS (BW)	1		12
<i>Cardio 1 minute</i>			
DECLINE PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER FLY REAR (RB)	1		12
<i>Cardio 1 minute</i>			
SHOULDER FLY REAR (RB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING TRICEP EXTENSION (RB)	1		12
OVERHEAD TRICEP EXTENSION (RB)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (DB)	1		12
BICEP CURL (RB)	1		12
<i>Cardio 1 minute</i>			

Week 2

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED CLOSE-GRIP ROW (RB)	1		12
<i>Cardio 1 minute</i>			
SEATED CLOSE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (DB)	1		12
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS W/BALL (RB)	1		12
<i>Cardio 1 minute</i>			
SHOULDER PRESS W/BALL (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUATS (DB)	1		12
<i>Cardio 1 minute</i>			
SQUATS (DB)	2		12
<i>Cardio 1 minute</i>			

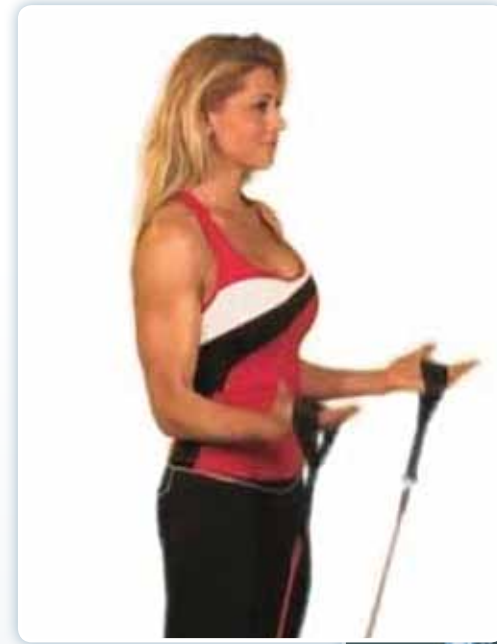
ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ABS TWIST (RB)	1		10
JACKKNIFE WITH BALL (BW)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			

Week 3 Workouts



Week 3

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES W/KNEE RAISE (BW)	1		10
<i>Cardio 1 minute</i>			
LUNGES W/KNEE RAISE (BW)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DEADLIFT (DB)	1		10
<i>Cardio 1 minute</i>			
DEADLIFT (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT KNEE PUSH UPS (BW)	1		10
<i>Cardio 1 minute</i>			
BENT KNEE PUSH UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1		10
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CLOSE-GRIP BENCH PRESS (RB)	1		10
PULLOVER WITH BALL (BA)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL (DB)	1		10
PREACHER CURL (DB)	1		12
<i>Cardio 1 minute</i>			

Week 3

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT LAT. PULL-DOWN (RB)	1		10
<i>Cardio 1 minute</i>			
FRONT LAT. PULL-DOWN (RB)	2		10
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE PUSH-UPS (BW)	1		10
<i>Cardio 1 minute</i>			
INCLINE PUSH-UPS (BW)	2		10
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LATERAL RAISE (RB)	1		10
<i>Cardio 1 minute</i>			
BENT OVER LATERAL RAISE (RB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
WALKING LUNGES (BW)	1		10
<i>Cardio 1 minute</i>			
WALKING LUNGES (BW)	2		10
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CRUNCHES (BW)	1		10
ABS CYCLE (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 3

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER FLY REAR (RB)	1		10
<i>Cardio 1 minute</i>			
SHOULDER FLY REAR (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
REVERSE LUNGE (BW)	1		10
<i>Cardio 1 minute</i>			
REVERSE LUNGE (BW)	2		10
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (DB)	1		10
<i>Cardio 1 minute</i>			
ONE ARM ROW (DB)	2		10
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
TRICEP EXTENSION (RB)	1		10
TRICEP DIPS (BA)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (DB)	1		10
BICEP CURL HEIGHT (RB)	1		10
<i>Cardio 1 minute</i>			

Week 4 Workouts



Week 4

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CLOSE-GRIP LAT. PULL-DOWN (RB)	1		10
<i>Cardio 1 minute</i>			
CLOSE-GRIP LAT. PULL-DOWN (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DIAMOND PUSH-UPS (BW)	1		10
<i>Cardio 1 minute</i>			
DIAMOND PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1		10
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BALL KNEE CRUNCHES (BW)	1		10
LEG RAISE CRUNCH (RB)	1		10
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BALL KNEE CRUNCHES (BW)	1		10
LEG RAISE CRUNCH (RB)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 4

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
WALKING LUNGES (BW)	1		10
<i>Cardio 1 minute</i>			
WALKING LUNGES (BW)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED WIDE-GRIP ROW (RB)	1		10
<i>Cardio 1 minute</i>			
SEATED WIDE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PUSH-UPS (BW)	1		10
<i>Cardio 1 minute</i>			
PUSH-UPS (BW)	2		10
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LATERAL RAISE (RB)	1		10
<i>Cardio 1 minute</i>			
BENT OVER LATERAL RAISE (RB)	2		10
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (DB)	1		10
LYING TRICEP EXTENSION (RB)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (DB)	1		10
BICEP CURL (RB)	1		10
<i>Cardio 1 minute</i>			

Week 4

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LAT ROW (RB)	1		10
<i>Cardio 1 minute</i>			
BENT OVER LAT ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
SHOULDER PRESS (RB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
REVERSE LUNGE (BW)	1		10
<i>Cardio 1 minute</i>			
REVERSE LUNGE (BW)	2		10
<i>Cardio 1 minute</i>			

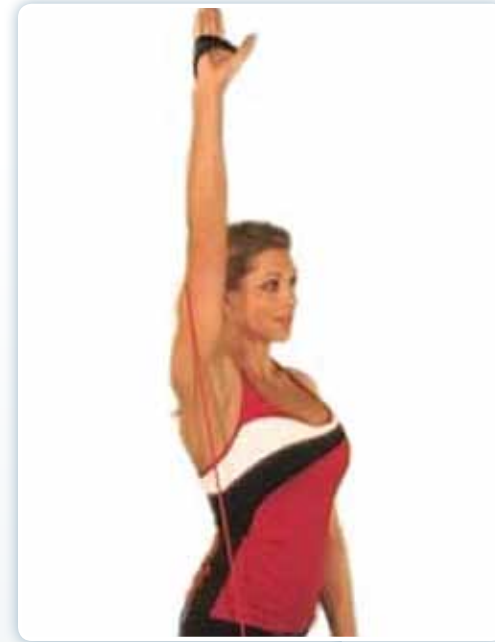
ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CRUNCHES (BW)	1		10
ABS WOODCHOP (RB)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 5 Workouts



Week 5

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		8
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PULLOVER W/BALL (BA)	1		8
<i>Cardio 1 minute</i>			
BENCH PULLOVER W/BALL (BA)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
BENCH PRESS (RB)	2		8
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (BA)	1		8
<i>Cardio 1 minute</i>			
LATERAL RAISE (BA)	2		8
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (BA)	1		8
TRICEP EXTENSION (RB)	1		8
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PREACHER CURLS (RB)	1		8
BICEP CURL (RB)	1		8
<i>Cardio 1 minute</i>			

Week 5

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LAT ROW (RB)	1		8
<i>Cardio 1 minute</i>			
BENT OVER LAT ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
SHOULDER PRESS (RB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
REVERSE LUNGE (BW)	1		8
<i>Cardio 1 minute</i>			
REVERSE LUNGE (BW)	2		8
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CRUNCHES (BW)	1		8
ABS WOODCHOP (RB)	1		8
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		8
<i>Cardio 1 minute</i>			

Week 5

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PUSH-UPS (BA)	1		8
<i>Cardio 1 minute</i>			
PUSH-UPS (BA)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT SHOULDER RAISE (DB)	1		8
<i>Cardio 1 minute</i>			
FRONT SHOULDER RAISE (DB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LEG PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
LEG PRESS (RB)	2		8
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT LAT. PULL-DOWN (RB)	1		8
<i>Cardio 1 minute</i>			
FRONT LAT. PULL-DOWN (RB)	2		8
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
TRICEP PUSHDOWN (RB)	1		8
CLOSE-GRIP BENCH PRESS (RB)	1		8
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL HEIGHT (RB)	1		8
BICEP CURL (RB)	1		8
<i>Cardio 1 minute</i>			

Week 7 Workouts



Week 6

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (DB)	1		8
<i>Cardio 1 minute</i>			
ONE ARM ROW (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (BA)	1		8
<i>Cardio 1 minute</i>			
BENCH PRESS (BA)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (RB)	1		8
<i>Cardio 1 minute</i>			
LATERAL RAISE (RB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUATS (DB)	1		8
<i>Cardio 1 minute</i>			
SQUATS (DB)	2		8
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ABS WOODCHOP (RB)	1		8
KNEELING CRUNCH (RB)	1		8
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		8
<i>Cardio 1 minute</i>			

Week 6

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		8
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED CLOSE-GRIP ROW (RB)	1		8
<i>Cardio 1 minute</i>			
SEATED CLOSE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
MILITARY PUSH UPS (BW)	1		8
<i>Cardio 1 minute</i>			
MILITARY PUSH UPS (BW)	2		8
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (DB)	1		8
<i>Cardio 1 minute</i>			
LATERAL RAISE (DB)	2		8
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING TRICEP EXTENSION (RB)	1		8
OVERHEAD TRICEP EXTENSION (DB)	1		8
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PREACHER CURLS (RB)	1		8
BICEP CURL (DB)	1		8
<i>Cardio 1 minute</i>			

Week 6

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED CLOSE-GRIP ROW (RB)	1		8
<i>Cardio 1 minute</i>			
SEATED CLOSE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DECLINE PUSH-UPS (BW)	1		8
<i>Cardio 1 minute</i>			
DECLINE PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHRUGS (DB)	1		8
<i>Cardio 1 minute</i>			
SHRUGS (DB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
REVERSE LUNGE (BW)	1		8
<i>Cardio 1 minute</i>			
REVERSE LUNGE (BW)	2		8
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING LEG LIFTS (BW)	1		8
JACKKNIFE WITH BALL (BW)	1		8
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		8
<i>Cardio 1 minute</i>			

Week 7 Workouts



Week 7

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUATS (RB)	1		12
<i>Cardio 1 minute</i>			
SQUATS (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DEADLIFT (DB)	1		12
<i>Cardio 1 minute</i>			
DEADLIFT (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (DB)	1		12
<i>Cardio 1 minute</i>			
BENCH PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (DB)	1		12
<i>Cardio 1 minute</i>			
UPRIGHT ROW (DB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION W/BALL (RB)	1		12
LYING TRICEP EXTENSION (RB)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (RB)	1		12
BICEP CURL (RB)	1		12
<i>Cardio 1 minute</i>			

Week 7

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT-OVER ROWS (RB)	1		12
<i>Cardio 1 minute</i>			
BENT-OVER ROWS (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CHEST PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
CHEST PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS WITH BALL (RB)	1		12
<i>Cardio 1 minute</i>			
SHOULDER PRESS WITH BALL (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUATS (DB)	1		12
<i>Cardio 1 minute</i>			
SQUATS (DB)	2		12
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED LEG LIFTS (BW)	1		12
CRUNCHES (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		12
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 7

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DIAMOND PUSH-UPS (BW)	1		12
<i>Cardio 1 minute</i>			
DIAMOND PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER FLY REAR (RB)	1		12
<i>Cardio 1 minute</i>			
SHOULDER FLY REAR (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
WALKING LUNGES (BW)	1		12
<i>Cardio 1 minute</i>			
WALKING LUNGES (BW)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED CLOSE-GRIP ROW (RB)	1		12
<i>Cardio 1 minute</i>			
SEATED CLOSE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING TRICEP EXTENSION (DB)	1		12
OVERHEAD EXTENSION (RB)	1		10
<i>Cardio 1 minute</i>			

BICEPS AND FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL HEIGHT (RB)	1		12
HAMMER CURLS (DB)	1		10
<i>Cardio 1 minute</i>			

Week 8 Workouts



Week 8

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LAT PUSHDOWN STRAIGHT (RB)	1		12
<i>Cardio 1 minute</i>			
LAT PUSHDOWN STRAIGHT (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1		12
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMSTRING CURLS (RB)	1		12
<i>Cardio 1 minute</i>			
HAMSTRING CURLS (RB)	2		12
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LEG RAISE (RB)	1		12
CRUNCHES (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		12
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 8

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STIFF-LEG DEADLIFTS (RB)	1		12
<i>Cardio 1 minute</i>			
STIFF-LEG DEADLIFTS (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED WIDE-GRIP ROW (RB)	1		12
<i>Cardio 1 minute</i>			
SEATED WIDE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CHEST PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
CHEST PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS (RB)	1		12
<i>Cardio 1 minute</i>			
SHOULDER PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (DB)	1		12
OVERHEAD EXTENSION (RB)	1		10
<i>Cardio 1 minute</i>			

BICEPS AND FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMMER CURLS (DB)	1		12
BICEP CURL (RB)	1		10
<i>Cardio 1 minute</i>			

Week 8

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (RB)	1		12
<i>Cardio 1 minute</i>			
ONE ARM ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE PUSH-UPS (BW)	1		12
<i>Cardio 1 minute</i>			
INCLINE PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (RB)	1		12
<i>Cardio 1 minute</i>			
LATERAL RAISE (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING LEG CURL (RB)	1		12
<i>Cardio 1 minute</i>			
LYING LEG CURL (RB)	2		12
<i>Cardio 1 minute</i>			

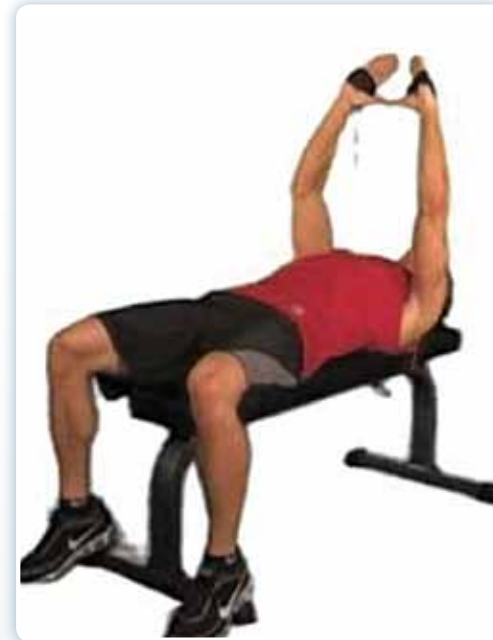
ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ABS CYCLE (RB)	1		12
KNEELING CRUNCH (RB)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		12
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 9 Workouts



Week 9

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		8
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (RB)	1		8
<i>Cardio 1 minute</i>			
ONE ARM ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT KNEE PUSH UPS (BW)	1		8
<i>Cardio 1 minute</i>			
BENT KNEE PUSH UPS (BW)	2		8
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHRUGS (DB)	1		8
<i>Cardio 1 minute</i>			
SHRUGS (DB)	2		8
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (RB)	1		8
TRICEP BENCH DIPS (BW)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL (DB)	1		8
HAMMER CURLS (DB)	1		10
<i>Cardio 1 minute</i>			

Week 9

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
DEADLIFT (DB)	1		8
<i>Cardio 1 minute</i>			
DEADLIFT (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FLYS (RB)	1		8
<i>Cardio 1 minute</i>			
FLYS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER LATERAL RAISE (DB)	1		8
<i>Cardio 1 minute</i>			
BENT OVER LATERAL RAISE (DB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (DB)	1		8
<i>Cardio 1 minute</i>			
LUNGES (DB)	2		8
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ABS CYCLE (BW)	1		8
OBLIQUE CRUNCHES (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 9

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (DB)	1		8
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ARNOLD PRESS (DB)	1		8
<i>Cardio 1 minute</i>			
ARNOLD PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
WALKING LUNGES (BW)	1		8
<i>Cardio 1 minute</i>			
WALKING LUNGES (BW)	2		8
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENT OVER ROWS (RB)	1		8
<i>Cardio 1 minute</i>			
BENT OVER ROWS (RB)	2		8
<i>Cardio 1 minute</i>			

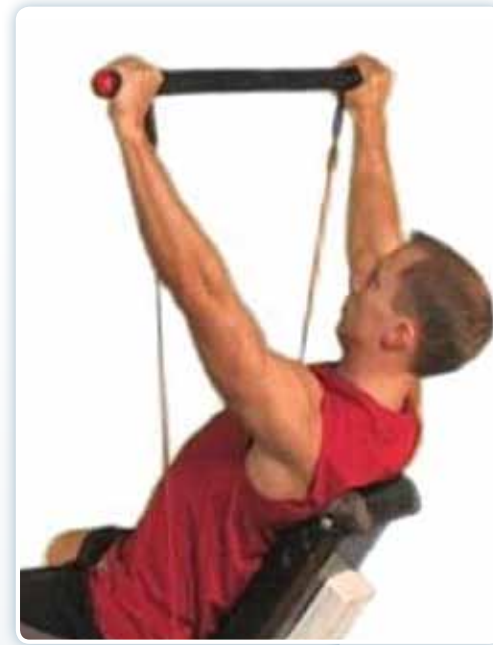
TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PULLOVER WITH BALL (BA)	1		8
OVERHEAD TRICEP EXTENSION W/ BALL (RB)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL (BA)	1		8
HAMMER CURLS (DB)	1		10
<i>Cardio 1 minute</i>			

Week 10 Workouts



Week 10

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (RB)	1		8
<i>Cardio 1 minute</i>			
ONE ARM ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER PRESS (RB)	1		8
<i>Cardio 1 minute</i>			
SHOULDER PRESS (RB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUATS (DB)	1		8
<i>Cardio 1 minute</i>			
SQUATS (DB)	2		8
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING LEG LIFTS (BW)	1		8
ABS CYCLE (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 10

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES W/ KNEE RAISE (BW)	1		8
<i>Cardio 1 minute</i>			
LUNGES W/ KNEE RAISE (BW)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED WIDE-GRIP ROW (RB)	1		8
<i>Cardio 1 minute</i>			
SEATED WIDE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (DB)	1		8
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (DB)	2		8
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER ROW (RB)	1		8
<i>Cardio 1 minute</i>			
SHOULDER ROW (RB)	2		8
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
OVERHEAD TRICEP EXTENSION (RB)	1		8
TRICEP BENCH DIPS (BW)	1		10
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PREACHER CURL (DB)	1		8
BICEP CURL (RB)	1		10
<i>Cardio 1 minute</i>			

Week 10

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED WIDE-GRIP ROW (RB)	1		8
<i>Cardio 1 minute</i>			
SEATED WIDE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE PUSH-UPS (BW)	1		8
<i>Cardio 1 minute</i>			
INCLINE PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER FLY REAR (RB)	1		8
<i>Cardio 1 minute</i>			
SHOULDER FLY REAR (RB)	2		8
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES (RB)	1		8
<i>Cardio 1 minute</i>			
LUNGES (RB)	2		8
<i>Cardio 1 minute</i>			

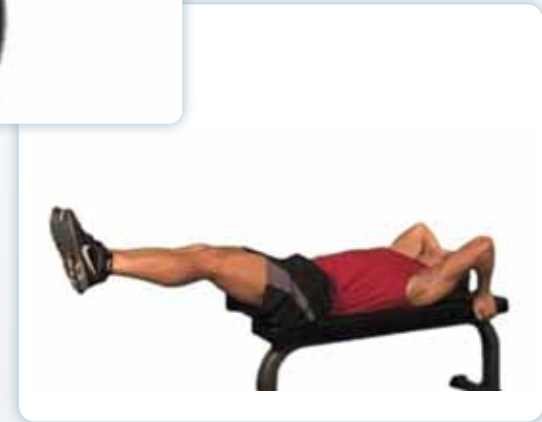
ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
AB PELVIC THRUSTS (BW)	1		8
CRUNCHES (BW)	1		10
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		8
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		10
<i>Cardio 1 minute</i>			

Week 11 Workouts



Week 11

▶ WORKOUT 1

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SQUAT WITH BALL OVERHEAD (BA)	1		10
<i>Cardio 1 minute</i>			
SQUAT WITH BALL OVERHEAD (BA)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (DB)	1		10
<i>Cardio 1 minute</i>			
ONE ARM ROW (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
INCLINE BENCH PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
INCLINE BENCH PRESS (RB)	2		10
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (BA)	1		10
<i>Cardio 1 minute</i>			
LATERAL RAISE (BA)	2		10
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CLOSE-GRIP BENCH PRESS (RB)	1		10
OVERHEAD TRICEP EXTENSION (DB)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PREACHER CURL (DB)	1		10
BICEP CURL (RB)	1		12
<i>Cardio 1 minute</i>			

Week 11

▶ WORKOUT 2

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (RB)	1		10
<i>Cardio 1 minute</i>			
ONE ARM ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PUSH-UPS (BW)	1		10
<i>Cardio 1 minute</i>			
PUSH-UPS (BW)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1		10
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT LUNGES (BW)	1		10
<i>Cardio 1 minute</i>			
FRONT LUNGES (BW)	2		10
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING LEG LIFTS (BW)	1		10
CRUNCHES (BW)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			

Week 11

▶ WORKOUT 3

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
CHEST PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
CHEST PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHOULDER FLY REAR (RB)	1		10
<i>Cardio 1 minute</i>			
SHOULDER FLY REAR (RB)	2		12
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LUNGES W/KNEE RAISE (BW)	1		10
<i>Cardio 1 minute</i>			
LUNGES W/KNEE RAISE (BW)	2		10
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LAT PUSHDOWN STRAIGHT (RB)	1		10
<i>Cardio 1 minute</i>			
LAT PUSHDOWN STRAIGHT (RB)	2		10
<i>Cardio 1 minute</i>			

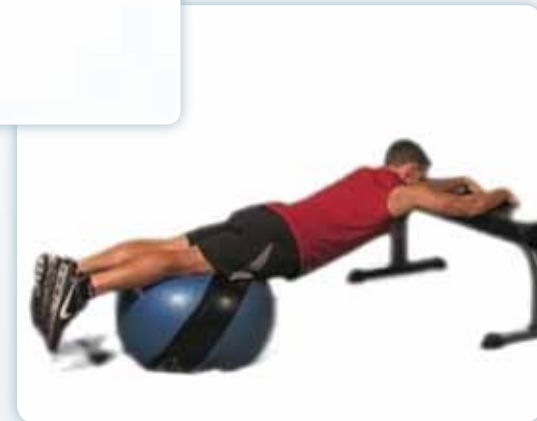
TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LYING TRICEP EXTENSION (DB)	1		10
TRICEP PUSHDOWN (RB)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BICEP CURL (DB)	1		10
HAMMER CURLS (RB)	1		12
<i>Cardio 1 minute</i>			

Week 12 Workouts



Week 12

▶ WORKOUT 1

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SEATED WIDE-GRIP ROW (RB)	1		10
<i>Cardio 1 minute</i>			
SEATED WIDE-GRIP ROW (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
BENCH PRESS (RB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LATERAL RAISE (DB)	1		10
<i>Cardio 1 minute</i>			
LATERAL RAISE (DB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
HAMSTRING CURLS (RB)	1		10
<i>Cardio 1 minute</i>			
HAMSTRING CURLS (RB)	2		10
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
JACKKNIFE WITH BALL (BW)	1		10
ABS TWIST (RB)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			

Week 12

▶ WORKOUT 2

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
REVERSE LUNGE (BW)	1		10
<i>Cardio 1 minute</i>			
REVERSE LUNGE (BW)	2		12
<i>Cardio 1 minute</i>			

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
FRONT LAT. PULL-DOWN (RB)	1		10
<i>Cardio 1 minute</i>			
FRONT LAT. PULL-DOWN (RB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
MILITARY PUSH UPS (BW)	1		10
<i>Cardio 1 minute</i>			
MILITARY PUSH UPS (BW)	2		10
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
UPRIGHT ROW (RB)	1	—	10
<i>Cardio 1 minute</i>			
UPRIGHT ROW (RB)	2	—	10
<i>Cardio 1 minute</i>			

TRICEPS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
TRICEP PUSHDOWN (RB)	1		10
OVERHEAD TRICEP EXTENSION (DB)	1		12
<i>Cardio 1 minute</i>			

BICEPS & FOREARMS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
PREACHER CURL (RB)	1		10
BICEP CURL (DB)	1		12
<i>Cardio 1 minute</i>			

Week 12

▶ WORKOUT 3

BACK

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
ONE ARM ROW (DB)	1		10
<i>Cardio 1 minute</i>			
ONE ARM ROW (DB)	2		12
<i>Cardio 1 minute</i>			

CHEST

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
BENCH PRESS (DB)	1		10
<i>Cardio 1 minute</i>			
BENCH PRESS (DB)	2		12
<i>Cardio 1 minute</i>			

SHOULDERS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
SHRUGS (RB)	1		10
<i>Cardio 1 minute</i>			
SHRUGS (RB)	2		10
<i>Cardio 1 minute</i>			

LEGS & BUTT

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LEG PRESS (RB)	1		10
<i>Cardio 1 minute</i>			
LEG PRESS (RB)	2		10
<i>Cardio 1 minute</i>			

ADOMINALS

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
LEG RAISE (RB)	1		10
CRUNCHES (BW)	1		12
<i>Cardio 1 minute</i>			

CALVES

EXERCISE	SET SEQUENCE	WEIGHT (LBS)	REPS
STANDING CALF RAISES (DB)	1		10
<i>Cardio 1 minute</i>			
STANDING CALF RAISES (DB)	2		12
<i>Cardio 1 minute</i>			