



MALE  
**8 WEEK**  
ADVANCED  
TRAINING  
PROGRAM

I U P N U T R I T I O N . C O M

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These “**Advanced Training Techniques**” add to the intensity of a set to help stimulate muscle growth and shock the central nervous system. The theory behind them is training the body past failure so next time its in the gym it will be able handle heavier weights and achieve higher reps.

**DROP SET** A “Drop Set” technique can be incorporated into your training by gradually decreasing weight/resistance after no further reps can be performed in a set. The exerciser only rests long enough to permit the resistance to be decreased safely so more reps can be performed.

For example, you perform several reps until you can no longer perform another rep in good form. Then you continually decrease the weight/resistance, allowing you to perform a few more reps on each drop in weight. One or more drops in weight may be performed.

**SUPER SET** Performing an exercise set immediately after a different exercise set. Nearly no rest is taken between exercises (sets), only that which is taken to get in position for the second exercise.

**STATIC SET** Static training occurs when the body moves very little or not at all while contracting the muscle fibers. Benefits of this form of training are increased muscular endurance, increased muscular strength, muscle building, and even saving time.

Think about a person holding a 45lb plate over their head. Now at first, this might not seem so difficult. Over time, however, the muscle fibers become fatigued and must adapt to the workload in the midst of being fatigued. This allows the muscle fibers to build more endurance to be able to withstand the workload longer the more and more the exercise is done.

**PARTIAL REP SET** Limiting or increasing the “Range of Motion” of a specific exercise to put more stress on the target muscle. These types of reps can be incorporated anywhere throughout an exercise to help amplify intensity.

**REST PAUSE SET** A Rest Pause Set incorporates a 10-15 second rest period after set then immediately attempting to perform as many reps as possible with the same weight. Through incorporating this technique the body is able to adapt to these additional reps, so the next time its back in the gym its able to perform them through a straight set. Making you stronger for longer...



# HIIT CARDIO

(HIGH INTENSITY INTERVAL TRAINING)

i

PERFORM FIRST THING IN THE AM FASTED CARDIO  
(ON EMPTY STOMACH) OR IMMEDIATELY POST-WORKOUT

HIIT Cardio (High Intensity Interval Training) Involves short bursts of high intensity (45-60 seconds) followed up by 2-1 minutes of low intensity cardio. You alternate between these two levels until the end of the session. For example, sprinting (going as fast as you can) for 45 seconds, then walking for 2 minute is High Intensity Interval Training Cardio.

HERE ARE 2 GREAT HIIT CARDIO OPTIONS

## HIIT CARDIO ON ELLIPTICAL

- 1) Start with Resistance and Ramp Incline at 50%
- 2) Go as fast as possible for 45-60 seconds
- 3) Go at steady speed for 2 minutes (catch your breath)
- 4) You alternate between #1 & #2 until the end of the session

\*As fitness levels improves increase resistance and ramp incline

\*As your fitness level improves and you are able to recover faster than the suggested time, reduce the time that you spend in the recovery phase (#2) from 2 minutes to 1.5 then 1 minute

## HIIT CARDIO ON TREADMILL

- 1) Run 45-60 seconds at 8 mph
- 2) followed by 2-minute walk at 4 mph (catch your breath)
- 3) You alternate between #1 & #2 until the end of the session

\*As fitness levels improves increase #1 pace to 10-12 mph

\*As your fitness level improves and you are able to recover faster than the suggested time, reduce the time that you spend in the recovery phase (#2) from 2 minutes to 1.5 then 1 minute



# CORE

TRAINING

## PERFORM POST TRAINING

i

GO TO PAGE **49** FOR ALL CORE EXERCISES

# WEEK 1



## MONDAY - CHEST

### ✗ INCLINE CABLE FLYS

4 Sets, x10-12 Reps

### ✗ INCLINE BARBELL PRESS

4 Sets, x8-10 Reps

4<sup>th</sup> Set: Triple Drop Set

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Medium Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ FLAT DUMBBELL PRESS

Partial Reps: 3 Sets, Complete x10 "1/2"

Reps at the bottom of movement,

then immediately complete x5 Full Reps

### ✗ CABLE CROSSOVERS

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Medium Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **20 MIN**

# WEEK 1



## TUESDAY: SHOULDERS

### ✗ DUMBBELL SIDE LATERAL RAISES

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Medium Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ MILITARY DUMBBELL PRESS

4 Sets, x8-10 Reps

Last x2 Sets: Drop Sets

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ SUPERSET, X4 SETS

Front Dumbbell Laterals, x12-15 Reps

Reverse Cable Laterals, x12-15 Reps

### ✗ SHRUGS

X3 Sets, x12-15 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **0 MIN**

# WEEK 1



## WEDNESDAY: LEGS

### ✗ **SUPERSET, 4 SETS**

Leg Extension Machine, x15-20 Reps  
Walking Lunges, x15 Reps each Leg

### ✗ **BARBELL SQUAT**

4 Sets, x10-12 Reps  
4th Set: Triple Drop Set  
Pick a Heavy Weight: x12 Reps  
Immediately pick a Medium Weight: x10-12 Reps  
Immediately pick a Lighter Weight: x10-12 Reps

### ✗ **HAMSTRING CURL MACHINE**

4 Sets, x15-20 Reps

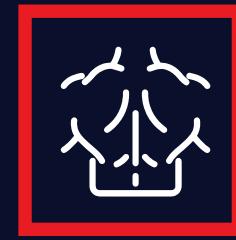
### ✗ **CALVE RAISES**

4 Sets, x20 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **0 MIN**

# WEEK 1



## THURSDAY: BACK

### ✗ **SUPERSET, 4 SETS**

Chin Ups, As many as possible

Standing Cable Pullover w Rope, x12-15 Reps

### ✗ **PULLDOWN MACHINE**

Partial Reps: 4 Sets, Complete x10-12 Full Reps,  
then immediately complete x10 “1/2” Reps  
at the top of movement

### ✗ **BENT OVER BARBELL ROW**

4 Sets, x8-10 Reps

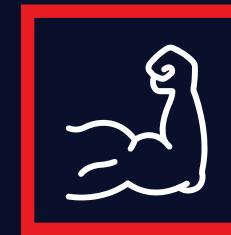
### ✗ **BACK EXTENSION**

4 Sets, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 30 MIN / BULKING PLAN 20 MIN**

# WEEK 1



## FRIDAY: ARMS

### ✗ STANDING BARBELL CURL

Drop Sets: 4 Sets

Pick a Heavy Weight: x12 Reps

Immediately pick a Lighter Weight: x12-15 Reps

### ✗ STANDING CABLE ROPE PUSHDOWNS

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the bottom of the movement

### ✗ SUPERSET, 3 SETS

Standing EZ Bar Curl, x12-15 Reps

Skull Crushers, x12-15 Reps

### ✗ SUPERSET, 3 SETS

Close Grip Barbell Press, x10-12 Reps

Seated Alternating Hammer Curl, x10-12 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **0 MIN**

# WEEK 1



## SATURDAY - ACTIVE REST DAY



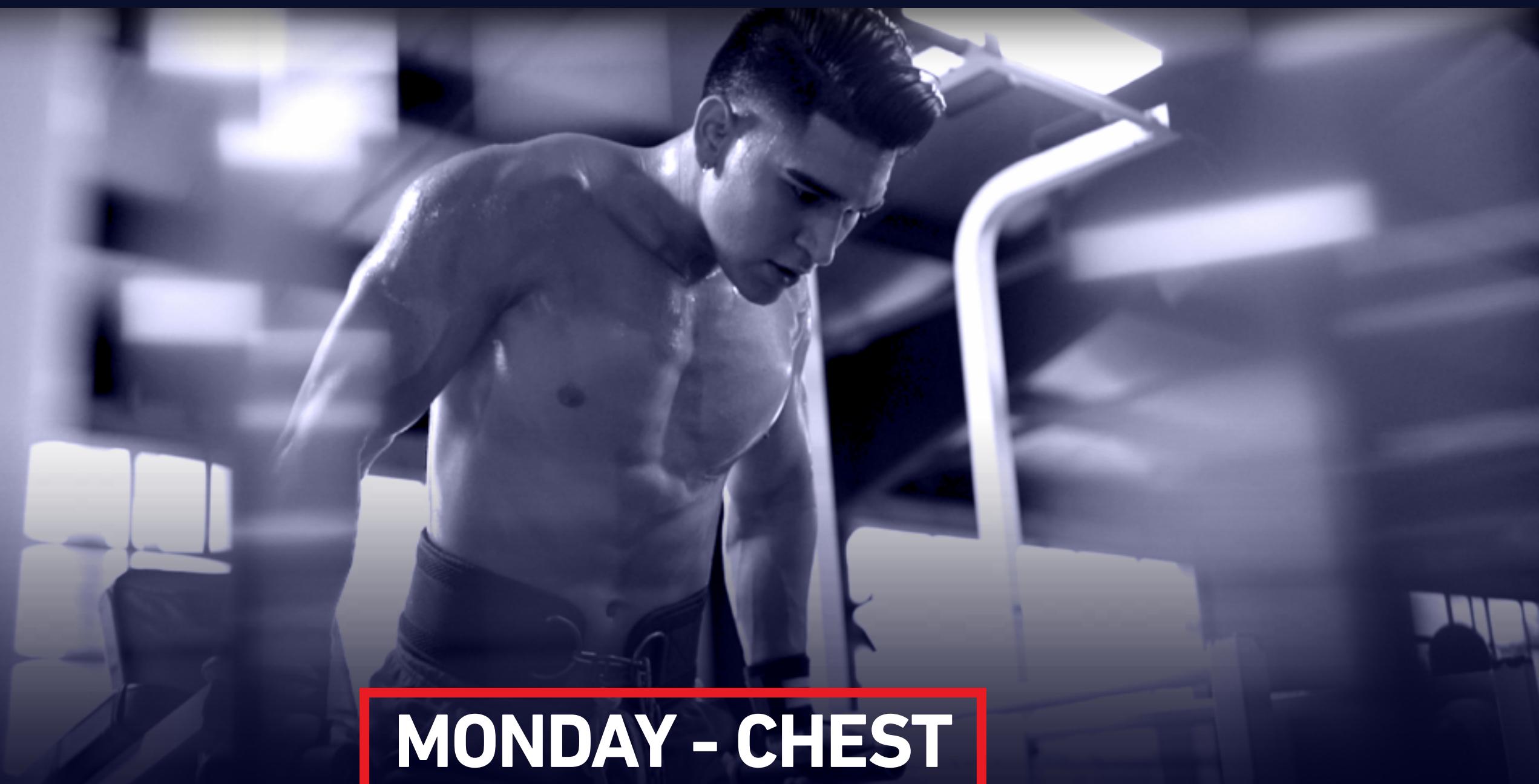
Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 2



## MONDAY - CHEST

### ✗ **SUPERSET, 4 SETS**

Incline Dumbbell Press, x8-10 Reps

Incline Dumbbell Fly, x10-12 Reps

### ✗ **FLAT BARBELL PRESS**

4 Sets, x8-10 Reps

4th Set: Rest Pause Set

Complete x8-10 Reps, then re-rack the weight.

Take a break for 10-15 seconds, then complete as many reps as possible

### ✗ **DIP**

4 Sets, x10-12 Reps

### ✗ **PECK DECK OR MACHINE FLY**

3 Sets, x15 Reps

Static Hold: x15 Reps, Every 5th Rep, complete a 5 second static hold at peak contraction



**HIIT CARDIO: WEIGHT LOSS PLAN 30 MIN / BULKING PLAN 20 MIN**

# WEEK 2



## TUESDAY: SHOULDERS

### ✗ **SUPERSET, 4 SETS**

Standing Barbell Upright Row, x12-15 Reps  
Side Dumbbell Laterals, x10-12 Reps

### ✗ **MILITARY BARBELL PRESS**

Drop Sets: 4 Sets  
Pick a Heavy Weight: x8-10 Reps  
Immediately pick a Lighter Weight: x8-10 Reps

### ✗ **SUPERSET, 3 SETS**

Side Cable Laterals, x12-15 Reps  
Reverse Cable Laterals, x12-15 Reps

### ✗ **FACE PULLS**

4 sets, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 30 MIN / BULKING PLAN 0 MIN**

# WEEK 2 |



## WEDNESDAY: LEGS

### ✗ **SUPERSET, 4 SETS**

Hamstring Curl Machine, x15-20 Reps  
Leg Extension Machine, x15-20 Reps

### ✗ **SUPERSET, 4 SETS**

Hack Squat, x15-20 Reps  
Walking Lunges, x15-20 Reps

### ✗ **DUMBBELL SUMO SQUAT**

4 Sets, x12-15 Reps

### ✗ **LEG PRESS**

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x10 “1/2” Reps  
at the top of movement

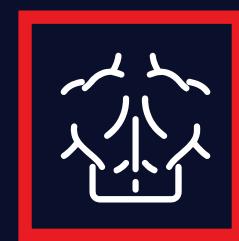
### ✗ **CALVE RAISES**

4 Sets, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 30 MIN / BULKING PLAN 0 MIN**

# WEEK 2 |



## THURSDAY: BACK

### ✗ PULL UPS

4 Sets, As many as possible

### ✗ PULLDOWN

4 Sets, x15-20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the bottom of the movement

### ✗ BENT OVER BARBELL ROW

4 Sets, x10-12 Reps

4th Set: Triple Drop Set

Pick a Heavy Weight: x12 Reps

Immediately pick a Medium Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

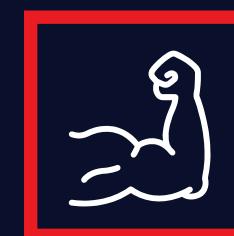
### ✗ SEATED CABLE LOW ROW

4 Sets, x10-12 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **20 MIN**

# WEEK 2 |



## FRIDAY: ARMS

- ✖ **DUMBBELL OVERHEAD TRICEP EXTENSION**  
4 Sets, x12-15 Reps

- ✖ **STANDING BARBELL CURL**  
Partial Reps: 4 Sets, Complete x15 Full Reps, then immediately complete x5 "1/2" Reps at the bottom of movement

- ✖ **CLOSE GRIP BARBELL PRESS**  
Rest Pause  
4 Sets, x8-10 Reps  
4th Set: Rest Pause Set  
Complete x8-10 Reps, then re-rack the weight. Take a break for 10-15 seconds, then complete as many reps as possible

- ✖ **SUPERSET, 3 SETS**  
Standing Cable Curl, x12-15 Reps  
Standing Cable Pushdowns, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 30 MIN / BULKING PLAN 0 MIN**

# WEEK 2 |



## SATURDAY - ACTIVE REST DAY



Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **30 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 3



## MONDAY - CHEST

### ✗ INCLINE DUMBBELL PRESS

4 Sets, x8-10 Reps

Last x2 Sets: Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ INCLINE BARBELL PRESS

3 Sets, x8-10 Reps

Last x2 Sets: Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ DECLINE DUMBBELL PRESS

3 Sets, x8-10 Reps

Last x2 Sets: Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ CABLE CROSSOVERS

4 Sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 20 MIN**

# WEEK 3



## TUESDAY: SHOULDERS

### ✗ **SUPERSET, X4 SETS**

Reverse Dumbbell Laterals, x10-12 Reps

Standing Barbell Upright Row, x10-12 Reps

### ✗ **MILITARY DUMBBELL PRESS**

4 Sets, x8-10 Reps

Last x2 Sets: Drop Sets

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ **FACEPULLS**

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x5 “1/2” Reps  
at the top of movement

### ✗ **REVERSE PECK DECK MACHINE**

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second  
static hold at the top of the movement



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 3



## WEDNESDAY: LEGS

### ✗ **LEG EXTENSION MACHINE**

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x15-20 Reps

Immediately pick a Medium Weight: x15-20 Reps

Immediately pick a Lighter Weight: x15-20 Reps

### ✗ **SUPERSET, 4 SETS**

Barbell Squat, x12-15 Reps

Front Squat, x12-15 Reps

### ✗ **STIFF LEG DUMBBELL DEADLIFT**

4 Sets, x15-20 Reps

### ✗ **LEG EXTENSION MACHINE**

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ **CALVE RAISES**

4 Sets, x20 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 3 |



## THURSDAY: BACK

### ✗ SUPERSET, 4 SETS

Dumbbell Pullover, x10-12 Reps

Bent Over Dumbbell Row, x8-10 Reps

### ✗ SEATED CABLE LOW ROW

Dropsets: 4 Sets

Pick a Heavy Weight: x12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ SUPERSET, 4 SETS

Standing Cable Pullover w Rope, x10-12 Reps

Standing Cable Row w Rope, x10-12 Reps

### ✗ MACHINE ROW

4 Sets, x10-12 Reps

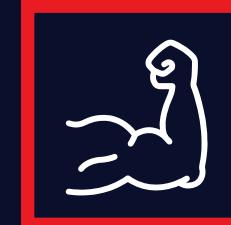
### ✗ BACK EXTENSION

4 Sets, x12-15 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **35 MIN** / BULKING PLAN **20 MIN**

# WEEK 3



## FRIDAY: ARMS

### ✗ **SUPERSET, 4 SETS**

Seated Alternating Dumbbell Curl, x15-20

Standing EZ Bar Curl, x15-20

### ✗ **SUPERSET, 4 SETS**

Close Grip Barbell Press, x10-12 Reps

Reverse Bench Dips, As many as possible

### ✗ **SUPERSET, X4 SETS**

Standing Cable Curl, x12-15 Reps

Standing Cable Rope Curl, x12-15

### ✗ **SUPERSET, X4 SETS**

Close Grip Barbell Press, x10-12

Single Arm Overhead Tricep Extension,  
x12-15 each Arm



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 3 |



## SATURDAY - ACTIVE REST DAY



Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **35 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 4



## MONDAY - CHEST

### ✗ FLAT DUMBBELL FLY

4 Sets, x10-12 Reps

### ✗ INCLINE BARBELL PRESS

4 Sets, x8-10 Reps

4th Set: Rest Pause Set

Complete x8-10 Reps, then re-rack the weight.

Take a break for 10-15 seconds, then complete as many reps as possible

### ✗ DECLINE BARBELL PRESS

3 Sets, x8-10 Reps

### ✗ CABLE CROSSOVERS

3 Sets, x15 Reps

Static Hold: Every 5<sup>th</sup> Rep, complete a 5 second static hold at the top of the movement

### ✗ SUPERSET, X4 SETS

Peck Deck or Machine Fly, x12-15 Reps

Pushups, As many as possible



HIIT CARDIO: WEIGHT LOSS PLAN **35 MIN** / BULKING PLAN **20 MIN**

# WEEK 4



## TUESDAY: SHOULDERS

### ✗ SUPERSET, X4 SETS

Dumbbell Side Lateral Raises, x12-15 Reps

Military Dumbbell Press, x10-12 Reps

### ✗ SUPERSET, X4 SETS

Reverse Dumbbell Laterals, x12-15 Reps

Face Pulls, x10-12 Reps

### ✗ SUPERSET, X4 SETS

Standing Barbell Upright Row, x10-12 Reps

Shrugs, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 4



## WEDNESDAY: LEGS

### ✗ SUPERSET, 4 SETS

Leg Extension Machine, x15-20 Reps  
Hack Squat, x12-15 Reps

### ✗ SUPERSET, 4 SETS

Hamstring Curl Machine, x15-20 Reps  
Stiff Leg Barbell Deadlift, x12-15 Reps

### ✗ DUMBBELL SUMO SQUAT

X4 Sets, 12-15 Reps

### ✗ HACK SQUAT

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x10 “1/2” Reps  
at the top of movement

### ✗ CALVE RAISES

X4 Sets, 20 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 4



## THURSDAY: BACK

✗ **PULLDOWN MACHINE**

4 Sets, x10-12 Reps

✗ **BENT OVER BARBELL ROW**

Partial Reps: 4 Sets, Complete x12 Full Reps,  
then immediately complete x6 “1/2” Reps  
at the bottom of movement

✗ **SINGLE ARM DUMBBELL ROW**

4 Sets, x10-12 Reps each Arm

✗ **SUPERSET, 4 SETS**

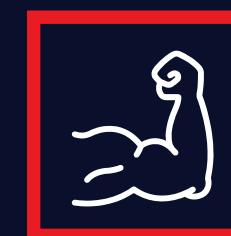
Machine Row, x8-10 Reps

Seated Cable Low Row, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 20 MIN**

# WEEK 4



## FRIDAY: ARMS

### ✗ STANDING CABLE ROPE PUSHDOWNS

4 Sets, x15-20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ PREACHER EZ BAR CURL

4 Sets, x10-12 Reps

4th Set: Rest Pause Set

Complete x10-12 Reps, then re-rack the weight. Take a break for 10-15 seconds, then complete as many reps as possible

### ✗ CABLE OVERHEAD TRICEP EXTENSION

Partial Reps: 4 Sets, Complete x15 Full Reps then immediately complete x10 “1/2” Reps at the bottom of movement

### ✗ SUPERSET, 3 SETS

Skull Crushers, x10-12

Seated Alternating Hammer Curl, x10-12



**HIIT CARDIO: WEIGHT LOSS PLAN 35 MIN / BULKING PLAN 0 MIN**

# WEEK 4



## SATURDAY - ACTIVE REST DAY



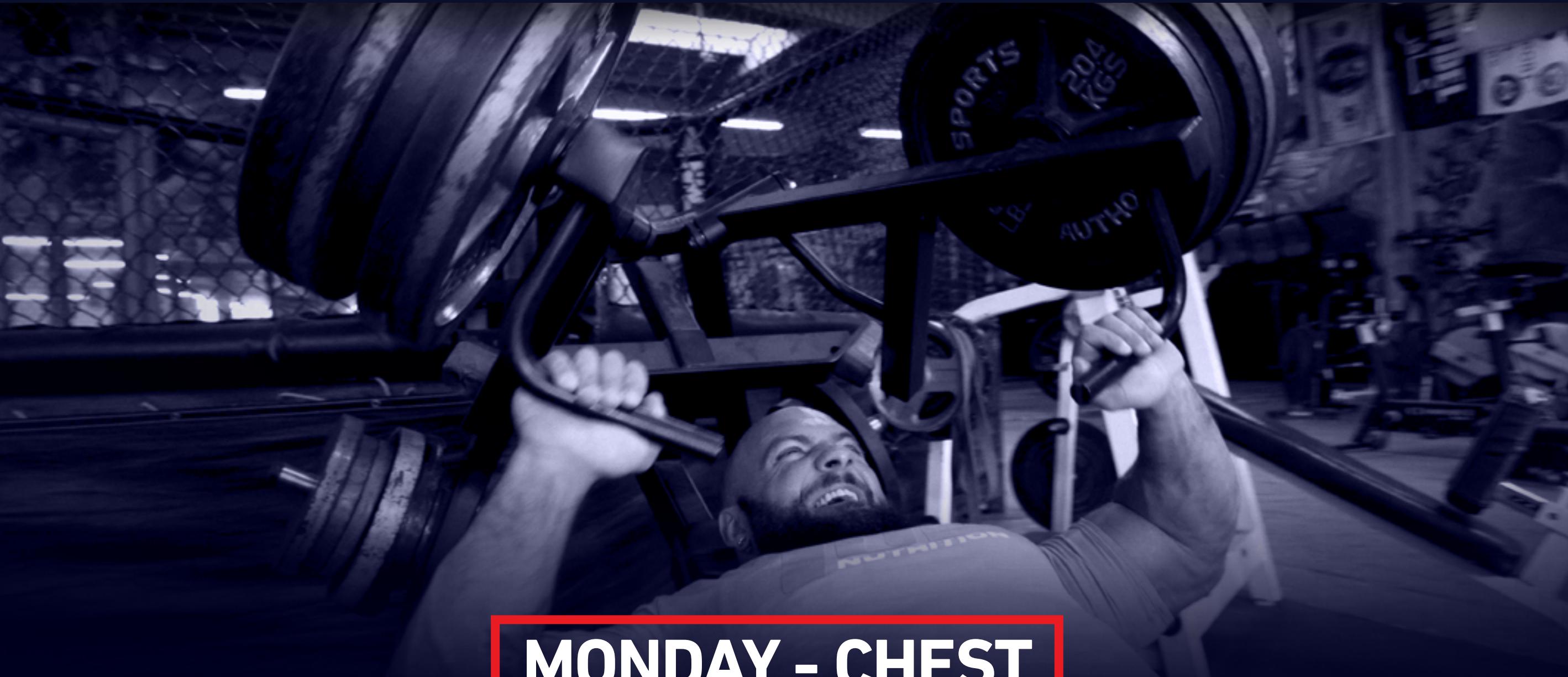
Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **35 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 5



## MONDAY - CHEST

### ✗ **SUPERSET, X4 SETS**

Incline Dumbbell Fly, x12-15

Incline Dumbbell Press, x10-12

### ✗ **FLAT BARBELL PRESS**

Partial Reps: 4 Sets, Complete x10 “1/2” Reps at the bottom of movement, then immediately Complete x5 Full Rep

### ✗ **INCLINE BARBELL PRESS**

Drop Sets: 4 Sets, x8-10 Reps

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ **PECK DECK OR MACHINE FLY**

4 Sets, x10-12 Reps

### ✗ **CABLE CROSSES**

4 Sets, x15 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 20 MIN**

# WEEK 5



## TUESDAY: SHOULDERS

### ✗ DUMBBELL SIDE LATERAL RAISES

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ REVERSE PECK DECK MACHINE

Partial Reps: 4 Sets, Complete x15 Full Reps, then immediately complete x5 "1/2" Reps at the bottom of movement

### ✗ FACEPULLS

4 Sets, x12-15 Reps

### ✗ MILITARY DUMBBELL PRESS

4 Sets, x8-10 Reps

Last x2 Sets: Drop Sets

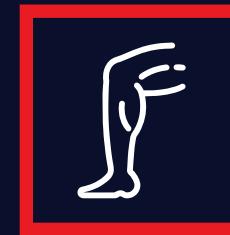
Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **40 MIN** / BULKING PLAN **0 MIN**

# WEEK 5



## WEDNESDAY: LEGS

### ✗ **SUPERSET, 4 SETS**

Hamstring Curl, x12-15 Reps

Alternating Standing Lunges, x20-30 Reps

Each Leg

### ✗ **BARBELL SQUAT**

4 Sets, x12-15 Reps

Last x2 Sets: Drop Sets

Pick a Heavy Weight: x12 Reps

Immediately pick a Lighter Weight: x12-15 Reps

### ✗ **WEIGHTED WALKING LUNGES**

Reps x15 each Leg

### ✗ **LEG PRESS**

4 Sets, x12-15 Reps

### ✗ **CALVE RAISES**

4 Sets, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 0 MIN**

# WEEK 5



## THURSDAY: BACK

### ✗ STANDING CABLE PULLOVER

4 Sets, x10-12 Reps

### ✗ SUPERSET, 4 SETS

Pulldown Machine, x10-12 Reps

Bent Over Dumbbell Row, x8-10 Reps

### ✗ BENT OVER BARBELL ROW

4 Sets, x8-10 Reps

### ✗ SEATED CABLE LOW ROW

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Medium Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

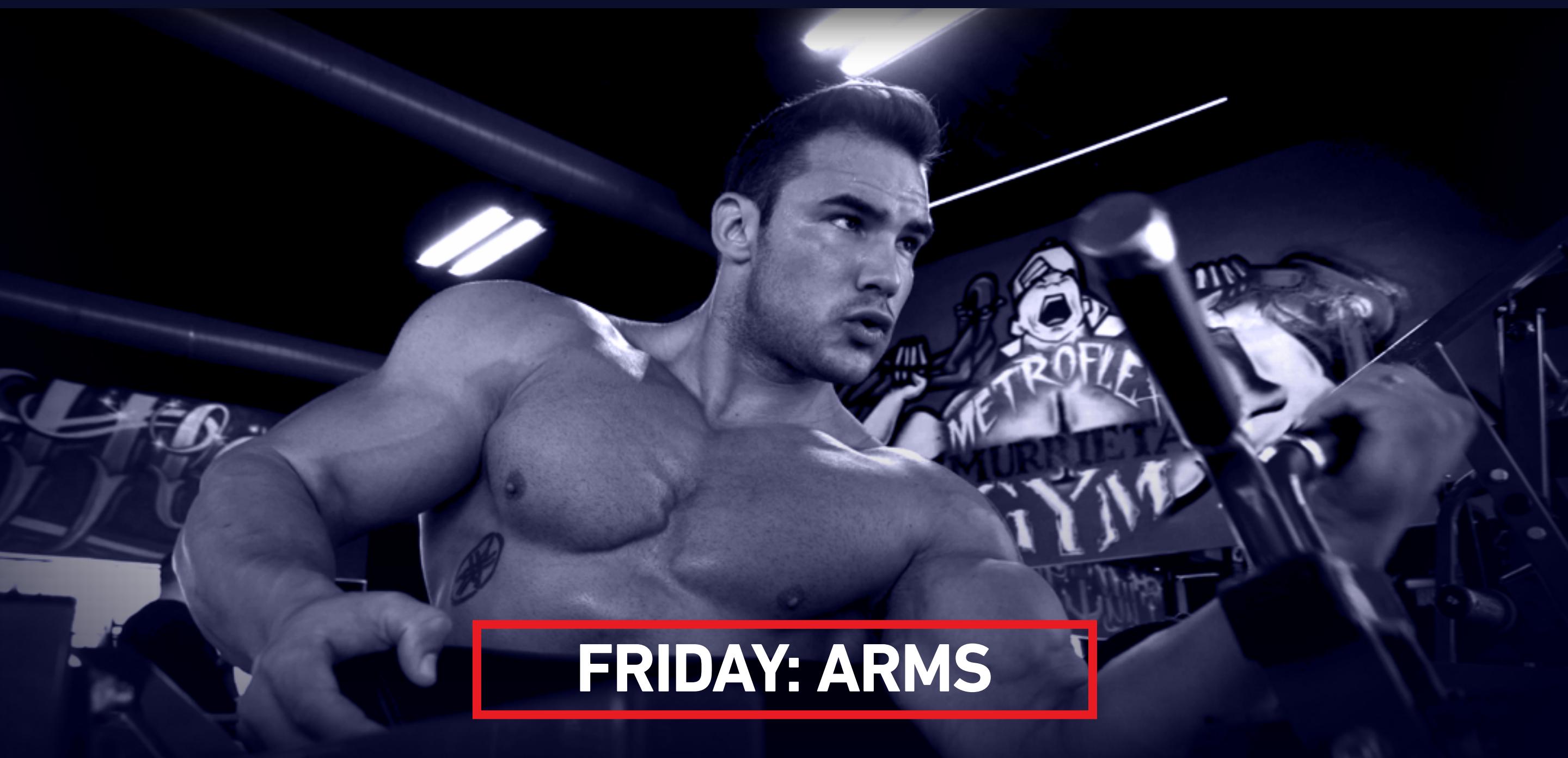
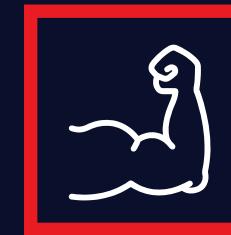
### ✗ BACK EXTENSION

4 Sets, x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 20 MIN**

# WEEK 5 |



## FRIDAY: ARMS

### ✗ **SUPERSET, 4 SETS**

Standing EZ Bar Curl, x10-12 Reps  
Skull Crushers, x10-12 Reps

### ✗ **SUPERSET, 4 SETS**

Cable Overhead Tricep Extension, x12-15 Reps  
Standing Cable Rope Curl, x12-15 Reps

### ✗ **CLOSE GRIP BARBELL PRESS**

4 Sets, x10-12 Reps  
4th Set: Triple Drop Set  
Pick a Heavy Weight: x10 Reps  
Immediately pick a Medium Weight: x10-12 Reps  
Immediately pick a Lighter Weight: x10-12 Reps

### ✗ **STANDING CABLE CURL**

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x10 "1/2" Reps  
at the bottom of movement



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 0 MIN**

# WEEK 5 |



## SATURDAY - ACTIVE REST DAY



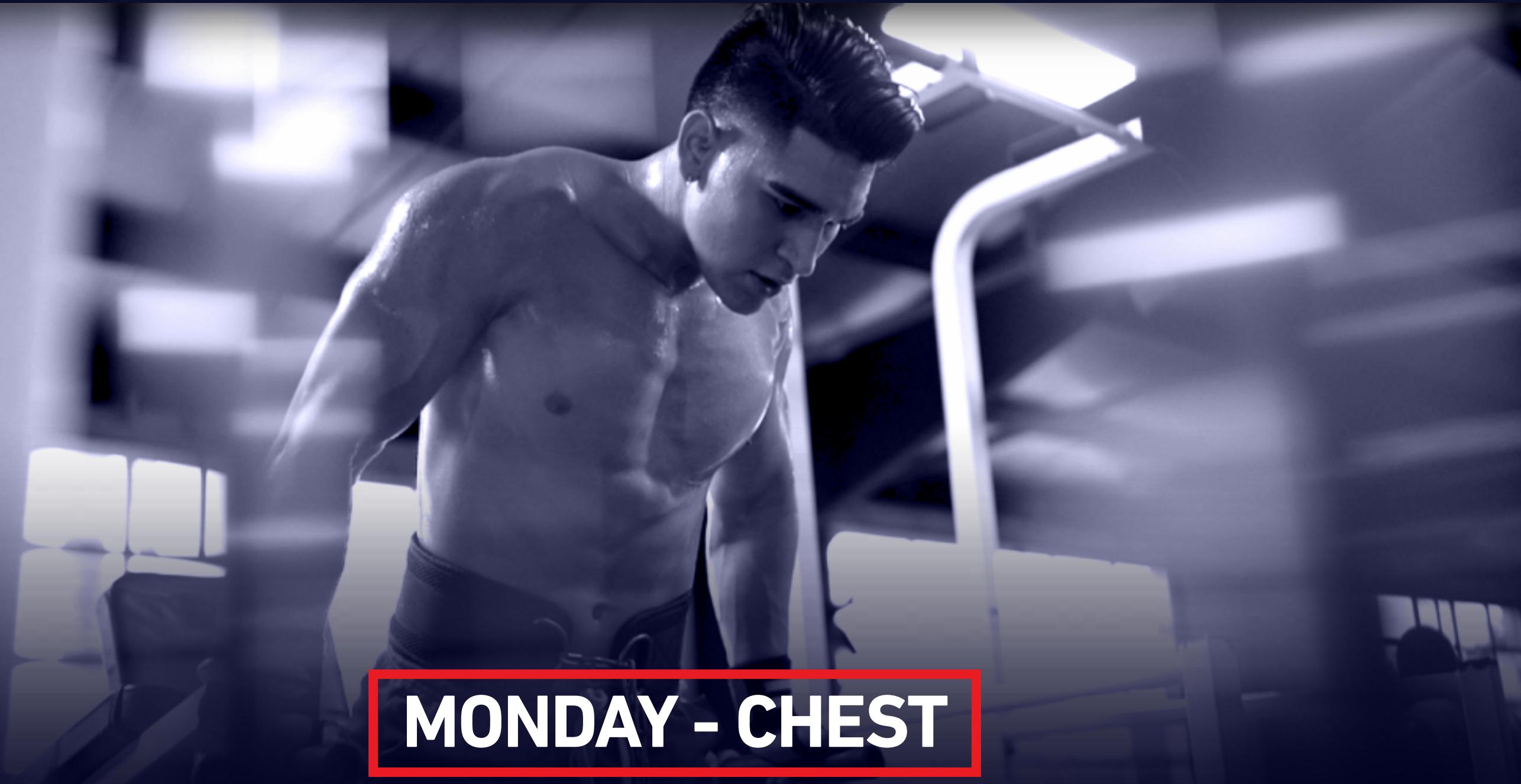
Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **40 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 6



## MONDAY - CHEST

### ✗ **INCLINE DUMBBELL PRESS**

Last x2 Sets: Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ **SUPERSET, X4 SETS**

Flat Dumbbell Press, x8-10 Reps

Flat Dumbbell Fly, x10-12 Reps

### ✗ **DIP**

Rest Pause Sets: 4 Sets

Complete x10-12 Reps. Take a break for 10-15 seconds, then complete as many reps as possible

### ✗ **CABLE CROSSOVERS**

3 Sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 20 MIN**

# WEEK 6



## TUESDAY: SHOULDERS

### ✗ **SUPERSET, X4 SETS**

Reverse Dumbbell Laterals, x10-12 Reps

Standing Barbell Upright Row, x10-12 Reps

### ✗ **MILITARY BARBELL PRESS**

4 sets, x10-12 Reps

### ✗ **FACEPULLS**

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Medium Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ **SHRUGS**

4 sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 0 MIN**

# WEEK 6



## WEDNESDAY: LEGS

### ✗ HAMSTRING CURL MACHINE

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x12-15 Reps

Immediately pick a Medium Weight: x12-15 Reps

Immediately pick a Lighter Weight: x12-15 Reps

### ✗ LEG EXTENSION MACHINE

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ SUPERSET, X4 SETS

Stiff Leg Barbell Deadlift, x12-15 Reps

Dumbbell Sumo Squat, x12-15 Reps

### ✗ WEIGHTED WALKING LUNGES

X4 Sets, x20 Reps each Leg

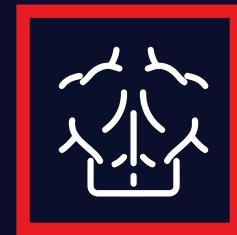
### ✗ CALVE RAISES

X4 Sets, 20 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **40 MIN** / BULKING PLAN **0 MIN**

# WEEK 6 |



## THURSDAY: BACK

### ✗ CHIN UPS

Partial Reps: 4 Sets, Complete as many as possible, then immediately complete x10 "1/2" Reps at the bottom of movement

### ✗ PULLDOWN MACHINE

4 Sets, x10-12 Reps

4th Set: Triple Drop Set

Pick a Heavy Weight: x10 Reps

Immediately pick a Medium Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ SEATED CABLE LOW ROW

Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ MACHINE ROW

Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

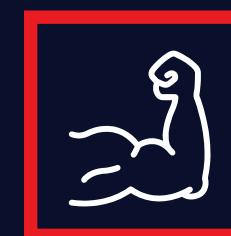
### ✗ STANDING CABLE PULLOVER

4 Sets, x10-12 Reps



HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 20 MIN

# WEEK 6



## FRIDAY: ARMS

### ✗ STANDING CABLE ROPE PUSHDOWNS

4 Sets, x15-20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ STANDING BARBELL CURL

Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ SUPERSET, 4 SETS

Standing Cable Curl, x15-20 Reps

Standing Cable Pushdowns, x15-20 Reps

### ✗ STANDING EZ BAR CURL

4 Sets, x12 Reps

Partial Reps: 4 Sets, Complete x12 Full Reps, then immediately complete x6 "1/2" Reps at the bottom of movement

### ✗ SKULL CRUSHERS

4 Sets, x10-12 Reps



HIIT CARDIO: WEIGHT LOSS PLAN 40 MIN / BULKING PLAN 0 MIN

# WEEK 6 |



## SATURDAY - ACTIVE REST DAY



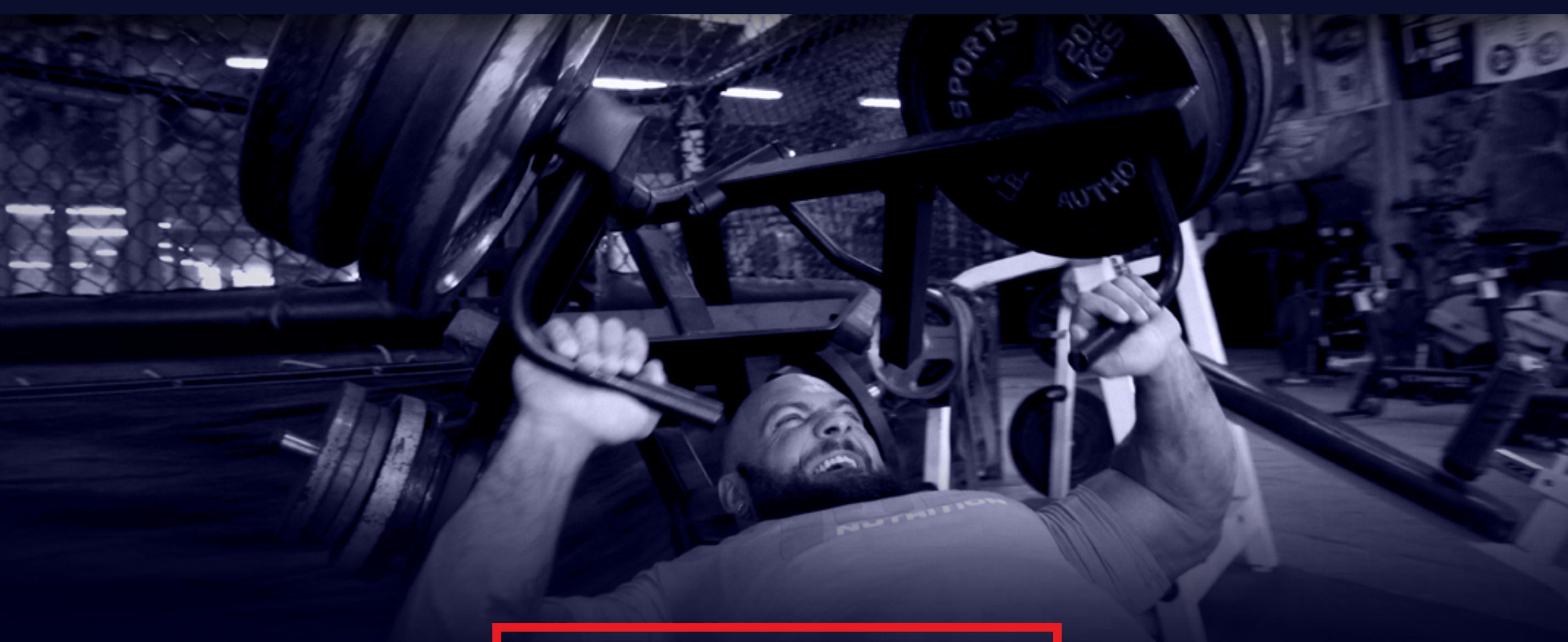
Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **40 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 7



## MONDAY - CHEST

### ✖ PECK DECK OR MACHINE FLY

4 Sets, x12-15 Reps

### ✖ INCLINE BARBELL PRESS

4 Sets, x8-10 Reps

Last x2 Sets: Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✖ DECLINE DUMBBELL PRESS

Partial Reps: 3 Sets, Complete x10 "1/2" Reps at the bottom of movement, then immediately Complete x5 Full Reps

### ✖ PECK DECK OR MACHINE FLY

4 Sets, x15 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✖ DIP

4 Sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 20 MIN**

# WEEK 7



## TUESDAY: SHOULDERS

### ✗ DUMBBELL SIDE LATERAL RAISES

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Medium Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ MILITARY DUMBBELL PRESS

Drop Sets: 4 Sets

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ FACEPULLS

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x5 “1/2” Reps  
at the bottom of movement

### ✗ REVERSE PECK DECK MACHINE

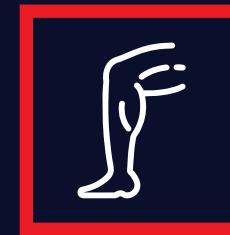
4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second  
static hold at the top of the movement



HIIT CARDIO: WEIGHT LOSS PLAN **45 MIN** / BULKING PLAN **0 MIN**

# WEEK 7 |



## WEDNESDAY: LEGS

### ✗ **LEG EXTENSION MACHINE**

Triple Drop Sets: 4 Sets

Pick a Heavy Weight: x12-15 Reps

Immediately pick a Medium Weight: x12-15 Reps

Immediately pick a Lighter Weight: x12-15 Reps

### ✗ **SUPERSET, X4 SETS**

Hamstring Curl Machine, x15-20 Reps

Dumbbell Sumo Squat, x15-20 Reps

### ✗ **SUPERSET, X4 SETS**

Hack Squat, x15-20

Weighted Walking Lunges, x15 Reps each Leg

### ✗ **CALVE RAISES**

4 Sets, x12-15



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 0 MIN**

# WEEK 7 |



## THURSDAY: BACK

### ✗ **SUPERSET, 4 SETS**

Chin Ups, As many as possible  
Pull Ups, As many as possible

### ✗ **BENT OVER BARBELL ROW**

Drop Sets: 4 Sets  
Pick a Heavy Weight: x8-10 Reps  
Immediately pick a Lighter Weight: x8-10 Reps

### ✗ **STANDING CABLE PULLOVER W ROPE**

4 Sets, x20 Reps  
Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ **SINGLE ARM DUMBBELL ROW**

4 Sets, x8-10 Reps each Arm

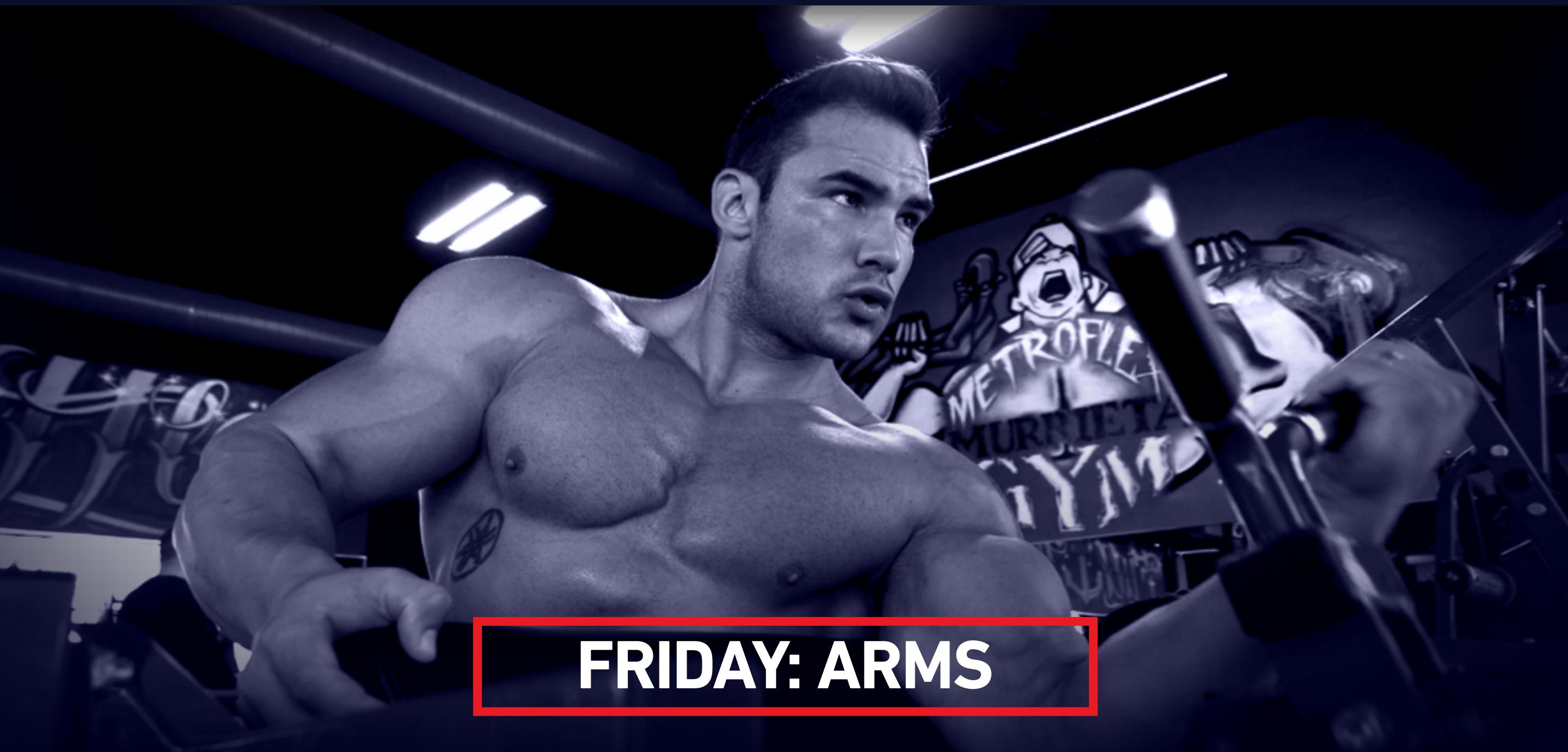
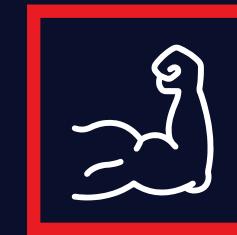
### ✗ **BACK EXTENSION**

4 Sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 20 MIN**

# WEEK 7 |



## FRIDAY: ARMS

### ✗ STANDING CABLE PUSHDOWNS

4 Sets, x15-20 Reps

4th Set: Triple Drop Set

Pick a Heavy Weight: x15 Reps

Immediately pick a Medium Weight: x15-20 Reps

Immediately pick a Lighter Weight: x15-20 Reps

### ✗ SUPERSET, 4 SETS

Skull Crushers, x10-12 Reps

Reverse Bench Dips, As many as possible

### ✗ SUPERSET, 4 SETS

Standing Dumbbell Curl, x10-12 Reps

Standing Cable Rope Curl, x12-15 Reps

### ✗ SUPERSET, 4 SETS

Close Grip Barbell Press, x10-12 Reps

Seated Alternating Dumbbell Curl, X10-12 Reps



HIT CARDIO: WEIGHT LOSS PLAN **45 MIN** / BULKING PLAN **0 MIN**

# WEEK 7 |



## SATURDAY - ACTIVE REST DAY



Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **45 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# WEEK 8



## MONDAY - CHEST

### ✗ INCLINE CABLE FLYS

4 Sets, x10-12 Reps

### ✗ FLAT BARBELL PRESS

4 Sets, x8-10 Reps

Last x2 Sets Dropset

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ INCLINE BARBELL PRESS

4 Sets, X8-10

4th Set: Triple Drop Set

Pick a Heavy Weight: x8-10 Reps

Immediately pick a Medium Weight: x8-10 Reps

Immediately pick a Lighter Weight: x8-10 Reps

### ✗ DECLINE BARBELL PRESS

3 Sets, x8-10 Reps

### ✗ PECK DECK OR MACHINE FLY

4 Sets, x15 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement



HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 20 MIN

# WEEK 8



## TUESDAY: SHOULDERS

### ✗ SUPERSET, X4 SETS

Dumbbell Side Lateral Raises, x12-15 Reps  
Military Dumbbell Press, x8-10 Reps

### ✗ SINGLE ARM SIDE CABLE LATERALS

X4 Sets, x12-15 Reps each Arm

### ✗ REVERSE DUMBBELL LATERALS

4 Sets, x20 Reps  
Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ SHRUGS

4 sets, x10-12 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 0 MIN**

# WEEK 8



## WEDNESDAY: LEGS

### ✗ **LEG EXTENSION MACHINE**

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ **SUPERSET, 4 SETS**

Hack Squat, x12-15 Reps

Leg Press, x15-20 Reps

### ✗ **LEG PRESS**

Partial Reps: 4 Sets, Complete x15 Full Reps, then immediately complete x10 “1/2” Reps at the top of movement

### ✗ **SUPERSET, 4 SETS**

Hamstring Curl Machine, x12-15 Reps

Leg Extension Machine, x12-15 Reps

### ✗ **CALVE RAISES**

4 Sets, x20 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 0 MIN**

# WEEK 8



## THURSDAY: BACK

### ✗ PULLDOWN MACHINE

Drop Sets: 4 Sets

Pick a Heavy Weight: x10-12 Reps

Immediately pick a Lighter Weight: x10-12 Reps

### ✗ SUPERSET, 4 SETS

Dumbbell Pullover, x12-15 Reps

Bent Over Dumbbell Row, x8-10 Reps

### ✗ SEATED CABLE LOW ROW

Partial Reps: 4 Sets, Complete x15 Full Reps,  
then immediately complete x10 "1/2" Reps  
at the top of movement

### ✗ STANDING CABLE PULLOVER

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second  
static hold at the top of the movement

### ✗ BACK EXTENSION

4 Sets, x10-12 Reps



HIIT CARDIO: WEIGHT LOSS PLAN **45 MIN** / BULKING PLAN **20 MIN**

# WEEK 8



## FRIDAY: ARMS

### ✗ PREACHER EZ BAR CURL

4 Sets, x12-15 Reps

4th Set: Rest Pause Set

Complete x12-15 Reps, then re-rack the weight.

Take a break for 5-10 seconds, then complete as many reps as possible

### ✗ STANDING CABLE ROPE PUSHDOWNS

4 Sets, x20 Reps

Static Hold: Every 5th Rep, complete a 5 second static hold at the top of the movement

### ✗ CLOSE GRIP BARBELL PRESS

4 Sets, x10-12 Reps

4th Set: Rest Pause Set

Complete x10-12 Reps, then re-rack the weight.

Take a break for 10-15 seconds, then complete as many reps as possible

### ✗ SUPERSET, 4 SETS

Standing Cable Curl, x12-15

Standing Cable Rope Curl, x12-15

### ✗ STANDING BARBELL CURL

Drop Sets: 4 Sets

Pick a Heavy Weight: x12-15 Reps

Immediately pick a Lighter Weight: x12-15 Reps



**HIIT CARDIO: WEIGHT LOSS PLAN 45 MIN / BULKING PLAN 0 MIN**

# WEEK 8 |



## SATURDAY - ACTIVE REST DAY



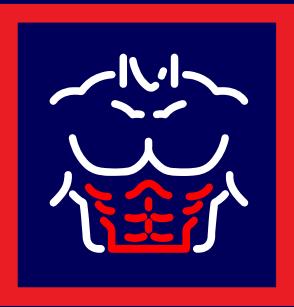
Perform **3** core exercises (page 49)



HIIT CARDIO: WEIGHT LOSS PLAN **45 MIN** / BULKING PLAN **0 MIN**

## SUNDAY - REST DAY

# → CORE TRAINING PROGRAM



**TO HAVE VISIBLE ABS YOU MUST CONSISTENTLY FOLLOW YOUR DIET AND PERFORM HIIT CARDIO.**

After training with weights please chose and perform 3 different exercises for the core. Perform 3 sets of each and each set 15-20 reps. Rest in-between sets 30-45 seconds.

## CRUNCH



### START POSITION

Lie face up, feet flat on the floor with your knees bent. Cup the back of your head with your hands, elbows wide.



### PERFORM

Raise your shoulders and upper back off the floor as high as you can. Contract your abs and hold for a 2 count, then back to starting position.

## DOUBLE CRUNCH



### START POSITION

With your knees bent, lie face up, back touching the floor. Place your hands behind your head for light support, elbows wide.



### PERFORM

Support your head while lifting your shoulders and upper back off the floor. At the same time lift your hips and bring your knees back toward your chest. Contract your abs and hold for a 2 count, then back to starting position.

# → CORE TRAINING PROGRAM



## STABILITY-BALL CRUNCH



### START POSITION

Balanced the stability ball under your back. Place feet wide for stability. Place your hands behind your head for light support and elbows wide.



### PERFORM

Lightly curl your head and lift your shoulders and upper back as high as you can off the ball. Contract your abs and hold for a 2 count, then back to starting position.

## DECLINE BENCH CRUNCH



### START POSITION

Adjust a decline bench to the desired angle (steeper incline = higher difficulty). Secure your feet underneath the rollers. Lean back about halfway down, but don't let your shoulder blades touch the bench. Place your hands behind your head for light support while keeping elbows wide.



### PERFORM

Raise your body, curling forward to ensure the upper abs are completely engaged. Contract your abs and hold for a 2 count, then back to starting position.

# → CORE TRAINING PROGRAM



## ABDOMINAL AIR BIKE



### START POSITION

Lie flat on your back on the mat. Place your hands behind your head for light support while keeping elbows wide.

### PERFORM

Raise both of your knees to form a right angle with your upper body. Your knees should be bent at a right angle, and your upper legs should form a right angle with your upper body. Bring your right elbow to your left knee in a crunching motion. This will cause your body to twist and your abdominal muscles to tighten. Then bring your left elbow to your right knee in a crunching motion. Move your head and neck as little as possible to make your abs work harder.



## REVERSE CRUNCH



### START POSITION

Lie face up with your legs bent and raised so that your knees are over your hips. Extend your arms along your sides.



### PERFORM

Contract your lower abs to curl your hips off the floor bringing your knees in over your chest. Hold for a 2 count, then slowly back to starting position

# → CORE TRAINING PROGRAM



## ABDOMINAL FLUTTER KICKS



### START POSITION

Lie flat on your back, with your arms resting palm-down behind your back or by your side. Raise your heels about 5 inches off the ground. Keep your legs fully extended while small bend in your knees.

### PERFORM

Rapidly move your legs up and down, alternating in small, rapid and scissor-like motions. As one leg goes up, the other comes down. Keep abs tight and use your arms to stabilize you.



## OBLIQUE CRUNCH



### START POSITION

Lie on your left side with your hips stacked and place your right hand behind your head. Extend your left arm across your body or along the floor.



### PERFORM

Crunch up in the side plane, lifting your torso as high as possible. When you've come as high as you can, pause a moment before slowly lowering back to the start.

# → CORE TRAINING PROGRAM



## ABDOMINAL PENDULUM



### START POSITION

Lay down on your back. Put your arms out at a right angle to your body with your palms on the floor. With your knees bent at 90 degrees and lifted.

### PERFORM

Start twisting only at the hips and keeping your legs straight and while keeping your feet together. Gradually lower your feet to the left as far as possible without losing stability. Do not pause. Raise your feet up and across to the right side. Do not stop at the top, just continuously move from right to left back to right. Keep your abs tight.



## CROSSOVER CRUNCH



### START POSITION

Lie on your back with knees bent, one leg crossed over the opposite knee. Place your hand behind your head for light support and keep elbow wide.



### PERFORM

Curl up and simultaneously twist to the side, bringing your elbow toward your opposite-side knee while twisting out your waist. Contract your abs and hold for a 2 count, then back to starting position. Repeat on the opposite side.

# → CORE TRAINING PROGRAM



## SIDE CRUNCH WITH LEG LIFT



### START POSITION

Lay on the floor so that the left side of your body touches the floor and the right side faces upward. Position your legs so that they are stacked on top of each other with your knees and ankles stacked as well. Then, place your right arm behind your head for light support.



### PERFORM

At the same time with your upper body movement, Lift your right leg, contract your abs and hold for a 2 count, then back to starting position. Repeat on both sides.

## PLANK



### START POSITION

Get into a push up position with your elbows on the floor directly underneath your shoulders.

### PERFORM

Lift your hips and tighten your abs so that your head, hips and heels are all in line. Don't let your hips sag or rise. Hold and squeeze your abs and breathing deeply for 30-60 seconds

## SIDE PLANK



### START POSITION

Lay on your side with one hand on the floor and your feet on top of one another.

### PERFORM

Lift your hips up until your body is in a straight line from head to feet.

# → CORE TRAINING PROGRAM



## DUMBBELL SIDE BENDS



### START POSITION

Grasp dumbbell with your arm straight to the side.

### PERFORM

Bend your waist to the same side of the dumbbell until you feel a slight stretch on the opposite side and contraction on the other. Lower to the opposite side the same distance, and repeat. Resume with opposite side.

## HANGING LEG RAISE



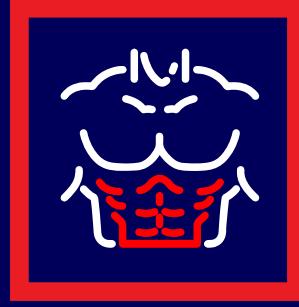
### START POSITION

Take a shoulder-width grip on a bar / handles and allow your body to hang vertically with legs straight together.

### PERFORM

Keeping your legs straight and together, contract your lower abs to lift them in front of you to hip height or slightly above. Move with control (no swinging) hold the top position for a 2 count, then slowly lower back to the start.

# → CORE TRAINING PROGRAM



## HANGING KNEE RAISE TO SIDE



### START POSITION

Take a shoulder-width grip on a bar / handles and allow your body to hang vertically with legs together bent at the knees.

### PERFORM

Bend knees up to one side, crunching hard through your obliques. Hold the top position for a 2 count, then slowly lower back to the start. Do all your reps on one side before switching to the other.

#BecomeBetter

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