



**KRIS
GETHIN'S
12-WEEK
MUSCLE
BUILDER**

KAGED MUSCLE®

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KRIS GETHIN'S 12-WEEK MUSCLE BUILDER

While living in one of the world's busiest cities, Mumbai, I committed to doing a **new 12-week Muscle Builder video series** to show you what it takes to get stacked. No matter what the naysayers tell you, with enough determination and the correct programming, you can achieve unnatural results if you're willing to go to extreme levels of intensity and commitment.

The goal was to gain 15 lbs of lean muscle in 12 weeks. By the time day 84 came around, the scales were 20 lbs up and I looked visually leaner, harder and fuller. The evidence is in the video trainer series and you can be confident that photos never lie.

In this free e-guide, I'm going to show you the exact steps I took to achieve this muscle-building transformation and I'm going to empower you with the necessary information and motivational tools to do exactly the same thing that I did.

WITH THIS 12-WEEK MUSCLE BUILDER PROGRAM, YOU'RE GOING TO GET A FULL PLAN THAT INCLUDES:

- 1** 12 weeks' worth of training workouts to crush your muscles and build more mass
- 2** 12 weeks' worth of meal plans that promise to help you grow
- 3** 12 weeks' worth of supplement plans to make you see results even quicker
- 4** A full mind-set overhaul with me before you start so that you're ready for the journey ahead, no matter what obstacles you may face

Your body doesn't want to build more muscle because it isn't efficient. It takes a lot of effort to service extra metabolically active muscle tissue. Every step of the way your body's natural systems will be trying to sabotage your growth, which is why you have to stay one step ahead and follow this program to the letter as I've created it for you. Every last part of this program has its part to play in making your body evolve from day to day, avoiding plateaus and constantly introducing new stimulus to fuel your transformation for the whole 12 weeks.

If you can commit every rep of every set to me, in the good faith that you will do nothing other than crush the muscle as I ask of you, then I will guarantee your results. Train as I say, eat as I do, supplement as I recommend and the results will come.

Before I share any information on training or nutrition, I want to address your mind-set for this process.



LET'S GET MOTIVATED...

Successful transformations always begin with positive energy transcending from within, which is why before I even discuss your diet or workout plan, we go through a specific mind-set overhaul together. Without your mind being well rehearsed in how to sustain your motivation and repel negativity, your transformation will be doomed before you begin.

Literally tens of millions of people have followed my video trainers and they've all used my mind-set conditioning guidelines first to prime their mind for success. Motivation alone won't cut it—you have to understand how to nurture your motivation, protect it and feed its growth. This is the true secret of motivation, which I'm about to share with you now.

**"...YOU
HAVE TO
UNDERSTAND
HOW TO
NURTURE YOUR
MOTIVATION,
PROTECT IT AND
FEED ITS GROWTH."**

BURN SOME BRIDGES...

Some will sugarcoat this but I will jump straight in and tell you that some people in your life are not right for you and they are the reason why you're not where you want to be. At great length I've previously discussed how the 5 people you spend most of your time with become a direct influence on your reality. That's a scary fact because if those 5 people aren't aligned with your direction and goals, you will almost be guaranteed failure down the road.

Failure has never been something I accept or tolerate. Instead, I choose to control my environment and if people within that circle can't appreciate or respect my destiny, they are removed without hesitation.

"FAILURE HAS NEVER BEEN SOMETHING I ACCEPT OR TOLERATE."

On this transformation, you might have to burn some bridges and distance yourself from those who are negative, question your healthy habits and try to lead you astray. These people will only cause you stress, demotivation and pain.

It's all within your control; you just have to choose to push them aside for now. For sure, I understand that's not always easy or pleasant, but you have to start putting yourself first on the priorities list in order to serve the ones you love down the line. If you cannot bring yourself to choose the correct relationships in life and leave those behind that aren't a positive influence on you, you're going to face problems.

BUILD SOME NEW BRIDGES...

Whenever you begin a new journey that is riddled with positive intentions, you will attract new people into your life who have the same ambitions and who possess the right mind-set. This might be a new training partner, a new social group or even a new partner in more extreme circumstances.

Building these new bridges will give you a new lease of life and make your transformation journey one which is loaded with self-fulfilment. It will also relieve your stress levels and help you avoid unnecessary conflict because you won't be constantly justifying your actions to those around you. Instead, they'll be encouraging you.

This is such a powerful transition in your day-to-day existence because the dynamics of the way your world works completely changes for the better. No longer will you be wasting valuable energy and time arguing about bulls***. Instead, you'll be sharing conversations with like-minded people who only want to see you succeed.



TRAINING FOR MASS

You asked, I answered. You wanted to know how to build an extreme amount of size in 12 weeks, so I went ahead and created the program for you. Prepare yourself for the most intensive, aggressive transformation process you've gone through yet.

I know the ins and outs of building muscle. I know how to break it, rebuild it, and grow it. I know the right training strategies to use in the gym to elicit maximum growth—all you have to do is follow my lead.

MY TRAINING PHILOSOPHY

Every workout I've ever done with the biggest and baddest bodybuilders on the planet has contributed towards my knowledge, experience and wisdom today. That includes crushing workouts with the legendary six-time Mr. Olympia Dorian Yates, Neil Hill, Jay Cutler, Branch Warren and Flex

Lewis, to name a few. All of this information that is in my head can now be passed on to you in this program.

If you know me, you know that my approach to training is as much mental as it is physical. I will reveal your limits and push you beyond them. You'll experience a transformation that no mirror can fully capture.

Just like in my original Hardcore Trainer, you're going to be training alongside me, following my exact nutrition plan, supplementation plan and absorbing my singular mindset. If results are what you seek, you've come to the right place!

THE GORY DETAILS

Over the next 12 weeks, your mission is to annihilate the old you and stimulate all the mechanisms that will grow the new you. Type 1, type 2a, type 2b—no muscle fiber will be spared. Each of your body's energy systems will be tapped into until it submits to the trauma, leaving you with the only energy source that truly matters—your will. What you know about concepts like training intensity and volume will be challenged, cast aside, and redefined.

Your training split will evolve and change just as you think you're settling into the program, to avoid any complacency setting in. It will change and grow as I work through five micro-cycles inspired by the greatest muscle-building philosophies of recent decades. Everything is documented from one day to the next for you so there's no guessing.

“WHAT YOU KNOW ABOUT CONCEPTS LIKE TRAINING, INTENSITY AND VOLUME WILL BE CHALLENGED, CAST ASIDE AND REDEFINED.”

WEEKS 1-3: Y3T

Y3T is the brainchild of Neil “Yoda” Hill, fellow Welshman and bodybuilding guru whose training techniques have helped craft the physique of five-time Mr. Olympia 212 champion Flex Lewis, among many others.

Y3T is one of the most unique training concepts out there because it uses the principles of periodization over a 3-week training cycle, hitting low reps in Week 1, moderate reps in Week 2 and high reps in Week 3.

The training volume alters from one week to the next, along with the training techniques used. In Week 3, you’re going to be doing a lot of drop sets, supersets and giant sets to completely annihilate the muscle.

Neil has conjured together a program that delivers overload to every muscle fiber, strikes every energy system with maximum ferocity and spearheads your attack on the body from every angle possible.

This will provide the first 3 weeks of your training program.

WEEK 4: FST-7

FST, which stands for “fascia-stretch training” is a revered training system created by my good friend Hany “The Pro Creator” Rambod, who makes an appearance in the daily videos at the end of Week 3.

The principle behind FST-7 is to help you volumize the muscle by addressing the very thing that is restricting it, the fascia. This is a sheath of fibre that envelopes your muscle. Imagine an elastic band, which is very resistant to being stretched so it stops the muscle from expanding any further.

FST-7 is based around helping you defeat this limitation by using compound lifts to engage the muscles you’re training

and then crushing them with 7 back-to-back sets with minimal rest in between. This pumps blood into the muscle very quickly which is how you end up stretching that fascia beyond its normal point of expansion.

There have been studies done on this style of training to demonstrate it really works, with some showing an increase of hypertrophy potential by as much as 300%!

WEEK 5: GERMAN VOLUME TRAINING (GVT)

GVT is commonly based around the 10 x 10 principle, which represents a high volume workout. The way in which it is applied, you end up overwhelming the muscle you’re training with a sharp jab of volume.

It is likely to increase your training volume by 50-100%, which is how it causes large amounts of swelling within your muscle cell. By keeping the rest periods down, you not only get a crazy pump, but insane results too!

WEEK 6: HIGH-INTENSITY TRAINING (HIT)

It's been over four years since Dorian Yates came across the pond to the States and put me through a brutal HIT workout. This acronym represents "high-intensity training" and anybody who's been around Dorian will testify to that.

Having come through high-volume weeks of training, you might think on paper that this very low-volume style of training appears easy. After all, how hard can one all-out set per exercise be? Don't be so hasty—the very definition of this training is intensity. The reason it is low volume is

because it is fueled by violently dismantling your muscle fibers one rep at a time, and many forced reps later, your muscle is completely out for the count. Tread carefully with HIT...

WEEKS 7-12: DTP VARIATIONS

The final portion of your training program is based around my DTP training principles, with a sprinkling of the infamous DTPXtreme workouts as well. Everything about DTP is an amalgamation of intensity, volume, blood volumization, fascia stretching and brutality, which is designed to reduce your muscles to their last breath.

It's going to challenge every survival instinct within your mind as you marry together the harsh lactate infused environment of high-rep training with the stress of low-rep training.

My advice to you...suck it up, stop p***ing about and get serious if you want these results to present themselves at the end of the 12 weeks.

WHAT ABOUT CARDIO?

On this program, you're going to be doing HIIT cardio rather than steady state because the goal is very different here.

My style of "bulking" is all about lean gains, with no unnecessary fat. There's no point getting fat just to make the scales move, you have to put on quality muscle. HIIT cardio has been scientifically proven to help maximize fat loss and minimize muscle loss at the same time. Some studies even suggest it can help build muscle, which is good enough for me.

You'll perform a short HIIT cardio session every day during the next 12 weeks—including rest days. This is a big driver to the end result across the 84 days.



EATING FOR RESULTS

Nothing can be achieved without intense purpose, commitment and focus on the food you eat over the next 12 weeks. If you are the type of person who makes excuses, this program won't suit you, this I assure you. There's nothing else in the world that will give you results like it, but you have to be willing to commit and become completely submerged in the plan.

If you want that pat on the back, cheat meal and to be excused from your lackluster approach, I'm not the coach for you! Everything about my nutrition principles is methodical, thought out and designed to make you perform like a machine. There's nothing sub-par or compromising about the way I do things and I'm not about to start now with all that bulls***.

Your diet doesn't just have to give you the calories you need, or even the macros. It has to help you reduce inflammation,

cleanse your gut, enable you to assimilate nutrients effectively and become as physically commanding as you can possibly be.

This means that you need to stick to clean, natural foods that nourish the body better than anything else in the world. Just because you need more calories doesn't mean they need to be s***.

YOUR MUSCLE-BUILDING MEAL PLAN

For the whole 84-day process, you're going to eat the same as me. If you're at all familiar with my style of dieting, you'll know that I eat at least 6 times per day to provide the muscle with the fuel necessary to recover and grow. Every meal provides a piece to the puzzle, which is designed to make your body thrive.

On training days your calories are higher because you need that energy to exist within the harsh conditions of these brutal workouts. On rest days you get extra protein and fat to help your hormone levels replenish and your muscles reach a state of recovery fast!

There will be no tolerance for missed meals. If you miss a meal, you knock your progress back a day every time this happens. Don't hit me with bulls*** excuses, just hit me with solutions and the desire to succeed.

CALCULATED GAINS

We are testing on this program, not guessing. At the beginning of every month I want you to redo your calculations based on the formula I've created for you below.

The calculator uses the Mifflin-St. Jeor equation, with the appropriate activity multipliers included, to punch out your total daily energy expenditure (TDEE). From there, it adds 500 calories to your daily intake to ensure you eat enough fuel to support muscle growth and lean weight gain. The result is your recommended muscle-building calorie intake.

NOTES:

If you're a classic hardgainer (ectomorph) and feel like you have a particularly hard time gaining weight, or want to gain weight at a more aggressive rate, consider adding an additional 100-500 calories to your results.

For people of a medium or large build—mesomorphs and endomorphs—500 calories per day above maintenance should do the trick, but don't hesitate to drop that number slightly if you're worried about putting on too much weight too quickly. After all, you know your body best.

♂	MEN:	$10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$
♀	WOMEN:	$10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$



YOUR MUSCLE-BUILDING FOOD AND FLUID LIST

There's no way you don't know which food is good and which is bad for you, but you might be in denial to try and convince yourself it's OK to cheat. I'm going to eradicate that immediately by giving you a very specific list of foods you're allowed to have.

This program is going to make your body hungrier than ever for nutrients so it's important you feed it the right ones.

YOUR LIST

There are no cheat meals on this plan, but I will show you how to eat well.

PROTEIN

- Lean beef
- Skinless poultry
- RE-KAGED
- KASEIN
- Pork
- Bison
- Ground meats
- Game meats
- Tilapia
- Tuna
- Salmon
- Sardines and other small canned fish
- Ricotta cheese
- Cottage cheese
- Low-fat paneer
- Greek yogurt
- Egg whites
- Whole eggs
- Tofu

CARBS

- Quinoa
- Brown rice
- Whole grains like bulgur or spelt
- Raw or cooked vegetables
- Whole, raw fruit

- High-fiber bread
- Oats
- Muesli
- Potatoes
- Sweet potatoes
- Salad greens
- Green vegetables

FATS

- Extra-virgin coconut oil
- Olive oil
- Canola oil
- Avocados and avocado oil
- Nuts and seeds
- Fatty fish
- Natural nut butters

MEAL REPLACEMENTS/ALTERNATIVES

- RE-KAGED with oats (daytime)
- KASEIN with oats (nighttime)

FLUIDS

- Water
- Coconut water
- Black coffee
- Green tea
- Unsweetened and cream-free teas
- Water flavored with Hydra-Charge, KAGED MUSCLE® BCAAs and Glutamine.

YOU CAN'T EAT ANYTHING fried, anything with trans fats, or anything with refined sugar. You shouldn't drink coffees packed with cream and sugar, soda, beer or other alcoholic beverages. Remember, the next 12 weeks are all about clean gains. Be strict, get your fuel, and get to work. Your body will take it from there.

SUPPLEMENTATION

There's a set requirement for specific supplementation during my Muscle-Building Trainer so that you get the results you want. Without them, you'll struggle to get there.

The training journey you're about to take on will be tough from day one, and it only gets tougher. Your recuperative abilities will be strained, even with an airtight diet and plenty of rest. Strategic supplementation is essential to restore your damaged muscle fibers and help you face the next day's challenges.

The supplement program I've made for you guarantees you get to recover more quickly, lift heavier weights, appear bigger and blow people's minds with your results at the end.

+ PROTEIN



RE-KAGED

WHEY PROTEIN ISOLATE
POWDER TO SUPPORT
MUSCLE GROWTH*

Protein is essential for tissue growth and repair. You can go to war in the gym, but if you don't eat an adequate amount of protein daily, you simply won't grow or get stronger. Protein is your highest dietary priority over the weeks to come, and a post-workout shake is non-negotiable. It's your key to quick recovery and kick-starting the signals for more size.

Hydrolyzed whey protein isolate is a fundamental part of the 12-week trainer,, helping you achieve a high protein intake every day. RE-KAGED is of particular importance post workout to aid in recovery, with numerous studies showing that you have improved recovery, better subsequent performance and of course, greater muscle growth when you use whey protein post workout.

The benefits of RE-KAGED don't stop with protein alone. It is packed with other key ingredients such as creatine, glutamine and betaine, all of which can help you recover and take your training to the next level. No other protein powder will do once you've tried RE-KAGED!

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[PURCHASE](#)

+ PRE-WORKOUT



PRE-KAGED

SUPERCHARGE YOUR ADRENALINE AND INCREASE WORKOUT PERFORMANCE!*

Having the right pre-workout before the gym can elevate your results rapidly. Leading up to my workout I have a set pre-workout ritual that I follow, which includes taking the best pre-workout in the world, PRE-KAGED! When you take this, you'll experience:

- SHARP MENTAL ALERTNESS AND FOCUS
- HIGH ENERGY LEVELS
- EXPLOSIVE MUSCULAR ENERGY
- BETTER BLOOD FLOW AND PUMPS

The world's leading pre-workout on the planet, PRE-KAGED, combines all the research-proven essentials you need to take your training and physique to the next level. This includes the research-backed dose of Caffeine, Creatine, Beta-alanine, BCAA, Betaine and Citrulline. The ingredients in PRE-KAGED will help you through the toughest part of this 12-week trainer! If you're unsure, just look at the size of the serving compared to your generic pre-workouts. Some have as little as 5g per scoop compared with PRE-KAGED, which has 32 g, because everything is efficaciously dosed according to the latest research.

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+ LEUCINE/BCAAS



BCAA 2:1:1 POWDER

BCAA POWDER TO SUPPORT MUSCLE RECOVERY AND GROWTH*

Of the three branched-chain amino acids—leucine, isoleucine, and valine—leucine is the most effective at stimulating muscle protein synthesis (MPS), and subsequently, muscle growth. This is because MPS is the drive behind hypertrophy. If BCAAs are the building blocks of muscle, it's by far the biggest brick in the pile. If you want to experience faster recovery and quicker results, I insist that you supplement with KAGED MUSCLE® BCAA during the day and your workout.

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HARD TRAINING DEPLETES YOUR BODY OF A WIDE RANGE OF NUTRIENTS, AND IF YOU DON'T REPLACE THEM, YOUR ENERGY LEVEL AND RESULTS CAN SUFFER DRAMATICALLY.

+ INTRA-WORKOUT



IN-KAGED

PROVEN, PATENTED INGREDIENTS TO HELP IMPROVE ENDURANCE AND ENHANCE YOUR TOUGHEST WORKOUTS*

You need to be giving your body the right ingredients to sustain hydration, maintain the right electrolyte balance and boost performance. The likes of citrulline, which gives you a stronger pump, beta-alanine, which provides greater muscular endurance, caffeine to enhance focus, and coconut water powder, for optimal hydration, are all key.

Everything you need is found within IN-KAGED. It's dosed to scientific requirements, with naturally fermented and patented ingredients to prove that it's the highest quality intra-workout in the world. By using this, you will retain positive protein balance, optimize performance and be able to challenge yourself as fatigue tries to set in.

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+ GLUTAMINE



GLUTAMINE

MICROPURE GLUTAMINE
POWDER, 500 GRAMS

I have been a long-time believer in the restorative powers of glutamine, which you will know if you've followed my work over the years.

Glutamine is the most abundant amino acid in the body, but here's something you might not know: You can lose up to 50 percent of your glutamine levels during intense training. Becoming this depleted in glutamine can reduce you to a catabolic state.

There are 3 unique yet interwoven factors that can dramatically increase demand for glutamine within the human body. These include enhanced muscle exertion and recovery, immune support, and gastrointestinal health.

Combined, Glutamine is truly essential for this 12-week trainer. Remember, your recovery is likely to be a rate-limiting factor in your muscle growth. You will have all the training, diet and supplements in place, so the last factor is recovery. The more you can optimize recovery, the more you can open the window for growth!

Although RE-KAGED contains glutamine, we need a high daily intake to really optimize our gut health and recovery. This is because our body will naturally burn through our own stores when we are exercising at a hardcore, high intensity.

Add 5 g of KAGED MUSCLE Fermented GLUTAMINE post workout and another 5 g with a meal at some point in the day, such as at breakfast.

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+ CREATINE



CREATINE HCL

PATENTED CREATINE HCl

Creatine HCl is the master of all creatine supplements, especially the only patented variant in the world—the one that belongs to KAGED MUSCLE. Creatine HCl allows you to replenish ATP production quicker than ever before, bypassing the harsh environment of the gut and getting the creatine into the muscle cell.






On this trainer, you should take Creatine HCl before you train to get more reps, lift more weight and build more muscle. This will allow you to go beyond your limits every workout as you've never experienced before.

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SUPPLEMENT SCHEDULE

Here's how you'll time your supplementation on training days during the Muscle Building Trainer:

+ BREAKFAST		
	Multivitamin Testosterone Booster <u>KAGED MUSCLE® GLUTAMINE</u> <u>KAGED MUSCLE® BCAA/LEUCINE</u> Vitamin D	1 serving 1 serving 1 serving 1 serving 1 serving
+ PRE-WORKOUT		
	<u>KAGED MUSCLE® PRE-KAGED</u> <u>KAGED MUSCLE® CREATINE HCl</u>	1 serving 1 serving
+ INTRA-WORKOUT		
	<u>KAGED MUSCLE® IN-KAGED</u>	1 serving
+ POST-WORKOUT: AFTER LIFTING, BEFORE CARDIO		
	<u>KAGED MUSCLE® RE-KAGED</u> <u>KAGED MUSCLE® BCAA 2:1:1 POWDER</u> <u>KAGED MUSCLE® GLUTAMINE</u>	1 serving 1 serving 1 serving
+ BEFORE BED		
	<u>KAGED MUSCLE® KASEIN</u> <u>KAGED MUSCLE® GLUTAMINE</u>	1 serving 1 serving
+ NON-TRAINING DAYS		



On non-lifting days, where you're only doing your HIIT cardio, there's no need to take the supplements you have before, during and after training. Instead, I like to keep it simple on my rest days with PurCaf Caffeine, L-Citrulline, BCAAs, Creatine HCl and Glutamine. I'll mix all of these together with my Hydra-Charge and take them usually before my cardio. If you're finding it hard to get enough protein in on rest days, by all means use RE-KAGED to boost your protein intake. Breakfast would be a smart time to do this.



JUST THE BEGINNING

It's one thing to read my program and feel motivated. It's a completely different story actually putting this into practice, showing the level of commitment needed to see this through and getting to day 84.

Waste no more time, get your grocery shopping done, get your supplement order from **KAGEDMUSCLE.com** and begin!

MUSCLE BUILDER WEEK 1: Y3T

WEEK 1-DAY 1: LEGS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Leg Press	4		4x 8-12 reps					
2 Split Squat	3		3x 8-12 reps					
3 Hack Squat	3		3x 8-12 reps					
4 Stiff-Legged Barbell Deadlift	4		4x 8-12 reps					
5 Lying Leg Curl	5		5x 8-12 reps					
6 Seated Calf Raise	4		4x 8-12 reps					
7 Standing Calf Raise	4		4x 8-12 reps					
8 Bent-Knee Hip Raise	4		4x 8-12 reps					
9 Decline Reverse Crunch	4		4x 8-12 reps					
10 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					

★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE

WEEK 1-DAY 2: CHEST & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Incline Dumbbell Press	3		3x 8-12 reps				
2 Dumbbell Bench Press	3		3x 8-12 reps				
3 Incline Dumbbell Fly	3		3x 8-12 reps				
4 Dips-Triceps Version	3		3x 8-12 reps				
5 Triceps Pushdown	3		3x 8-12 reps				
6 Kneeling Cable Triceps Pushdown	4		4x 8-12 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				

★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE

WEEK 1-DAY 3: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Cuban Press	4		4x 8-12 reps				
2 Side Lateral Raise	4		4x 8-12 reps				
3 Standing Front Barbell Raise Over Head	4		4x 8-12 reps				
4 Seated Bent-Over Rear Delt Raise	4		4x 8-12 reps				
5 Decline Crunch	4		4x 8-12 reps				
6 Barbell Rollout From Bench	4		4x 8-12 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				

★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE

MUSCLE BUILDER WEEK 1: Y3T

WEEK 1-DAY 4: BACK

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED		
				SET 1	SET 2	SET 3
1 Bent-Over Barbell Row	3		3x 8-12 reps			
2 Seated Cable Row	3		3x 8-12 reps			
3 Wide-Grip Lat Pulldown	3		3x 8-12 reps			
4 One-Arm Dumbbell Row	3		3x 8-12 reps			
5 Straight-Arm Dumbbell Pullover	3		3x 8-12 reps			
6 Rack Pulls	3		3x 8-12 reps			
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard			
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE						

WEEK 1-DAY 5: BICEPS, CALVES & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Barbell Curl	4		4x 8-12 reps				
2 Dumbbell Alternate Biceps Curl	4		4x 8-12 reps				
3 EZ-Bar Curl	4		4x 8-12 reps				
4 Calf Raise	3		3x 8-12 reps				
5 Standing Calf Raise	4		4x 8-12 reps				
6 Bent-Knee Hip Raise	4		4x 8-12 reps				
7 Jackknife Sit-Up	3		3x 8-12 reps				
8 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE							

WEEK 1-DAY 6: ACTIVE REST & CA

WEEK 1-DAY 7: ACTIVE REST & CA

MUSCLE BUILDER WEEK 2: Y3T

WEEK 2-DAY 8: LEGS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Barbell Squat	2		2x 14-18 reps					
2 Wide-Stance Barbell Squat	2		2x 14-18 reps					
3 Leg Extension	4		4x 14-18 reps					
4 Seated Leg Curl	4		4x 14-18 reps					
5 Hack Squat	4		4x 14-18 reps					
6 Seated Calf Raise	5		5x 18-20 reps					
7 Crunch—Legs On Exercise Ball	4		4x 10 oblique Crunch & 10 regular Crunch, 10-second hold between each set					
8 Crunch	4		4x 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 2-DAY 9: CHEST & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Incline Dumbbell Press	4		4x 14-18 reps				
2 Dumbbell Bench Press	4		4x 14-18 reps				
3 Incline Dumbbell Fly	4		4x 14-18 reps				
4 Incline Dumbbell Triceps Extension	3		3x 14-18 reps				
5 Dips—Triceps Version	3		3x 14-18 reps				
6 Triceps Pushdown	3		3x 14-18 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE							

WEEK 2-DAY 10: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Dumbbell Shoulder Press	4		4x 18-20 reps						
2 Seated Side Lateral Raise	4		4x 18-20 reps						
3 Reverse Fly	4		4x 18-20 reps						
4 Front Incline Dumbbell Raise	3		3x 18-20 reps						
5 Dumbbell Shrug	4		4x 18-20 reps						
6 Bottoms Up	6		6x 18-20 reps						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

MUSCLE BUILDER WEEK 2: Y3T

WEEK 2-DAY 11: BACK

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED		
				SET 1	SET 2	SET 3
1 Wide-Grip Lat Pulldown	2		2x 18-20 reps, warm up			
2 Pull-Ups	3		3x Failure			
3 V-Bar Pull-Up	3		3x Failure			
4 One-Arm Dumbbell Row	3		3x 14-18 reps			
5 Leverage ISO Row	3		3x 14-18 reps			
6 Wide-Grip Lat Pulldown	3		3x 14-18 reps			
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard			
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE						

WEEK 2-DAY 12: BICEPS, CALVES & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Seated Dumbbell Curl	3		3x 14-18 reps				
2 Preacher Curl	3		3x 14-18 reps				
3 Lying Cable Curl	3		3x 14-18 reps				
4 Standing Calf Raise	4		4x 18-20 reps				
5 Cable Crunch	4		4x 18-20 reps				
6 Weighted Crunch	4		4x 18-20 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE							

WEEK 2-DAY 13: ACTIVE REST & CA

WEEK 2-DAY 14: ACTIVE REST & CA

MUSCLE BUILDER WEEK 3: Y3T

WEEK 3-DAY 15: LEGS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Leg Press	2		2x Drop Sets; 25-35 reps per drop					
2 Dumbbell Squat	2		2x Drop Sets; 25-35 reps per drop					
3 Leg Extension	3		3x Double Drop Sets; 15-20 reps per drop					
4 Superset: • Lying Leg Curl	5		5x 15-20 reps					
• Stiff Legged Dumbbell Deadlift	5		5x 15-20 reps					
5 Superset: • Seated Calf Raise	4		4x 20-25 reps					
• Standing Calf Raise	4		4x 20-25 reps					
6 Superset: • Flat Bench Leg Pull-In	4		4x 20 reps					
• Leg Pull-In	4		4x 20 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 3-DAY 16: CHEST & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED		
				SET 1	SET 2	SET 3
1 Smith Machine Incline Bench Press	2		2x Drop Sets 20-25 reps; 20-25 reps on each drop; two drops on second set			
2 Smith Machine Bench Press	2		2x Drop Sets 20-25 reps; 20-25 reps on each drop; two drops on second set			
3 Incline Dumbbell Fly	3		3x Drop Sets 15-20 reps; 15-20 reps on each drop			
4 Cable Crossover	2		2x Drop Sets 15-20 reps; 15-20 reps on each drop			
5 Superset: • Triceps Pushdown	3		3x 15-20 reps			
• Kneeling Cable Triceps Extension	3		3x 15-20 reps			
6 Superset: • Seated Triceps Press	3		3x 15-20 reps			
• Close-Grip Barbell Bench Press	3		3x 15-20 reps			
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard			
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE						

MUSCLE BUILDER WEEK 3: Y3T

WEEK 3-DAY 17: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Giant Set: • Standing Dumbbell Press	4		4x 20–25 reps				
• Side Lateral Raise	3		3x 20–25 reps				
• Front Dumbbell Raise	3		3x 20–25 reps				
2 Superset: • Seated Bent-Over Rear Delt Raise	4		4x 20–25 reps				
• Side Lateral to Front Raise	4		3x 15–20 reps				
3 Dumbbell Shrug	3		3x 20–25 reps				
4 Press Sit-Up	3		3x 15–20 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				
★★★★ INCLUDE 1–3 WARM UP SETS PER EXERCISE							

WEEK 3-DAY 18: BACK

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED		
				SET 1	SET 2	SET 3
1 Bent-Over Two-Dumbbell Row	3		3x 15–18 reps, last set is Dropset for 15–18 reps			
2 Superset: • Wide-Grip Lat Pulldown	3		3x 15–20 reps			
• Underhand Cable Pulldown	3		3x 15–20 reps			
3 Superset: • Dumbbell Incline Row	3		3x 15–20 reps			
• Straight-Arm Pulldown	3		3x 15–20 reps			
4 Barbell Deadlift	3		3x 15–20 reps			
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard			
★★★★ INCLUDE 1–3 WARM UP SETS PER EXERCISE						

WEEK 3-DAY 19: BICEPS, CALVES & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED		
				SET 1	SET 2	SET 3
1 Wide-Grip Standing Barbell Curl	3		3x Drop Sets 15–20 reps; 15 - 20 reps on drop			
2 Close-Grip Standing Barbell Curl	3		3x 15–20 reps			
3 Seated Calf Raise	3		3x Drop Sets 15–20 reps; 15–20 reps on drop			
4 Standing Calf Raise	3		3x Drop Sets 15–20 reps; 15–20 reps on drop			
5 Superset: • Decline Reverse Crunch	3		3x 15–20 reps			
• Exercise Ball Pull-In	3		3x 15–20 reps			
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard			
★★★★ INCLUDE 1–3 WARM UP SETS PER EXERCISE						

WEEK 2-DAY 20: ACTIVE REST & CA

WEEK 2-DAY 21: ACTIVE REST & CA

MUSCLE BUILDER WEEK 4: FST-7

WEEK 4-DAY 22: CHEST & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED							
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	
1 Incline Dumbbell Press	4	90-120 sec	4x 8-10 reps								
2 Dumbbell Bench Press	3	90-120 sec	3x 8-10 reps								
3 Decline Dumbbell Bench Press	3	90-120 sec	3x 8-10 reps								
4 Butterfly	7	30 sec	7x 8-10 reps								
5 Reverse Grip Triceps Pushdown	4	90-120 sec	4x 8-10 reps								
6 Close-Grip Barbell Bench Press	3	90-120 sec	3x 8-10 reps								
7 Seated Triceps Press	3	90-120 sec	3x 8-10 reps								
8 Triceps Pushdown—Rope Attachment	7	30 sec	7x 8-10 reps								
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard								
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE											

WEEK 4-DAY 23: LEGS—AM WORKOUT

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED							
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	
1 Leg Extension	4	90-120 sec	4x 10-15 reps								
2 Leg Press	4	90-120 sec	4x 10-15 reps								
3 Hack Squat	4	90-120 sec	4x 10-15 reps								
4 Smith Machine Squat	7	90-120 sec	7x 10-15 reps								
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard								
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE											

WEEK 4-DAY 23: LEGS—PM WORKOUT

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED							
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	
1 Lying Leg Curl	4	90-120 sec	4x 10-15 reps								
2 Stiff-Legged Barbell Deadlift	4	90-120 sec	4x 10-15 reps								
3 Seated Leg Curl	7	90-120 sec	7x 10-15 reps								
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard								
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE											

MUSCLE BUILDER WEEK 4: FST-7

WEEK 4-DAY 24: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED						
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
1 Standing Dumbbell Press	4	60-90 sec	4x 8-10 reps							
2 Seated Side Lateral Raise	3	60-90 sec	3x 8-10 reps							
3 Barbell Incline Shoulder Raise	3	60-90 sec	3x 8-10 reps							
4 Reverse Machine Fly	3	60-90 sec	3x 8-10 reps							
5 Smith Machine Overhead Shoulder Press	7	60-90 sec	7x 8-10 reps							
6 Barbell Rollout From Bench	3	60-90 sec	3x Failure							
7 Cross-Body Crunch	7	30 sec	7x 8-10 reps							
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard							
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE										

WEEK 4-DAY 25: BACK

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED						
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
1 Wide-Grip Rear Pull-Up	2	90-120 sec	2x 10-12 reps to Failure							
2 V-Bar Pull-Up	2	90-120 sec	2x 10-12 reps to Failure							
3 One-Arm Dumbbell Row	4	90-120 sec	4x 8-10 reps							
4 T-Bar Row	4	90-120 sec	4x 8-10 reps							
5 Barbell Shrug	2	90-120 sec	2x 12-15 reps							
6 Seated Cable Row	7	60 sec	7x 8-10 reps							
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard							
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE										

WEEK 4-DAY 26: BICEPS & CALVES

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED						
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
1 Cable Preacher Curl	4	90 sec	4x 8-10 reps							
2 Alternate Incline Dumbbell Curl	3	90 sec	3x 8-10 reps							
3 Lying Cable Curl	3	90 sec	3x 8-10 reps							
4 Spider Curl	7	90 sec	7x 8-10 reps							
5 Seated Calf Raise	3	90 sec	3x 20 reps							
6 Calf Press on the Leg Press Machine	3	90 sec	3x 20 reps							
7 Donkey Calf Raise	7	90 sec	7x 20 reps							
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard							
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE										

WEEK 2-DAY 27: ACTIVE REST & CA

WEEK 2-DAY 28: ACTIVE REST & CA

MUSCLE BUILDER WEEK 5: GVT

WEEK 5-DAY 29: LEGS & CALVES

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED										
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
1 Barbell Squat	10	60 sec	10x 10 reps											
2 Leg Extension	5	60-90 sec	5x 15 reps											
3 Seated Leg Curl	5	60-90 sec	5x 15 reps											
4 Seated Calf Raise	10	60-90 sec	10x 10 reps											
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard											
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 5-DAY 30: CHEST & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED										
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
1 Dumbbell Bench Press	10	45-60 sec	10x 10 reps											
2 Incline Dumbbell Fly	5	60-90 sec	5x 10 reps											
3 Decline Dumbbell Bench Press	5	60-90 sec	5x 10 reps											
4 Weighted Crunch	10	45-60 sec	10x 10 reps											
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard											
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 5-DAY 31: BACK

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED										
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
1 Weighted Pull-Up	10		10x 10 reps											
2 Bent-Over Barbell Row	5		5x 5 reps											
3 Barbell Shrug	5		5x 20 reps											
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard											
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 5-DAY 32: SHOULDERS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Dumbbell Shoulder Press	5		5x 10 reps					
2 Arnold Dumbbell Press	5		5x 10 reps					
3 Side Lateral Raise	5		5x 15 reps					
4 Upright Barbell Row	5		5x 15 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

MUSCLE BUILDER WEEK 5: GVT

WEEK 5-DAY 33: BICEPS & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED										
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	
1 Barbell Curl	5	60 sec max	5x 10 reps											
2 EZ-Bar Curl	5	60 sec max	5x 10 reps											
3 Dips- Triceps Version	10	60 sec max	10x 10 reps											
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard											
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 5-DAY 34: ACTIVE REST & CA

WEEK 5-DAY 35: ACTIVE REST & CA

“IF YOU WANT UNNATURAL RESULTS IN THE MIRROR, GET READY TO DO SOME UNNATURAL WORKOUTS IN THE GYM.”

MUSCLE BUILDER WEEK 6: HIT

WEEK 6-DAY 36: LEGS & CALVES

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED	
				SET 1	SET 2
1 Leg Extension	2		2x 15-20 reps		
2 Leg Press	2		2x 8-12 reps		
3 Hack Squat	2		2x 8-12 reps		
4 Lying Leg Curl	2		2x 8-12 reps		
5 Seated Leg Curl	2		2x 15-20 reps		
6 Seated Calf Raise	2		2x 8-12 reps		
7 Standing Calf Raise	2		2x 8-12 reps		
10 Cardio			15-minute intervals: 3 min. easy; 1 min. hard		
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE					

WEEK 6-DAY 37: SHOULDERS, TRAPS & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED	
				SET 1	SET 2
1 Seated Barbell Military Press	2		2x 8-12 reps		
2 Side Lateral Raise	2		2x 8-12 reps		
3 Seated Bent-Over Rear Delt Raise	2		2x 8-12 reps		
4 Reverse Machine Fly	2		2x 8-12 reps		
5 Barbell Shrug	2		2x 8-12 reps		
6 Triceps Pushdown	2		2x 8-12 reps		
7 Lying Triceps Press	2		2x 8-12 reps		
8 Dumbbell One-Arm Triceps Extension	2		2x 8-12 reps		
10 Cardio			15-minute intervals: 3 min. easy; 1 min. hard		
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE					

WEEK 6-DAY 38: CARDIO

**“IF YOU DO WHAT YOU HAVE ALWAYS DONE,
YOU WILL GET WHAT YOU HAVE ALWAYS GOT.”**

MUSCLE BUILDER WEEK 6: HIT

WEEK 6-DAY 39: CHEST & BICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED	
				SET 1	SET 2
1 Incline Dumbbell Press	2		2x 8-12 reps		
2 Leverage Chest Press	2		2x 8-12 reps		
3 Decline Dumbbell Bench Press	2		2x 8-12 reps		
4 Cable Crossover	2		2x 8-12 reps		
5 Dumbbell Alternate Biceps Curl	2		2x 8-12 reps		
6 Barbell Curl	2		2x 8-12 reps		
7 Machine Preacher Curl	2		2x 8-12 reps		
10 Cardio			15-minute intervals: 3 min. easy; 1 min. hard		
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE					

WEEK 6-DAY 40: BACK & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED	
				SET 1	SET 2
1 Underhand Cable Pulldown	2		2x 8-12 reps		
2 Close-Grip Front Lat Pulldown	2		2x 8-12 reps		
3 Bent-Over Barbell Row	2		2x 8-12 reps		
4 Seated Cable Row	2		2x 8-12 reps		
5 One-Arm Dumbbell Row	2		2x 8-12 reps		
6 Barbell Deadlift	2		2x 8-12 reps		
7 Cable Reverse Crunch	2		2x 8-12 reps		
8 Sit-Up	2		2x 8-12 reps		
10 Cardio			15-minute intervals: 3 min. easy; 1 min. hard		
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE					

WEEK 6-DAY 41: ACTIVE REST & CA

WEEK 6-DAY 42: ACTIVE REST & CA

MUSCLE BUILDER WEEK 7: DTP EXTREME

WEEK 7-DAY 43: LEGS & CALVES

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED													
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	SET 11	SET 12		
1 Leg Press	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
2 Superset:																
• Leg Extension	6	6x 30, 25, 20, 15, 10, 5 reps														
• Seated Leg Curl	6	6x 30, 25, 20, 15, 10, 5 reps														
3 Leg Extension	6	6x 5, 10, 15, 20, 25, 30 reps														
4 Seated Leg Curl	6	6x 5, 10, 15, 20, 25, 30 reps														
5 Seated Calf Raise	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard														
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE																

WEEK 7-DAY 44: CHEST & BICEPS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED								
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6			
1 Superset:											
• Preacher Curl	6	6x 30, 25, 20, 15, 10, 5 reps									
• Decline Dumbbell Bench Press	6	6x 30, 25, 20, 15, 10, 5 reps									
2 Dumbbell Bench Press	6	6x 5, 10, 15, 20, 25, 30 reps									
3 Barbell Curl	6	6x 5, 10, 15, 20, 25, 30 reps									
4 Superset:											
• Standing Biceps Cable Curl	3	3x 30, 20, 10 reps									
• Incline Dumbbell Press	3	3x 30, 20, 10 reps									
5 Incline Dumbbell Press	3	3x 10, 20, 30 reps									
6 Standing Biceps Cable Curl	3	3x 10, 20, 30 reps									
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard									
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE											

MUSCLE BUILDER WEEK 7: DTP EXTREME

WEEK 7-DAY 45: BACK & ABS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
			SET 1	SET 2	SET 3	SET 4	SET 5
1 Bent-Over Two-Dumbbell Row	5	5x 5, 10, 15, 20, 25 reps					
2 Standing Dumbbell Upright Row	5	5x 5, 10, 15, 20, 25 reps					
3 Wide-Grip Lat Pulldown	5	5x 25, 20, 15, 10, 5 reps					
4 Straight-Arm Pulldown	5	5x 5, 10, 15, 20, 25 reps					
5 Weighted Sit-Up With Bands	5	5x 25, 20, 15, 10, 5 reps					
6 Reverse Crunch	5	5x 5, 10, 15, 20, 25 reps					
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard					
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE							

WEEK 7-DAY 46: SHOULDERS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Superset:								
• Seated Barbell Military Press	6	6x 30, 25, 20, 15, 10, 5 reps						
• Cable Seated Lateral Raise	6	6x 30, 25, 20, 15, 10, 5 reps						
2 Seated Barbell Military Press (Reverse Grip)	6	6x 5, 10, 15, 20, 25, 30 reps						
3 Bent-Over Low-Pulley Side Lateral	6	6x 5, 10, 15, 20, 25, 30 reps						
4 Superset:								
• Barbell Shrug	3	3x 30, 20, 10 reps						
• Upright Barbell Row	3	3x 30, 20, 10 reps						
5 Barbell Shrug Behind The Back	3	3x 10, 20, 30 reps						
6 Upright Barbell Row (Close-Grip)	3	3x 10, 20, 30 reps						
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard						
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

MUSCLE BUILDER WEEK 7: DTP EXTREME

WEEK 7-DAY 47: TRICEPS & CALVES

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED						
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	
1 Superset:									
• Close-Grip Barbell Bench Press	6	6x 30, 25, 20, 15, 10, 5 reps							
• Seated Calf Raise	6	6x 30, 25, 20, 15, 10, 5 reps							
2 Barbell Incline Bench Press Medium-Grip	6	6x 5, 10, 15, 20, 25, 30 reps							
3 Seated Calf Raise	6	6x 5, 10, 15, 20, 25, 30 reps							
4 Triceps Pushdown	6	6x 30, 25, 20, 15, 10, 5 reps							
5 Lying Dumbbell Triceps Extension	6	6x 5, 10, 15, 20, 25, 30 reps							
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard							
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

WEEK 7-DAY 48: ACTIVE REST & CA

WEEK 7-DAY 49: ACTIVE REST & CA

**“WINNERS MAKE COMMITMENTS
NO MATTER THE SITUATION;
LOSERS MAKE EXCUSES BASED
ON THEIR SITUATION.”**

MUSCLE BUILDER WEEK 8: DTP EXTREME

WEEK 8-DAY 50: BACK & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Chin-Up	5		5x 20, 15, 10, 10, 5 reps					
2 Underhand Cable Pulldown	5		5x 5, 10, 10, 15, 20 reps					
3 Superset: • Leverage Iso Row	5		5x 20, 15, 10, 10, 5 reps					
• Cable Reverse Crunch	5		5x 20, 15, 10, 10, 5 reps					
4 Seated Cable Row	5		5x 5, 10, 10, 15, 20 reps					
5 Cable Crunch	5		5x 5, 10, 10, 15, 20 reps					
6 Superset: • Bent-Over Barbell Row	5		5x 20, 15, 10, 10, 5 reps					
• Seated Leg Tuck	5		5x 20 reps to Failure					
7 Reverse Grip Bent-Over Row	5		5x 5, 10, 10, 15, 20 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 8-DAY 51: LEGS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Wide-Stance Barbell Squat	5		5x 30, 25, 20, 15, 10 reps						
2 Narrow-Stance Squat	5		5x 5, 10, 15, 20, 25 reps						
3 Superset: • Hack Squat	5		5x 30, 25, 20, 15, 10 reps						
• Stiff-Legged Barbell Deadlift	5		5x 30, 25, 20, 15, 10 reps						
4 Hack Squat	6		6x 5, 10, 15, 20, 25, 30 reps						
5 Stiff-Legged Barbell Deadlift	6		6x 5, 10, 15, 20, 25, 30 reps						
6 Walking Dumbbell Lunge	3		3x 20 reps per leg						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

WEEK 8-DAY 52: CHEST & CALVES

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Incline Dumbbell Press	6		6x 30, 25, 20, 15, 10, 5 reps						
2 Decline Dumbbell Fly	6		6x 5, 10, 15, 20, 25, 30 reps						
3 Superset: • Leverage Chest Press	6		6x 30, 25, 20, 15, 10, 5 reps						
• Single Leg Calf Raise	6		6x 30, 25, 20, 15, 10, 5 reps						
4 Butterfly	6		6x 5, 10, 15, 20, 25, 30 reps						
5 Calf Raise	6		6x 5, 10, 15, 20, 25, 30 reps						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

MUSCLE BUILDER WEEK 8: DTP EXTREME

WEEK 8-DAY 53: SHOULDERS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Superset: • Dumbbell Shoulder Press	6		6x 30, 25, 20, 15, 10, 5 reps						
• Upright Cable Row	6		6x 30, 25, 20, 15, 10, 5 reps						
2 Seated Cable Shoulder Press	6		6x 5, 10, 15, 20, 25, 30 reps						
3 Front Cable Raise	6		6x 5, 10, 15, 20, 25, 30 reps						
4 Superset: • Side Lateral Raise	6		6x 30, 25, 20, 15, 10, 5 reps						
• Cable Rear Delt Fly	6		6x 30, 25, 20, 15, 10, 5 reps						
5 Side Lateral Raise	3		3x 10, 20, 30 reps						
6 Cable Rear Delt Fly	3		3x 10, 20, 30 reps						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

WEEK 8-DAY 54: TRICEPS, BICEPS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Superset: • EZ-Bar Skullcrusher	6		6x 30, 25, 20, 15, 10, 5 reps						
• Hammer Curl	6		6x 30, 25, 20, 15, 10, 5 reps						
2 Barbell Curl	6		6x 5, 10, 15, 20, 25, 30 reps						
3 Lying Dumbbell Triceps Extension	6		6x 5, 10, 15, 20, 25, 30 reps						
4 Superset: • Overhead Cable Curl	3		3x 30, 20, 10 reps						
• Triceps Pushdown— Rope Attachment	3		3x 30, 20, 10 reps						
5 Cable Preacher Curl	3		3x 10, 20, 30 reps						
6 Bench Dips	3		3x 10, 20, 30 reps						
7 Decline Reverse Crunch	6		6x 30, 25, 20, 15, 10, 5 reps						
8 Exercise Ball Pull-In	3		3x 10, 20, 30 reps						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

WEEK 8-DAY 55: ACTIVE REST & CA

WEEK 8-DAY 56: ACTIVE REST & CA

MUSCLE BUILDER WEEK 9: DTP EXTREME

WEEK 9-DAY 57: LEGS & CALVES

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Leg Extension	3		3x 50, 40, 30 reps					
2 Leg Press	5		5x 30, 25, 20, 15, 10 reps					
3 Hack Squat	5		5x 10, 15, 20, 25, 30 reps					
4 Leg Extension	3		3x 30, 40, 50 reps					
5 Lying Leg Curl	3		3x 50, 40, 30 reps					
6 Stiff-Legged Barbell Deadlift	5		5x 30, 25, 20, 15, 10 reps					
7 Seated Leg Curl	5		5x 10, 15, 20, 25, 30 reps					
8 Seated Calf Raise	5		5x 30, 25, 20, 15, 10 reps					
9 Standing Calf Raise	5		5x 10, 15, 20, 25, 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					

★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE

WEEK 9-DAY 58: BACK & CHEST

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Superset: • Dumbbell Bench Press	5		5x 30, 25, 20, 15, 10 reps					
• T-Bar Row	5		6x 30, 25, 20, 15, 10, 5 reps					
2 Superset: • Incline Dumbbell Fly	3		3x 10, 20, 30 reps					
• Bent-Over Barbell Row	3		3x 10, 15, 20 reps					
3 Superset: • Wide-Grip Lat Pulldown	5		5x 30, 25, 20, 15, 10 reps					
• Dips-Chest Version	5		5x 30, 25, 20, 15, 10 reps					
4 Superset: • Cable Crossover	3		3x 10, 20, 30 reps					
• Close-Grip Front Lat Pulldown	3		3x 10, 15, 20 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					

★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE

WEEK 9-DAY 59: ACTIVE REST & CA

MUSCLE BUILDER WEEK 9: DTP EXTREME

WEEK 9-DAY 60: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Superset: • Side Lateral Raise	5		5x 30, 25, 20, 15, 10 reps					
• Front Plate Raise	5		5x 30, 25, 20, 15, 10 reps					
2 Superset: • Seated Bent-Over Rear Delt Raise	5		5x 10, 15, 20, 25, 30 reps					
• Front Two-Dumbbell Raise (support chest on an incline bench)	5		5x 10, 15, 20, 25, 30 reps					
3 Superset: • Seated Bent-Over Rear Delt Raise	5		5x 30, 25, 20, 15, 10 reps					
• Bent-Knee Hip Raise	5		5x 30, 25, 20, 15, 10 reps					
4 Superset: • Reverse Machine Fly	5		5x 10, 15, 20, 25, 30 reps					
• Bent-Knee Hip Raise	5		5x 10, 15, 20, 25, 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 9-DAY 61: BICEPS & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Superset: • Standing Dumbbell Triceps Extension	5		5x 30, 25, 20, 15, 10 reps					
• Seated Dumbbell Curl	5		5x 30, 25, 20, 15, 10 reps					
2 Superset: • Decline EZ-Bar Triceps Extension	5		5x 10, 15, 20, 25, 30 reps					
• Spider Curl	5		5x 10, 15, 20, 25, 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 9-DAY 62: ACTIVE REST & CA

WEEK 9-DAY 63: ACTIVE REST & CA

MUSCLE BUILDER WEEK 10: DTP EXTREME

WEEK 10-DAY 64: LEGS & CALVES

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED													
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	SET 11	SET 12		
1 Box Squat	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
2 Leg Extension	3	3x 50 reps														
3 Hack Squat	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
4 Seated Leg Curl	3	3x 50 reps														
5 Stiff-Legged Barbell Deadlift	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
6 Single-Leg Calf Raise	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE																

WEEK 10-DAY 65: CHEST & TRICEPS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED													
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	SET 11	SET 12		
1 Barbell Incline Bench Press-Medium Grip	6	6x 30, 25, 20, 15, 10, 5 reps														
2 Barbell Bench Press-Medium Grip	6	6x 5, 10, 15, 20, 25, 30 reps														
3 Decline Dumbbell Fly	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps														
4 Incline Dumbbell Fly	6	6x 5, 10, 15, 20, 25, 30 reps														
5 Triceps Pushdown—Rope Attachment	6	6x 30, 25, 20, 15, 10, 5 reps														
6 Standing Dumbbell Triceps Extension	6	6x 5, 10, 15, 20, 25, 30 reps														
7 Push-Ups (close-grip and wide-hand positions)	6	6x 30, 25, 20, 15, 10, 5 reps														
8 Bench Dips	6	6x 5, 10, 15, 20, 25, 30 reps														
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE																

WEEK 10-DAY 66: ACTIVE REST & CA

MUSCLE BUILDER WEEK 10: DTP EXTREME

WEEK 10-DAY 67: BACK & BICEPS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED											
			SET 1	SET 2	SET 3	SET 4	SET 5							
1	Alternating Sets:													
	• V-Bar Pull-Up	3	3x 25, 15, 5 reps											
	• Chin-Up	2	2x 20, 10 reps											
2	Underhand Cable Pulldown	3	3x 5, 10, 15 reps											
3	Close-Grip Front Lat Pulldown	3	3x 20, 25, 30 reps											
4	Reverse Grip Bent-Over Row	5	5x 25, 20, 15, 10, 5 reps											
6	Single-Arm Dumbbell Arc Row	5	5x 25, 20, 15, 10, 5 reps per arm											
7	One-Arm Dumbbell Row	5	5x 5, 10, 15, 20, 25 reps per arm											
8	Preacher Curl	5	5x 25, 20, 15, 10, 5 reps											
9	One-Arm Dumbbell Preacher Curl	5	5x 5, 10, 15, 20, 25 reps per arm											
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 10-DAY 68: SHOULDERS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED															
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	SET 11	SET 12				
1	Smith Machine Overhead Shoulder Press	12	12x 30, 25, 20, 15, 10, 5, 5, 10, 15, 20, 25, 30 reps															
2	Reverse Fly	6	6x 30, 25, 20, 15, 10, 5 reps															
3	Neutral-Grip Reverse Fly	6	6x 5, 10, 15, 20, 25, 30 reps															
4	Side Lateral Raise	6	6x 30, 25, 20, 15, 10, 5 reps															
5	Seated Side Lateral Raise	6	6x 5, 10, 15, 20, 25, 30 reps															
6	Barbell Shrug	6	6x 25, 15, 5, 5, 15, 25 reps															
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE																		

WEEK 10-DAY 69: ACTIVE REST & CA

WEEK 10-DAY 70: ACTIVE REST & CA

MUSCLE BUILDER WEEK 11: DTP EXTREME

WEEK 11-DAY 71: LEGS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Giant Set: • Leg Extension	5		5x 30 reps					
• Leg Press	5		5x 30, 25, 20, 15, 10 reps					
• Hack Squat	5		5x 30, 25, 20, 10, 15 reps					
2 Giant Set: • Seated Leg Curl	5		5x 30 reps					
• Leg Press	5		5x 10, 15, 20, 25, 30 reps					
• Hack Squat	5		5x 10, 15, 20, 25, 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 11-DAY 72: CHEST & TRICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED				
				SET 1	SET 2	SET 3	SET 4	SET 5
1 Giant Set: • Dumbbell Bench Press	5		5x 30, 25, 20, 15, 10 reps					
• Incline Dumbbell Fly	5		5x 30, 25, 20, 15, 10 reps					
• Cable Crossover	5		5x 30, 25, 20, 15, 10 reps					
2 Giant Set: • Cable Crossover	5		5x 10, 15, 20, 25, 30 reps					
• Incline Dumbbell Fly	5		5x 10, 15, 20, 25, 30 reps					
• Dumbbell Bench Press	5		5x 10, 15, 20, 25, 30 reps					
3 Giant Set: • Triceps Pushdown—V Bar Attachment	5		5x 30, 25, 20, 15, 10 reps					
• Triceps Overhead Extension with Rope	5		5x 30, 25, 20, 15, 10 reps					
• Triceps Pushdown—Rope Attachment	5		5x 30, 25, 20, 15, 10 reps					
4 Giant Set: • Triceps Pushdown—Rope Attachment	5		5x 10, 15, 20, 25, 30 reps					
• Triceps Overhead Extension with Rope	5		5x 10, 15, 20, 25, 30 reps					
• Triceps Pushdown—V Bar Attachment	5		5x 10, 15, 20, 25, 30 reps					
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard					
★★★★ INCLUDE 1-3 WARM UP SETS PER EXERCISE								

WEEK 11-DAY 73: ACTIVE REST & CA

MUSCLE BUILDER WEEK 11: DTP EXTREME

WEEK 11-DAY 74: BACK & BICEPS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED			
				SET 1	SET 2	SET 3	SET 4
1 Giant Set: • Wide-Grip Lat Pulldown	4		4x 25, 20, 15, 10 reps				
• Barbell Deadlift	4		4x 25, 20, 15, 10 reps				
• Dumbbell Incline Row	4		4x 25, 20, 15, 10 reps				
2 Giant Set: • Dumbbell Incline Row	4		4x 10, 15, 20, 25 reps				
• Barbell Deadlift	4		4x 10, 15, 20, 25 reps				
• Wide-Grip Lat Pulldown	4		4x 10, 15, 20, 25 reps				
3 Giant Set: • Barbell Curl	4		4x 25, 20, 15, 10 reps				
• Standing Biceps Cable Curl	4		4x 25, 20, 15, 10 reps				
• Lying Close-Grip Bar Curl on High Pulley	4		4x 25, 20, 15, 10 reps				
4 Giant Set: • Lying Close-Grip Bar Curl on High Pulley	4		4x 10, 15, 20, 25 reps				
• Standing Biceps Cable Curl	4		4x 10, 15, 20, 25 reps				
• Barbell Curl	4		4x 10, 15, 20, 25 reps				
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard				
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE							

WEEK 11-DAY 75: SHOULDERS & ABS

EXERCISE	SETS	REST	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED					
				SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1 Giant Set: • Upright Barbell Row	5		5x 30, 25, 20, 15, 10 reps						
• Standing Military Press	5		5x 30, 25, 20, 15, 10 reps						
• Alternating Deltoid Raise	5		5x 30, 25, 20, 15, 10 reps						
2 Giant Set: • Alternating Deltoid Raise	5		5x 10, 15, 20, 25, 30 reps						
• Standing Military Press	5		5x 10, 15, 20, 25, 30 reps						
• Upright Barbell Row	5		5x 10, 15, 20, 25, 30 reps						
3 Giant Set: • Seated Calf Raise	6		5x 30, 20, 10, 10, 20, 30 reps						
• Tuck Crunch	6		6x Failure						
7 Cardio			15-minute intervals: 3 min. easy; 1 min. hard						
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE									

WEEK 11-DAY 76: ACTIVE REST & CA

WEEK 11-DAY 77: ACTIVE REST & CA

MUSCLE BUILDER WEEK 12: GVT

WEEK 12-DAY 78: LEGS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED											
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10		
1 Leg Press (Single Leg)	10	10x 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps												
2 Split Squat with Dumbbells	5	5x 30, 25, 20, 15, 10 reps												
3 Smith Single-Leg Split Squat	5	5x 30, 25, 20, 15, 10 reps												
4 Calf Press (Single Leg)	5	5x 30, 25, 20, 15, 10 reps												
5 Standing Calf Raise	5	5x 10, 15, 20, 25, 30 reps												
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard												
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 12-DAY 79: CHEST & BACK

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED											
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10		
1 Superset:														
• Leverage Chest Press (Single Arm)	10	30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps per arm												
• Dumbbell Incline Row (Single Arm)	10	25, 20, 15, 10, 5, 5, 10, 15, 20, 25 reps per arm												
2 Superset:														
• One-Arm Lat Pulldown	6	25, 15, 5, 5, 15, 25 reps												
• Single-Arm Cable Crossover	6	25, 15, 5, 5, 15, 25 reps												
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard												
★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE														

WEEK 11-DAY 80: ACTIVE REST & CA

**“DO WHAT YOU FEAR,
DON’T FEAR WHAT YOU DO.”**

MUSCLE BUILDER WEEK 12: GVT

WEEK 12-DAY 81: SHOULDERS & ABS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED												
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10			
1 Superset:															
• Dumbbell One-Arm Shoulder Press	10	10x 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps per arm													
• One-Arm Side Lateral	10	10x 25, 20, 15, 10, 5, 5, 10, 15, 20, 25 reps per arm													
2 Superset:															
• Bent-Over Low-Pulley Side Lateral	3	3x 30, 20, 10 reps per arm													
• Cable Reverse Crunch	3	3x Absolute Failure													
3 Superset:															
• Bent-Over Low-Pulley Side Lateral	3	3x 10, 20, 30 reps													
• Sit-Up 3		3x Absolute Failure													
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard													
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE															

WEEK 12-DAY 82: BICEPS & TRICEPS

EXERCISE	SETS	TRAINING SCHEME	ACTUAL REPS AND WEIGHT LIFTED												
			SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10			
1 Superset:															
• Standing One-Arm Cable Curl	10	10x 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps per arm													
• Standing Bent-Over One-Arm Dumbbell Triceps Extension	10	10x 25, 20, 15, 10, 5, 5, 10, 15, 20, 25 reps per arm													
2 Superset:															
• Dumbbell Biceps Curl	6	3x 30, 20, 10, 10, 20, 30 reps per arm													
• Dumbbell One-Arm Triceps Extension	6	6x 30, 20, 10, 10, 20, 30 reps per arm													
7 Cardio		15-minute intervals: 3 min. easy; 1 min. hard													
★ ★ ★ ★ ★ INCLUDE 1-3 WARM UP SETS PER EXERCISE															

WEEK 12-DAY 83: ACTIVE REST & CA

WEEK 12-DAY 84: ACTIVE REST & CA

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