

PRESENTED BY



# Kris Gethin's LEGACY

FAT LOSS 12-WEEK DAILY VIDEO TRAINER

THE LEGACY

Training  
Guide



# Intro

Welcome to the Training Overview of the Legacy Video Trainer. Let's not waste time and get right to the point. We have 12 weeks to get to work and transform our bodies to be in the BEST condition possible. I'll say it again, eating right and following the plan is everything. You CAN'T outrun a bad diet. **Period.**

However, you have to build muscle to get the look and physique you aspire to. You have to build muscle to burn fat. Plus, let's be honest...it's the best part of a transformation. There is nothing like pushing your physical capabilities, seeing progress with your strength, and size in the mirror, and being harder to kill. You would be lying to yourself if you didn't like it. Otherwise why do you care to lose weight and potentially still look like shit.

**Let me break down just how fast 12 weeks goes.**

**You have:**

- 12 Legs & Calves workouts (Monday)
- 12 Shoulders & Abs workouts (Tuesday)
- 12 Chest workouts (Wednesday)
- 12 Back & Calves workouts (Thursday)
- 12 Arms workouts (Friday)

That's it. You CAN'T miss a workout. Non Optional. You CAN'T afford to let anything get in between you and the training session. These workouts are not for the faint of heart. There is no opportunity to "make up" a workout day on the weekend, or do two workouts in one day, because if you're following this program precisely as I have outlined, your body can't handle it. Trust me. You won't recover and you will NOT progress. So get your schedule commitments and expectations with your loved ones in check. You're committing to me for the next 12 weeks.

# My Primary Goal for You When it Comes to Your Training:

The goal of our training is simple.... We have to put our bodies in a depleted state to build muscle and lose fat - we have to create trauma, and doing some “unnatural” things in the gym is what will give us what are deemed as “unnatural” results outside of it.

## Here is The Workout Split:

- **Monday:** Legs and Calves
- **Tuesday:** Shoulders and Abs
- **Wednesday:** Chest
- **Thursday:** Back and Calves
- **Friday:** Arms
- **Saturday:** Active Rest Day
- **Sunday:** Active Rest Day

## Next, let's break down a few unique types of training you'll be doing:

### **Y3T: (Yoda 3 Training)**

One of the special training modalites I've included in the Legacy Training Program is Y3T (Yoda 3 Training). It was designed by my close friend and fellow Welshman Neil Hill who has used this training methodology to prepare world class athletes for the biggest fitness stage in the world, The Mr. Olympia Contest. Athletes such as 7x 212 Mr. Olympia winner Flex Lewis and Open Class Mr. Olympia winner, Brandon Curry.

**Y3T is no joke.** It's an extreme intensity hypertrophy tool that can transform a stubborn muscle group into one that's finely tuned. Y3T utilizes high-rep training to optimize hypertrophic response for extreme trauma to the muscle in a lower-volume format. We'll be doing Y3T during week 1 and week 2 of the program and then week 3 will be DTP. We will then repeat that cycle 3 more times over the 12 week period but with different exercises, principle and order of movements.

## DTP

The “Dramatic Transformation Principle”, or DTP, is a training system that I invented myself and that I’ve used to transform countless clients. Literally thousands. DTP engages every type of muscle fiber resulting in accelerated sarcoplasmic and myofibrillar hypertrophy, which is essential for growth.

The set and rep format of DTP involves a pyramid approach, where the number of reps decreases as the weight increases and vice versa. Rest intervals should be shorter between lighter, high-rep sets and up to 120 seconds between heavier, lower rep sets. This ensures optimal performance and tempo maintenance.

What is the point of all this volume? When you’re training with high reps in a pyramid style progression such as DTP your body’s ability to melt fat quickly is amplified. During the workout, energy is expended at an alarming rate to sustain performance and support recovery. The outcome is accelerated fat loss, improved blood sugar management, and better insulin sensitivity.

## CIRCUITS:

Occasionally we will be hitting circuits for arms. This allows for fascia stretching, a shock principle and something that I find that works particularly well for biceps and triceps. As an added bonus, if you have ever dealt with tennis or gophers elbow, or bicep tendonitis, this is a great way to train around these inflammatory responders.

## Now Let's Move on to Cardio for This Program:

Cardio will be in a steady state to keep cortisol low with the goal of maintaining or building muscle while burning fat. I would only suggest HIIT cardio when we are in a calorie surplus - we are not in a calorie surplus on this plan so it will remain as a steady state.

**For cardio. I suggest people do stairmaster as #1 choice.**

- **#2 Elliptical**
- **#3 Incline treadmill**
- **#4 Cycle**

Now for the first 3 weeks of the program, you're only doing cardio once per day in the AM. It's important you do your cardio in the morning as I have prescribed, and not when it's convenient for you. Two cardio sessions come later in the program and you need your schedule to be in routine.

- **WK 1:** Cardio 20 minutes
- **WK 2:** Cardio 30 minutes
- **WK 3:** Cardio 35 minutes

Once we hit week 4, cardio starts to really pick up in this program.

- **WK 4:** Cardio 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can)
- **WK 5:** Cardio: 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can)

Week 6 through 8 we modify even further.

- **WK 6 - WK 8 Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can)

And for the remaining 3 weeks of the program. Weeks 9 through 12 it's the final push. I know it's a big commitment, but it's absolutely necessary and not optional.

- **WK 9-WK 12 Cardio:** 45 minutes AM/45 mins PM (do the PM cardio outside if you can)

**You got this.**

## **Finally, here is what's included for your training program to be successful.**

You'll have a downloadable PDF that includes every workout, including cardio. We'll provide answers to the top FAQs about training, lifting weights, cardio, you name it.

Once you have completed the training overview, the next step is to get integrated into your dashboard where you will find all resources and any additional information you need to get you started on your 12-week journey.

# Steady State Cardio Breakdown:

## **Weeks 1 through 3 = Cardio 1x a day:**

Week 1 = 20min AM ONLY

Week 2 = 30min AM ONLY

Week 3 = 35min AM ONLY

## **Weeks 4 through 8 = Cardio 2x a day:**

Week 4 = 35min / AM — 20min / PM

Week 5 = 35min / AM — 35min / PM

Week 6 = 45min / AM — 35min / PM

Week 7 = 45min / AM — 35min / PM

Week 8 = 45min / AM — 35min / PM

Week 9 = 45min / AM — 45min / PM

Week 10 = 45min / AM — 45min / PM

Week 11 = 45min / AM — 45min / PM

Week 12 = 45min / AM — 45min / PM



## **NOTES:**

I suggest the following cardio options:

**#1** Stairmaster as a first choice

**#2** Elliptical

**#3** Incline treadmill

**#4** Cycle

*I encourage people to get outside  
for their PM cardio session.*

This program is not just about going to the gym and sticking to your macros. I want you to think about the overall aspect of living a healthy and fit lifestyle, and include some of the biohacks and health optimization strategies I suggest. Please do these, no matter how uncomfortable it may feel at first. It will make you that much better. Make sure to watch the daily videos to understand the full nature of each task.

## Weekly Tasks

- Week 1** Journal and vacuums
- Week 2** Twists and meditation
- Week 3** Ice bath and sunlight
- Week 4** Grounding and mindful eating
- Week 5** Sleep earlier and block artificial light
- Week 6** No screen time 1 hour before bed and upon waking
- Week 7** Gratitude
- Week 8** Yoga/stretching
- Week 9** Smile
- Week 10** Read a book chapter before bed
- Week 11** Volunteer or help a friend/family member/pay it forward/buy someone a coffee
- Week 12** Goal setting

## » Week 1 / Day 1 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
Leg Press	4	10-12	90 seconds	May want to use knee sleeves, knee wraps, etc. Stretch in between sets.
Hack Squat	4	10-12	90 seconds	Optional: Use a foam roller behind your shoulders
Split Squat with Barbell Plate	4	10-12	90 seconds	Use a training journal. This is important to track your progress.
Stiff Legged Deadlifts	4	10-12	90 seconds	Can use dumbbells, barbells, smith machine, whatever is available
Lying Hamstring Curls	4	10-12	90 seconds	
Seated Leg Curls	4	10-12	90 seconds	
Standing Calf Press	6	10-12	60 seconds	
<b>Cardio:</b> 20 minutes AM + 150 twists				

## » Week 1 / Day 2 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Plate Side Raises	4	10-12	60 seconds	If you have shoulder issues you can go higher in reps, 15-17 reps
Partial Side Raises	4	10-12	60 seconds	
Rear Dumbbell Raises	4	10-12	60 seconds	Chest supported on bench
<b>SUPERSET:</b> Incline Cable Front Raises with Facepulls	4	10-12	90 seconds	
Neck Crunches with Plate	5	10-12	45-60 seconds	Put a towel in between your forehead and the plate
<b>SUPERSET:</b> Hanging Leg Raises with Kneeling Cable Crunches	5	failure	45 seconds	Use ab slings for the hanging leg raises. Go to failure but aim for 20 reps.
<b>Cardio:</b> 20 minutes AM + 150 twists				

## » Week 1 / Day 3 / Chest

Exercise	Set	Reps	Rest	Notes
Pec Deck	4	10-12	60 seconds	Look at an anatomy chart to see the muscles of the chest. This will help you with the mind muscle connection.
Smith Machine Incline Press	4	10-12	60 seconds	You'll need an adjustable bench.
Smith Machine Flat Press	4	10-12	60 seconds	You'll need an adjustable bench.
Incline Cable Fly	4	10-12	60 seconds	You'll need an adjustable bench.
Cable Crossovers	4	10-12	60 seconds	
<b>Cardio:</b> 20 minutes AM + 150 twists				

## » Week 1 / Day 4 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Neutral Grip Lat Pulldown	4	10-12	120 seconds	
Neutral Grip Cable Row	4	10-12	120 seconds	
Bent Over Barbell Row	4	10-12	120 seconds	
Single Arm Dumbbell Row	4	10-12	120 seconds	
Seated Calf Raises	6	10-12	60 seconds	
<b>Cardio:</b> 20 minutes AM + 150 twists				

## » Week 1 / Day 5 / Arms

Exercise	Set	Reps	Rest	Notes
Barbell Preacher Curls	4	10-12	60 seconds	Good for the bottom portion of the bicep
Cable Curls	4	10-12	60 seconds	Good for the top portion of the bicep
<b>SUPERSET:</b> Barbell Curls with Plate Hammer Curls	4	10-12	60 seconds	Hammer curls work the outer part of the bicep
Cable Pushdowns	4	10-12	60 seconds	
Overhead Cable Extensions	4	10-12	60 seconds	
<b>SUPERSET:</b> Dips with Close Grip Pushups	4	10-12	60 seconds	
<b>Cardio:</b> 20 minutes AM + 150 twists				

## » Week 1 / Day 6 / Active Rest Day

**Cardio:** 20 minutes AM + 150 twists

## » Week 1 / Day 7 / Active Rest Day

**Cardio:** 20 minutes AM + 150 twists

## » Week 2 / Day 8 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
Leg Extension	4	14-18	60 seconds	
Parallel Leg Press	4	14-18	90 seconds	
V Squat	4	14-18	90 seconds	
Sissy Squat	4	14-18	90 seconds	
Lying Hamstring Curl	4	14-18	90 seconds	
Standing Hamstring Curl	4	14-18	90 seconds	
Standing Calf Press	6	14-18	60 seconds	
<b>Cardio:</b> 30 minutes AM + 150 twists				

## » Week 2 / Day 9 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Side Raises	4	14-18	60 seconds	
Cable Rear Raises	4	14-18	60 seconds	
EZ Bar Front Raises	4	14-18	60 seconds	
Dumbbell Upright Row	4	14-18	60 seconds	Might want to use wrist straps for this
<b>SUPERSET:</b> Machine Shoulder Press with Neck Crunches	4	14-18	60 seconds	
<b>SUPERSET:</b> Lying Leg Raises with Crunches	5	failure	45 seconds	Use medicine ball if you have one
<b>Cardio:</b> 30 minutes AM + 150 twists				

## » Week 2 / Day 10 / Chest

Exercise	Set	Reps	Rest	Notes
Flat Dumbbell Press	4	14-18	90 seconds	Warm up with resistance band "sword pulls"
Incline Smith Machine Press	4	14-18	90 seconds	
Flat Cable Fly	4	14-18	90 seconds	
Landmine Incline Press	4	14-18	90 seconds	
Dips	4	failure	90 seconds	
<b>Cardio:</b> 30 minutes AM + 150 twists				

## » Week 2 / Day 11 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Chins	4	failure	120 seconds	Use wrist straps
Reverse Grip Lat Pulldown	4	14-18	120 seconds	
T Bar Rows	4	14-18	120 seconds	
Cable Row	4	14-18	120 seconds	You can use a machine if cable row is not available
Shrugs	4	14-18	120 seconds	
Seated Calf Raises	6	14-18	60 seconds	
<b>Cardio:</b> 30 minutes AM + 150 twists				

## » Week 2 / Day 12 / Arms

Exercise	Set	Reps	Rest	Notes
<b>TRICEPS CIRCUIT:</b> Cable Pushdowns + Skull Crushers + Rockers + Close Grip Press + Bench Dips + Overhead Tricep Extension	4	14-18	90 seconds	Rest only after you've completed all of the exercises, no rest between exercises.
<b>BICEPS CIRCUIT:</b> Alternating Dumbbell Curls + Leaning Forward Cable in Between Your Legs Curls + Preacher Curls with Barbell Plate + Drag Curls + Row Curls / Kneeling Curls	4	14-18	90 seconds	Rest only after you've completed all of the exercises, no rest between exercises.
<b>Cardio:</b> 30 minutes AM + 150 twists				

## » Week 2 / Day 13 / Active Rest Day

**Cardio:** 30 minutes AM + 150 twists

## » Week 2 / Day 14 / Active Rest Day

**Cardio:** 30 minutes AM + 150 twists

## » Week 3 / Day 15 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
<b>Hack squat</b>	5	35, 30, 25, 20,15	45-90 seconds	Resting less between the high reps, more during the lower reps
<b>Vertical Leg Press</b>	5	15, 20, 25, 30, 35	45-90 seconds	
<b>Seated Leg Curl</b>	5	35, 30, 25, 20,15	45-90 seconds	
<b>Leg Extension</b>	5	15, 20, 25, 30, 35	45-90 seconds	
<b>Standing Calf Press</b>	6	30, 20,10, 10, 20, 30	45 seconds	
<b>Cardio:</b> 35 minutes AM + 150 twists				

## » Week 3 / Day 16 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
<b>Smith Machine Shoulder Press</b>	5	30, 25, 20, 15,10	60 seconds	
<b>Upright Cable Rows</b>	5	10,15, 20, 25, 30	60 seconds	
<b>Cable Rear Deltos</b>	5	30, 25, 20, 15, 10	60 seconds	
<b>Machine Side Raises</b>	5	10, 15, 20, 25, 30	60 seconds	
<b>Weighted Scissor Crunch</b>	5	failure	45 seconds	
<b>Cardio:</b> 35 minutes AM + 150 twists				

## » Week 3 / Day 17 / Chest

Exercise	Set	Reps	Rest	Notes
<b>Incline Machine Press</b>	5	35, 30, 25, 20, 15	90 seconds	
<b>Flat Machine Press</b>	5	15, 20, 25, 30, 35	90 seconds	
<b>Incline Cable Fly</b>	5	35, 30, 25, 20, 15	90 seconds	
<b>Pec Deck</b>	5	15, 20, 25, 30, 35	90 seconds	
<b>Cardio:</b> 35 minutes AM + 150 twists				

## » Week 3 / Day 18 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Bent Over Machine Row	5	30, 25, 20, 15, 10	90-120 seconds	
Seated Machine Low Pulley Row	5	10, 15, 20, 25, 30	90-120 seconds	
Machine Pulldown	5	30, 25, 20, 15, 10	90-120 seconds	
Close Grip Pulldown	5	10, 15, 20, 25, 30	90-120 seconds	
Seated Calf Press	6	30, 20, 10, 10, 20, 30	60-90 seconds	
<b>Cardio:</b> 35 minutes AM + 150 twists				

## » Week 3 / Day 19 / Arms

Exercise	Set	Reps	Rest	Notes
Cable Curls	5	30, 25, 20, 15, 10	60 seconds	
Preacher Curls	5	10, 15, 20, 25, 30	60 seconds	
Cable Pushdown	5	30, 25, 20, 15, 10	60 seconds	
Lying Cable Extensions	5	10, 15, 20, 25, 30	60 seconds	
<b>SUPERSET:</b> Overhead Tricep Cable Extension with EZ Bar Curls	5	10-15	60 seconds	
<b>Cardio:</b> 35 minutes AM + 150 twists				

## » Week 3 / Day 20 / Active Rest Day

**Cardio:** 35 minutes AM + 150 twists

## » Week 3 / Day 21 / Active Rest Day

**Cardio:** 35 minutes AM + 150 twists

## » Week 4 / Day 22 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
<b>Box Squats</b>	4	12-15	90-120 seconds	
<b>Leg Press</b>	4	12-15	90-120 seconds	Place feet at the bottom
<b>Split Squat</b>	4	12-15	90-120 seconds	
<b>Unilateral Lying Hamstring Curl</b>	4	12-15	60 seconds	
<b>Smith Machine Deadlifts</b>	4	12-15	90-120 seconds	
<b>Donkey Calf Press</b>	6	12-15	45 seconds	As long as legs are straight can be done on smith machine or standing press
<b>Cardio:</b> 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 4 / Day 23 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
<b>Single Arm Cable Side Raises</b>	4	8-12	60 seconds	
<b>Partial Side Raises</b>	4	8-12	60 seconds	Use resistance band
<b>Chest Supported Dumbbell Rear Raises</b>	4	8-12	60 seconds	
<b>Front Cable Raises</b>	4	8-12	60 seconds	
<b>Neck Crunches</b>	5	12-15	60 seconds	Put towel between head and plate
<b>SUPERSET: Ball Crunches with Ball Knee Tucks</b>	5	20	45 seconds	
<b>Cardio:</b> 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 4 / Day 24 / Chest

Exercise	Set	Reps	Rest	Notes
<b>Pec Deck</b>	4	8-12	90 seconds	
<b>V Bar Press</b>	4	8-12	90 seconds	
<b>Dumbbell Press</b>	4	8-12	90 seconds	
<b>Cable Crossover</b>	4	8-12	90 seconds	
<b>Push-ups</b>	4	failure	90 seconds	
<b>Cardio:</b> 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 4 / Day 25 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Reverse Grip Pulldowns	4	8-12	90-120 seconds	
Parallel Bent Over Barbell Row	4	8-12	90-120 seconds	
Reverse Grip Cable Row	4	8-12	90-120 seconds	
Chest Supported Dumbbell Row on Incline Bench	4	8-12	90-120 seconds	
<b>SUPERSET:</b> Shrugs with Seated Calf Press	4	8-12	60 seconds	
Seated Calf Press	2	8-12	45 seconds	
<b>Cardio:</b> 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 4 / Day 26 / Arms

Exercise	Set	Reps	Rest	Notes
Incline Tricep Pushdown	4	8-12	60 seconds	
Overhead Tricep Cable Extension with Free Range Handles	4	8-12	60 seconds	
<b>SUPERSET:</b> Parallel Bar Dips with Incline Close Grip Push-ups	4	Failure	60 seconds	
Arnold Dumbbell Curl with Resistance Band	4	8-12	60 seconds	
Spider Curls	4	8-12	60 seconds	
Preacher Hammer Curl	4	8-12	60 seconds	
Drag Curls	4	8-12	60 seconds	
<b>Cardio:</b> 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 4 / Day 27 / Active Rest Day

**Cardio:** 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 4 / Day 28 / Active Rest Day

**Cardio:** 35 minutes AM / 20 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 5 / Day 29 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
Unilateral Leg Extension	4	16-18	No rest	
Wedge Squat	4	16-18	120 seconds	
Unilateral Leg Press	4	16-18	No rest	
Standing Single Leg Curl	4	16-18	No rest	
<b>SUPERSET:</b> Lying Hamstring Curls with Standing Calf Press	4	16-18	90 seconds	
Standing Calf Press	2	16-18	45 seconds	
<b>Cardio:</b> 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 5 / Day 30 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Chest Supported Side to Front Raise	4	16-18	60 seconds	
Seated Side Raises Single Drop Set	4	8/10	60 seconds	
<b>SUPERSET:</b> Seated Reverse Grip Shoulder Press with EZ Bar WITH Chest Supported Dumbbell Rear Raises	4	16-18	60 seconds	
<b>SUPERSET:</b> Single Arm Dumbbell Press WITH Neck Crunches	4	16-18	60 seconds	
<b>SUPERSET:</b> Hanging Leg Raises Superset WITH Kneeling Cable Crunches	5	12-20	45 seconds	
<b>Cardio:</b> 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 5 / Day 31 / Chest

Exercise	Set	Reps	Rest	Notes
Flat Dumbbell Press	4	16-18	90 seconds	
Seated Cable Press	4	16-18	90 seconds	
Incline Dumbbell Press	4	16-18	90 seconds	Use resistance band to create more tension at the top of the movement without too much weight
Pec Deck	4	16-18	90 seconds	
Incline Push-ups	4	failure	90 seconds	
<b>Cardio:</b> 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				



## Week 5 / Day 32 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Neutral Grip Chins	4	failure	90-120 seconds	
Reverse Grip Pulldown Machine	4	16-18	90-120 seconds	
Meadow Row	4	16-18	90-120 seconds	
Wide Grip Seated Cable Row	4	16-18	90-120 seconds	
<b>SUPERSET:</b> Upright Rows WITH Seated Calf Press	4	16-18	90 seconds	
Seated Calf Press	2	16-18	60 seconds	
<b>Cardio:</b> 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				



## Week 5 / Day 33 / Arms

Exercise	Set	Reps	Rest	Notes
<b>TRICEPS CIRCUIT:</b> V Bar Cable Pushdowns + Skull Crushers + Parallel bar dips (to failure) + Bench Dips (to failure) + Overhead Dumbbell Extension	4	16-18	60-90 seconds	Rest only after you've completed all of the exercises, no rest between exercises.
<b>BICEPS CIRCUIT:</b> High Pulley Cable Curl + Barbell Curl + Spider Curl on an Incline Bench + Single Arm Dumbbell Curl + Double Hand Hammer Curl	4	14-18	60-90 seconds	Rest only after you've completed all of the exercises, no rest between exercises.
<b>SUPERSET:</b> Cable Curls WITH V Bar Pushdowns	4	16-18	60 seconds	
<b>Cardio:</b> 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				



## Week 5 / Day 34 / Active Rest Day

**Cardio:** 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists



## Week 5 / Day 35 / Active Rest Day

**Cardio:** 35 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 6 / Day 36 / DTP Legs & Calves

Exercise	Set	Reps	Rest	Notes
Pendulum Squat	5	35, 30, 25, 20, 15	120 seconds	Can use Smith Machine or Barbell Squat. Use knee sleeves or wraps for heavier sets.
Vertical Leg Press	5	15, 20, 25, 30, 35	120 seconds	
<b>SUPERSET:</b> Leg Extension WITH Lying Hamstring Curls	5	30, 20, 10, 20, 30	120 seconds	
<b>SUPERSET:</b> Seated Calf Press WITH Donkey Press	5	30, 20, 10, 20, 30	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 6 / Day 37 / DTP Shoulders

Exercise	Set	Reps	Rest	Notes
Machine Shoulder Press	5	30, 25, 20, 15, 10	60-90 seconds	
Upright Dumbbell Rows	5	10, 15, 20, 25, 30	60-90 seconds	
<b>SUPERSET:</b> Machine Side Raises WITH Machine Rear Raises	10	30, 25, 20, 15, 10, 10, 15, 20, 25, 30	60-90 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 6 / Day 38 / DTP Chest & Abs

Exercise	Set	Reps	Rest	Notes
Cable Crossovers	5	30, 25, 20, 15, 10	60 seconds	
Seated Machine Press	5	10, 15, 20, 25, 30	60 seconds	
<b>SUPERSET:</b> Decline Barbell Press WITH Incline Dumbbell Press	10	30, 25, 20, 15, 10, 10, 15, 20, 25, 30	60 seconds	
<b>SUPERSET:</b> Sit-ups WITH Lying Leg Raises	5	failure	45 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 6 / Day 39 / DTP Back

Exercise	Set	Reps	Rest	Notes
Seated Cable Row	5	30, 25, 20, 15, 10	60 seconds	
Reverse Grip Pulldown	5	10, 15, 20, 25, 30	60 seconds	
Bent Over Machine Row	5	30, 25, 20, 15, 10	60 seconds	
Barbell Shrugs	5	10, 15, 20, 25, 30	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 6 / Day 40 / DTP Arms

Exercise	Set	Reps	Rest	Notes
Wide Grip Cable Pushdown	5	30, 25, 20, 15, 10	60 seconds	
Overhead Tricep Extension	5	10, 15, 20, 25, 30	60 seconds	
Seated Dumbbell Curls	5	30, 25, 20, 15, 10	60 seconds	
EZ Bar Curls	5	10, 15, 20, 25, 30	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 6 / Day 41 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 6 / Day 42 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 7 / Day 43 / Legs

Exercise	Set	Reps	Rest	Notes
Hack squat	4	8-12	90 seconds	
Sissy Squat	4	8-12	90 seconds	
Leg Press	4	8-12	90 seconds	
Walking Lunges	4	8-12	60 seconds	
Split Squats	4	8-12	90 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 7 / Day 44 / Shoulders, Abs & Calves

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET:</b> Standing Cable Rear Raises <b>WITH</b> Standing Lateral Raises	4	8-12	60 seconds	
Cable Shoulder Press	4	8-12	60 seconds	
<b>SUPERSET:</b> Standing Calf Raises <b>WITH</b> Neck Crunches	4	8-12	60 seconds	
V Crunches	5	failure	45 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 7 / Day 45 / Chest

Exercise	Set	Reps	Rest	Notes
Smith Machine Incline Press	4	8-12	60 seconds	
Flat Cable Fly	4	8-12	60 seconds	
Unilateral Low Incline Dumbbell Press	4	8-12	60 seconds	
Decline Dumbbell Fly	4	8-12	60 seconds	
Dumbbell V Press	4	8-12	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 7 / Day 46 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Hex bar Row	4	8-12	90 seconds	
T bar Row	4	8-12	90 seconds	
Chest Supported Cable Rows	4	8-12	90 seconds	
Reverse Grip Dumbbell Bent Over Row	4	8-12	90 seconds	
Rack Deadlifts	4	8-12	90 seconds	
Seated Calf Press	6	16-18	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 7 / Day 47 / Arms

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET:</b> Lying Tricep Cable Extension <b>WITH</b> Standing Bicep Cable Curls	4	8-12	60 seconds	
<b>SUPERSET:</b> Overhead Dumbbell Tricep Extension <b>WITH</b> Barbell Preacher Curls	4	8-12	60 seconds	
<b>SUPERSET:</b> Seated Dumbbell Curl <b>WITH</b> Parallel Bar Dips	4	8-12	60 seconds	
<b>SUPERSET:</b> Unilateral Cable Curls <b>WITH</b> Close Grip Push-ups	4	8-12/ failure	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 7 / Day 48 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 7 / Day 49 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 8 / Day 50 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET: Leg Extensions WITH Stiff Legged Deadlifts</b>	4	16-18	90 seconds	
Pendulum Squat	4	16-18	90 seconds	
<b>SUPERSET: Heels Elevated Dumbbell Squat WITH Freestanding Squat with Resistance Band Support</b>	4	16-18	90 seconds	
Standing Calf Raises	6	16-18	45 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 8 / Day 51 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Front to Side Raises	4	16-18	60 seconds	
Chest Supported Rear Dumbbell Raises	4	16-18	60 seconds	
Partial Side Raises	4	16-18	60 seconds	
Machine Shoulder Press	4	16-18	60 seconds	
Leg Raised Oblique Crunches	5	20	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 8 / Day 52 / Chest

Exercise	Set	Reps	Rest	Notes
Incline Machine Press	4	16-18	90 seconds	
Dumbbell Incline Fly	4	16-18	90 seconds	
Pec Deck	4	16-18	90 seconds	
Cable Crossovers	4	16-18	90 seconds	
Machine Press	4	16-18	90 seconds	
Neck Crunches	5	20	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 8 / Day 53 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Lat Pulldown	4	16-18	90 seconds	
Reverse Pulldown Machine	4	16-18	90 seconds	
Neutral Grip Pulldown	4	16-18	90 seconds	
Overhand Grip Unilateral High Pulley Row	4	16-18	90 seconds	
<b>SUPERSET:</b> Seated Machine Row <b>WITH</b> Seated Calf Press	4	16-18	90 seconds	
Seated Calf Press	2	16-18	45 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 8 / Day 54 / Arms

Exercise	Set	Reps	Rest	Notes
<b>Triceps Circuit:</b> Close Grip Push-ups + Rope Extension + Overhead Rope Extension + Parallel Bar Dips + Skullcrushers	4	16-18	120 seconds	Rest only after completing each exercise in the circuit.
Seated Dumbbell Curl	4	16-18	60 seconds	
High Pulley Curls	4	16-18	60 seconds	
Hammer Curls	4	16-18	60 seconds	
Barbell Curls	4	16-18	60 seconds	
<b>Cardio:</b> 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 8 / Day 55 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 8 / Day 56 / Active Rest Day

**Cardio:** 45 minutes AM / 35 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 9 / Day 57 / DTP Legs & Calves

Exercise	Set	Reps	Rest	Notes
Machine Squat Press	5	30, 25, 20, 15,10	90-120 secs	
Leg Press	5	10, 5, 20, 25, 30	90-120 secs	
<b>SUPERSET:</b> Leg Extension WITH Lying Hamstring Curls	5	30, 20,10, 20, 30	90-120 secs	
<b>SUPERSET:</b> Seated Calf Press WITH Donkey Press	5	30, 20,10, 20, 30	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 9 / Day 58 / DTP Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET:</b> Machine Shoulder Press WITH Barbell Upright Rows	10	30, 25, 20, 15,10, 10, 15, 20, 25, 30	60-90 seconds	
<b>SUPERSET:</b> Side Raises WITH Rear Raises	5	30, 20,10, 20 , 30	60-90 seconds	
<b>SUPERSET:</b> Hanging Leg Raises WITH Kneeling Cable Crunches	5	20	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 9 / Day 59 / DTP Chest

Exercise	Set	Reps	Rest	Notes
Smith Machine Press	10	30, 25, 20,15, 10, 10, 15, 20, 25, 30	60 seconds	
Smith Machine V Press	5	30, 25 , 20, 15, 10	60 seconds	
Pec Deck	5	10, 15, 20, 25, 30	60 seconds	
Cable Crossovers	5	30, 25, 20, 15, 10	60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 9 / Day 60 / DTP Back

Exercise	Set	Reps	Rest	Notes
Reverse Grip Lat Pulldown	5	20, 20, 15, 15, 10	90 seconds	
Overhand Grip Lat Pulldown	5	10, 15, 15, 20, 20	90 seconds	
Neutral Grip Dumbbell Row	5	20, 20, 15, 15, 10	90 seconds	
Cable Row	5	10, 15, 15, 20, 20	90 seconds	
Machine Shrugs	5	20, 15, 10, 15, 20	90 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 9 / Day 61 / DTP Arms

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET:</b> Tricep Pushdown <b>WITH</b> Lying Cable Curls	10	30, 25, 20, 15, 10, 10, 15, 20, 25, 30	90-120 seconds	
<b>SUPERSET</b> Skull Crushers <b>WITH</b> Barbell Bicep Curls	5	10, 5, 20, 25, 30	90-120 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 9 / Day 62 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 9 / Day 63 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 10 / Day 64 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
Smith Machine Squat	4	8-12	120 seconds	1st two sets: Wide Stance 2nd two sets: Narrow Stance
Split Squats	4	8-12	120 seconds	Use plate for resistance
Leg Press	4	8-12	120 seconds	1st two sets: Wide Stance 2nd two sets: Narrow Stance
<b>SUPERSET:</b> Walking Lunges WITH Straight Legged Calf Press	4	8-12	120 seconds	
Straight Legged Calf Press	2	8-12	45-60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 10 / Day 65 / Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Rear Cable Raises	4	8-12	60 seconds	
Side Cable Raises	4	8-12	60 seconds	
Front Barbell Raise	4	8-12	60 seconds	
Front to Rear Barbell Press	4	8-12	60 seconds	Start by going in front of your face and then go in back of your head. If you have any back impingements don't go behind your neck, just go in front of your face.
Weighted Sit-ups	4	8-12	45 seconds	Use dumbbell for resistance
Hanging Leg Raises	4	8-12	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 10 / Day 66 / Chest

Exercise	Set	Reps	Rest	Notes
Low Incline Dumbbell Press	4	8-12	90-120 seconds	
Dumbbell Decline Press	4	8-12	90-120 seconds	
Machine Press	4	8-12	90-120 seconds	
Cable Incline Fly	4	8-12	60 seconds	
Unilateral Cable Fly	4	8-12	no rest	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 10 / Day 67 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Wide Grip Chins	4	8-12	90-120 seconds	
Bent Over Row	4	8-12	90-120 seconds	
Unilateral Hammer Rows	4	8-12	90-120 seconds	
Smith Machine Bent Over Rows	4	8-12	90-120 seconds	
<b>SUPERSET:</b> Smith Machine Rack Deadlifts <b>WITH</b> Seated Calf Raises	4	8-12	90 seconds	
Seated Calf Raises	2	8-12	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 10 / Day 68 / Arms

Exercise	Set	Reps	Rest	Notes
Preacher Curls	4	8-12	60 seconds	
Seated Alternating Dumbbell Curls	4	8-12	60 seconds	
Seated Concentration Curls	4	8-12	60 seconds	
Tricep Cable Pushdowns	4	8-12	60 seconds	
Seated Overhead Cable Extension	4	8-12	60 seconds	
Bench Dips	4	8-12	60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 10 / Day 69 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 10 / Day 70 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 11 / Day 71 / Legs & Calves

Exercise	Set	Reps	Rest	Notes
Leg Extension	4	16-18	90-120 seconds	
Hack Squat	4	16-18	90-120 seconds	
Leg Press	4	16-18	90-120 seconds	
Seated Leg Curl	4	16-18	90-120 seconds	
Standing Calf Press	6	16-18	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 11 / Day 72 / Shoulders, Abs & Neck

Exercise	Set	Reps	Rest	Notes
<b>SUPERSET:</b> Machine Press WITH Rear Raises	4	16-18	60-90 seconds	
<b>SUPERSET:</b> Standing Front Raises WITH Standing Side Raises	4	16-18	60-90 seconds	
<b>GIANT SET:</b> Machine Crunches + Hanging Leg Raises + Neck Crunches	4	16-18	60-90 seconds	
Neck Crunches	2	16-18	60-90 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 11 / Day 73 / Chest

Exercise	Set	Reps	Rest	Notes
Dead Stop Smith Machine Press	4	16-18	90 seconds	
V Press	4	16-18	90 seconds	
Incline Cable Fly	4	16-18	90 seconds	
Dead Stop Incline Machine Press	4	16-18	90 seconds	
Peck Deck	4	16-18	90 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 11 / Day 74 / Back & Calves

Exercise	Set	Reps	Rest	Notes
Overhand Grip T Bar Row	4	16-18	90 seconds	
Bent Over Row	4	16-18	90 seconds	
Seated Machine Row	4	16-18	90 seconds	
Reverse Grip Machine Row	4	16-18	90 seconds	
Single Arm Bent Over Row Overhand Grip	4	16-18	90 seconds	
Seated Calf Press	6	16-18	45-60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 11 / Day 75 / Arms

Exercise	Set	Reps	Rest	Notes
Tricep Cable Pushdown	4	16-18	60 seconds	
Machine Dips	4	16-18	60 seconds	
Overhead Tricep Rope Extension	4	16-18	60 seconds	
Preacher Curls	4	16-18	60 seconds	
Cable Hammer Curls	4	16-18	60 seconds	
Barbell Spider Curls	4	16-18	60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 11 / Day 76 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 11 / Day 77 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 12 / Day 78 / DTP Legs & Calves

Exercise	Set	Reps	Rest	Notes
Squat Press Legs Wide	5	35, 30, 25, 20, 15	90-120 seconds	
Leg Press Narrow Stance	5	15, 20, 25, 30, 35	90-120 seconds	
Leg Extension	3	30, 20, 10	90-120 seconds	
Standing Single Leg Hamstring Curl	3	10, 20, 30	90-120 seconds	
Seated Calf Press	4	20	45-60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 12 / Day 79 / DTP Shoulders & Abs

Exercise	Set	Reps	Rest	Notes
Standing Dumbbell Side Raises	5	30, 25, 20, 15, 10	90-120 seconds	
Dumbbell Upright Rows	5	10, 15, 20, 25, 30	90-120 seconds	
Machine Press	5	30, 20, 10, 20, 30	90-120 seconds	
Hanging Leg Raises	4	failure	45 seconds	
Crunches	4	failure	45 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 12 / Day 80 / DTP Chest

Exercise	Set	Reps	Rest	Notes
Flat Press	5	30, 25, 20, 15, 10	90-120 seconds	
Pec Deck	5	10, 15, 20, 25, 30	90-120 seconds	
Incline Press	3	30, 20, 10	90-120 seconds	
Cable Crossovers	3	10, 20, 30	90-120 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 12 / Day 81 / DTP Back & Calves

Exercise	Set	Reps	Rest	Notes
Bent Over Row Neutral Grip	5	30, 25, 20, 15, 10	90-120 seconds	
Cable Row Overhand Grip	5	10, 15, 20, 20, 20	90-120 seconds	
Machine Pulldowns	3	20	90-120 seconds	
Reverse Grip Single Arm Row	3	20	90-120 seconds	
Seated Calf Press	4	20	45-60 seconds	
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 12 / Day 82 / DTP Arms

Exercise	Set	Reps	Rest	Notes
Tricep Pushdown	5	30, 25, 20, 15, 10	60 seconds	
Overhead Tricep Extension	5	10, 15, 20, 25, 30	60 seconds	
Preacher Curls	5	30, 25, 20, 15, 10	60 seconds	
Hammer Curls	5	10, 15, 20, 25, 30	60 seconds	
Close Grip Push-ups	3	Failure	60 seconds	4 second negatives
<b>Cardio:</b> 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists				

## » Week 12 / Day 83 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

## » Week 12 / Day 84 / Active Rest Day

**Cardio:** 45 minutes AM / 45 minutes PM (do the PM cardio outside if you can) + 150 twists

# Conclusion

There you have it. The Legacy Video Training program is not for the faint of heart, but if you're serious about transforming your body and reaching your ultimate physique, then this is your chance. With 12 weeks of intense training and unique methodologies like Y3T and DTP, we're going to push your limits and get you into the best shape of your life. But remember, you can't out-train a bad diet, so stick to the nutrition plan as outlined.

Let's get started, commit to every workout and join me on this journey.

**This is your last chance to train alongside me, so don't miss out! Let's do this together and be harder to kill.**