



QUEEN OF THE HILL



90 DAY

GUIDE TO STRONG
AND SEXY FIGURE

WHY THIS GUIDE

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The purpose of this program is to transform your body into a toned aesthetically appealing figure absent of flaws. Each workout is designed to target different body parts to prevent overtraining and injuries. High Volume Training has become a popular training method among professionals and beginners alike. Although High Volume Training in some instances has benefits, it does make it easier for those engaging in this practice to become injured. Proper technique often times is sacrificed in order to push for more reps.

This program is written to allow for ideal amounts of recovery time which will help maximize performance during training sessions. The program combines two techniques that bodybuilders and power lifters implement to gain muscle. Many bodybuilders use a technique which involves using heavy weights with higher reps in order to place the muscle under extreme stress, forcing it to adapt. In turn, the muscle responds by growing in order to be prepared to handle the increased workload that it is being asked to manage. The second technique focuses on performing higher numbers of repetitions utilizing lighter more moderate loads. This increases blood flow to the muscle which can stretch the muscles fibers, while increasing nutrient delivery, metabolic signaling as well as additional tissue damage all of which can play a role in additional muscle growth.



PROPER TECHNIQUE

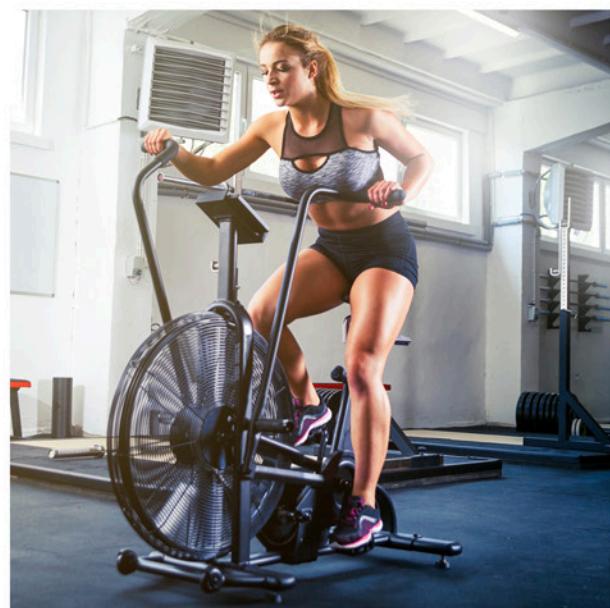
Without proper technique you increase your risk of injury and minimize your body's ability to benefit from the exercise that is being performed. We recommend practicing your technique first with your body weight followed by a light warm up set before proceeding to heavier weights. Having the proper technique can affect ones strength on some lifts by nearly 20-100lbs in some instances. Please reference the workout index for how each exercise should be performed properly



WARMING UP

Warming up prior to starting each training session is an important part of preventing injury. We suggest 15 minutes of slow paced cardio on the Stairmaster, elliptical, or treadmill to help pump blood into your muscles. Take this time to get mentally prepared for the training session ahead of you. Once you have completed your warm up, stretch the muscle group targeted that day and attack the weights.

GO HARD OR GO HOME!



NUTRITION

4

Those completing this program should consider several basic rules in reference to nutrition. If you're looking to gain muscle your goal for protein intake should be equal to 0.6-1 gram per body weight consumed daily. Additionally, carbohydrates play a key role in the development of a lean and toned physique. During the initial phase of the program, carbohydrates should be at a level that will allow you to maximize energy when training. As you progress through the program carbohydrates should be systematically scaled back to allow the body to burn more stored energy and fat. Another key component is appropriate consumption of healthy fats. Healthy fats can be found in a wide variety of foods such as avocados, certain oils, and nuts. Please remember healthy fats are still fat and it is important not to abuse them as the body will store them as well. Please reference our nutrition guide for those foods which can provide the body with healthy fats. Finally, set a goal of drinking $\frac{1}{2}$ your bodyweight in ounces of water each day (if you weigh 110lbs, aim to drink 55 ounces of water each day).

Avoid the empty calories that can be found in soft drinks, fruit juices and energy drinks. In the end of the day weight loss is all about calories in calories out. Don't waste your calories on sodas, juices, and energy drinks. Not only are they bad for your body but they will not quench your thirst. This will make you more susceptible to over eat and therefore place your body in a caloric surplus versus a caloric deficit. Remember, the only way to obtain that perfect physique you are striving for is to watch what you eat. Stick to whole foods free of refined sugars, additives, preservatives, and unknown ingredients. You will see the excess weight fall off once you cut all these things out. Go back to the basic and we promise you will see results! Eat clean and train mean!



WEEKS 1-6

5

SUNDAY REST DAY



WORKOUT	REPS	SETS	INFO
Barbell Squats	8-10	4	90 Seconds Rest Between Each Set.

BARBELL SQUATS

- Stand with your feet just outside of your hips and your toes slightly pointing outwards. Pick a spot 45 degrees above your direct line of sight and stare at this point through the set. Make sure you keep your chest up and head looking up. Do not lean forward. This will only put pressure on your back. Many squat racks have mirrors in front of them and staring into them while performing the exercise will cause you to lean forward. Make sure to keep looking up
- Drop downward pushing your butt out and sinking your hips until your knees are flexed at 90 degrees, explode up and pushing the weight through your heels until your legs are straight
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Barbell Romanian	8-10	4	90 Seconds Rest
Dead Lifts			Between Each Set.

BARBELL ROMANIAN DEAD LIFTS

- Hold the barbell with than overhand grip shoulder width apart. Keep your feet no wider than shoulder width apart (narrow stance). Keep knees slightly bent
- Bend at the waist lowering the barbell to the ground with a straight back. Do not round your back. Keep a stiff posture throughout the exercise. Once the weight has touched the ground rise to the start position
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Donkey Kicks (On Smith Machine)	8-10	4	90 Seconds Rest Between Each Set.

DONKEY KICKS (ON SMITH MACHINE)

- Start on all fours with the bar centered behind you and placed at its lowest setting
- Place the bar in the middle of your foot
- Push the bar up fully extending your leg at slow pace. Be mindful of the bar slipping off your foot, take your time and concentrate on your form
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
One Leg Squat and Leg Raise (On Smith Machine)	8-10	4	90 Seconds Rest Between Each Set.

ONE LEG SQUAT AND LEG RAISE (ON SMITH MACHINE)

- Stand with legs shoulder width apart • Bend working leg to perform a single leg squat
- Drop back leg in a reverse lunge position
- Pushing off working leg to complete the squat while simultaneously raising back leg up off the ground to complete a high knee movement
- Repeat after each rep then switch legs

WORKOUT	REPS	SETS	INFO
Machine Leg Extension	8-10	4	90 Seconds Rest Between Each Set.

MACHINE LEG EXTENSION

- Place pads just above the ankle, place back of the knee at the pivot point of the seat
- Extend legs at the knee and stop the movement prior to the point at which your legs are straight
- Return your legs to the starting position
- Repeat after each rep

Tip:

Keep your toes pointed toward the ceiling throughout the entire set



WORKOUT	REPS	SETS	INFO
Triceps Pull Down (Rope)	8-10	4	90 Seconds Rest Between Each Set.

TRICEPS PULL DOWN (ROPE OR STRAIGHT BAR, ANGLE BAR)

- Stand tall with your back straight, feet shoulder width apart, holding the equipment of choice with an overhand grip. Arms should be at a 90 degree angle (setting should be at a point above your hand placement to create tension on the triceps when holding the weight)
- Push equipment down until arms have been fully extended
- Return the equipment to the starting position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Assisted Dips	8-10	4	60 Seconds Rest Between Each Set.

ASSISTED DIPS

- Grab hold of bars on dip station and fully extend. Bend knees and cross legs to lock at the ankle
- Slowly lower your body until your arms are bent at the elbow and parallel to the ground
- Hold for two counts then raise yourself back to the starting position with your arms fully extended
- Repeat after each rep

WORKOUT

REPS

SETS

INFO

Lat Pull Down
Machine

8-10

4

90 Seconds Rest
Between Each Set.

LAT PULL DOWN MACHINE

- Lat Pull Down Machine
- Adjust pad to a comfortable position atop the quads that restricts movement
- Grab the bar above you with a wide grip
- Pull the bar down to the chin, return bar to starting position
- Repeat after each rep

WORKOUT REPS**SETS****INFO**

Seated Cable Rows 8-10

4

90 Seconds Rest
Between Each Set.**SEATED CABLE ROWS**

- Sit on the bench in an upright position with legs extended with a slight bend at the knees
- Pull hand using close or wide grip bending at the elbows and squeezing the shoulder blades together
- Return weight to the starting position Maintain strict posture to keep proper form
- Repeat after each rep

WORKOUT REPS**SETS****INFO**

Deadlift 8-10

4

90 Seconds Rest
Between Each Set.**DEADLIFT**

- Hold barbell with an overhand grip with your feet just outside of your hips with your toes slightly placing outward
- Bend at the waist lowering the barbell to the ground; do not round your back. Slightly bend the knees as the weight is lowered. Once the weight has touched the ground rise to the starting position pulling the weight with the arms and back
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Reverse Fly Machine	8-10	4	90 Seconds Rest Between Each Set.

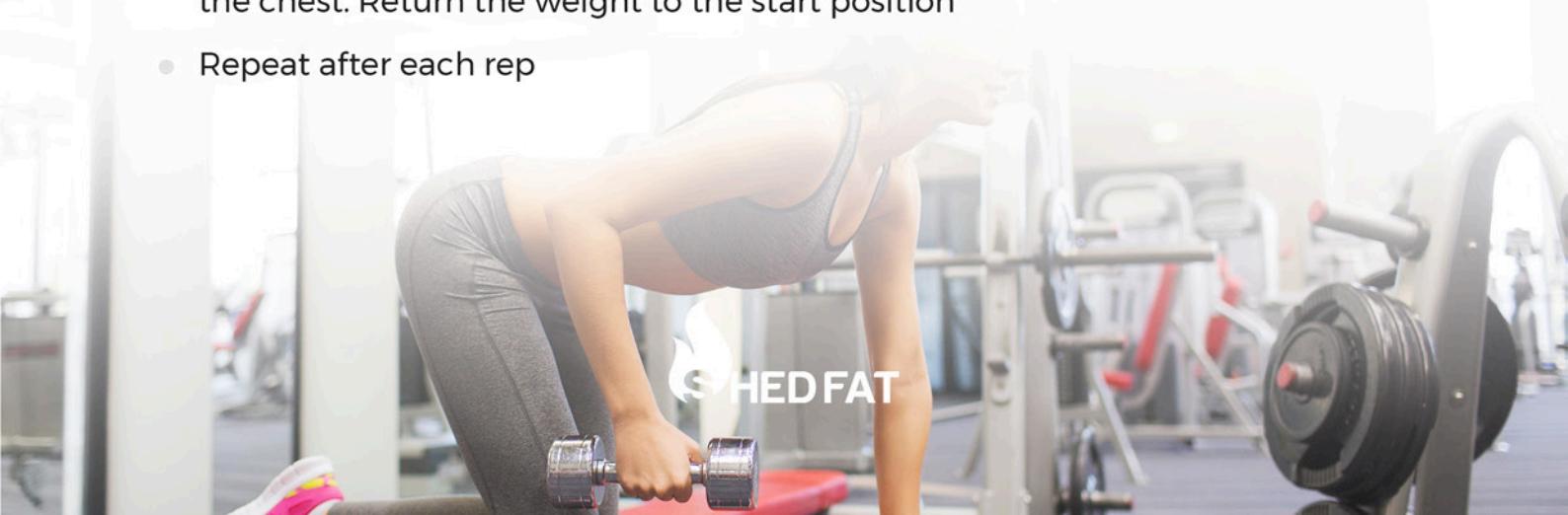
REVERSE FLY MACHINE

- Adjust grip on fly machine so that they are closest to the body of the equipment
- Place chest against equipment pad and extend arms to grip each handle using an overhand grip, slightly bend elbows
- Pull handles away from the body of the machine squeezing the shoulder blades at the top of the movement; slowly return handles to the starting position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Dumbbell Row	8-10	4	90 Seconds Rest Between Each Set.

DUMBBELL ROW

- Bending at the waist; place off hand against dumbbell rack or flat bench and keep it at arms length away from the body. Lie on the side of working hand should be dropped back so that your feet are shoulder width apart
- With working hand fully extended towards ground pull the dumbbell up to the chest. Return the weight to the start position
- Repeat after each rep



Cable Twists 25 3

CABLE TWISTS

- Adjust machine setting chest high
 - Standing face forward, rotate at the waist toward the machine with arms fully extended grabbing handle
 - Keep the handle aligned with the center of your chest rotate away from the machine pulling the handle to create a semi-circle. Slowly return to the starting position
 - Repeat after each rep

WORKOUT REPS SETS

Lying weighted leg raises

LYING WEIGHTED LEG RAISES

- Lay flat on your back
 - Place dumbbell between feet
 - Slowly raise the weight five inches off the ground and lower the weight without touching the ground to the start position
 - Repeat after each rep



WORKOUT	REPS	SETS
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Hanging Knee Raises	25	3
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HANGING KNEE RAISES

- Rest arms on pads of knee hanging device
- Place back firmly against back pad
- Place dumbbell between feet
- Raise knees above belly button and return to start position
- Repeat after each rep
- Cardio: 30 Min walking uphill 3.5 @15% incline



WEDNESDAY REST DAY



WORKOUT	REPS	SETS	INFO
Flat Barbell	8-10	4	90 Seconds Rest
Bench Press			Between Each Set.

FLAT BARBELL BENCH PRESS

- Lie on your back with your feet pressed into the floor. Place hand just outside of shoulder width apart on bar using an overhand grip
- Push bar off pegs placing it in line with your nipples
- Lower bar down slowly until it touches your chest
- Push forward keeping a straight plane to the start position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Incline Dumbbell	8-10	4	90 Seconds Rest
Bench Press			Between Each Set.

INCLINE DUMBBELL BENCH PRESS

- Set bench to a 45 degree angle (gym may have benches preset for this exercise)
- Grab two dumbbells
- Lie on your back with your feet supported on the floor. Place hand just outside shoulder width apart on bar using an overhand grip with your arms extended
- Lower dumbbells down slowly until your arms are bent to a 90 degree angle
- Push forward keeping a straight plane to the start position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Dumbbell Chest Fly (Incline)	8-10	4	90 Seconds Rest Between Each Set.

DUMBBELL CHEST FLY (INCLINE):

- Set bench to a 45 degree angle (gym may have benches preset for this exercise)
- Grab two dumbbells
- Lie on your back with your feet supported on the floor with your arms extended
- Slowly lower arms in a semi-circle opening the chest and allowing the weights to be controlled with the elbows slightly bent
- After holding for two counts open the chest by pushing through the elbows closing the semi-circle bring the dumbbells together

WORKOUT	REPS	SETS	INFO
Decline Press Machine	10-12	4	90 Seconds Rest Between Each Set.

DECLINE BENCH PRESS MACHINE

- Lie on your back with your feet support on the floor. Place hands on bar using overhand grip
- Push
- Placing grips in line just below your nipples
- Push out keeping the handles on a straight plane
- Slowly lower handles to the start position
- Repeat after each rep

Seated Calf Raise 20-25 4

SEATED CALF RAISE

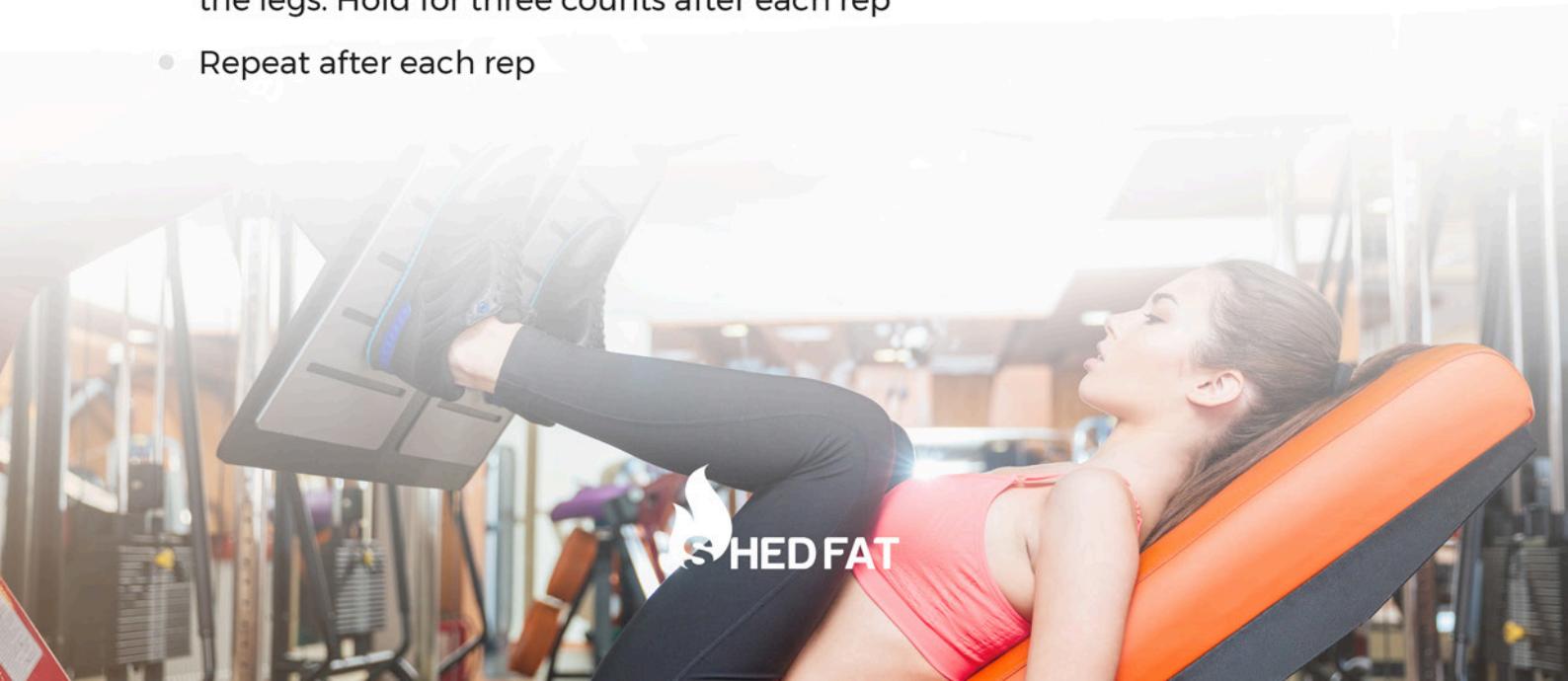
- Sit on machine with pad placed firmly against quads
 - Place balls of your feet on foot rest
 - Push off foot rest with your feet making a point not to lift with the quads.
Hold for three counts
 - Repeat after each rep

WORKOUT REPS SETS

*Standing Calf Raise 20-25
(Hold and Squeeze)*

STANDING CALF RAISE

- Position pads on each shoulder. Put machine on a setting so that you start in a standing position
 - Place balls of your feet on foot rest
 - Push off foot rest with your feet making a point not to bend the knees, lock the legs. Hold for three counts after each rep
 - Repeat after each rep



Machine Calf 20-25 4
Press

MACHINE CALF PRESS

- Place balls of your feet on foot rest
 - Push off foot rest with your feet making a point not to bend the knees; lock the legs. Hold for three counts and repeat
 - Repeat after each rep
 - Cardio: 30 Min walking uphill 3.5 @15% incline



WORKOUT	REPS	SETS	INFO
Leg Press	8-10	4	90 Seconds Rest Between Each Set.

MACHINE LEG PRESS

- Place feet shoulder width apart on the foot plate with legs fully extended.
Toes point straight forward
- Slowly lower the sled down using a FULL range of motion
- Push sled up by extending legs to a point just before the knees lock
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Hip Thrusts	8-10	4	90 Seconds Rest Between Each Set.

HIP THRUSTS

- Lie on bench with end placed between the shoulder blades
- Place bottom on the ground with feet shoulder width apart
- Place weighted barbell across the lap just below the hip bone
- Raise hips off the ground lifting barbell up
- Sink hips to starting position without touching the ground
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Overhead Squats	10-12	4	90 Seconds Rest Between Each Set.

OVERHEAD SQUATS

- Take bar off rack, take a step back, establish a wide grip and press the weight over your head. You may have to adjust your hands to ensure the weight remains in place
- Stand with your feet just outside of your hips with your toes slightly pointing outward. Pick a spot 45 degrees above your direct line of sight and stare at this point through the set. Many squat racks have mirrors in front of them and staring into them while performing the exercise will cause you to lean forward. Do not lean forward
- Drop downward pushing your butt out and sinking your hips until your knees are flexed at 90 degrees, explode up pushing the weight through your heels until your legs have straighten
- Make sure to keep bar raised above your head through the whole set
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Preacher Curls	8-10	4	60 Seconds Rest Between Each Set.

PREACHER CURLS

- Rest elbows against pad
- Grab EZ curl bar using an underhand grip
- Lift bar rolling it towards your chin keeping your arms against the pad
- Slowly return bar to starting position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Dumbbell Hammer	20 (10 each arm)	4	60 Seconds Rest Between Each Set.

DUMBBELL HAMMER

- Standing, hold a pair of dumbbells using an over hand grip
- Rotate hands so that the wrists are against your side
- Rotating between each arm, raise the weight to be at the highest point until the arm is bent just past a 90 degree angle.
DO NOT ROCK OR SWAY TO LIFT THE WEIGHT
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
Concentration	8-10	4	60 Seconds Rest
Dumbbell Curl			Between Each Set.

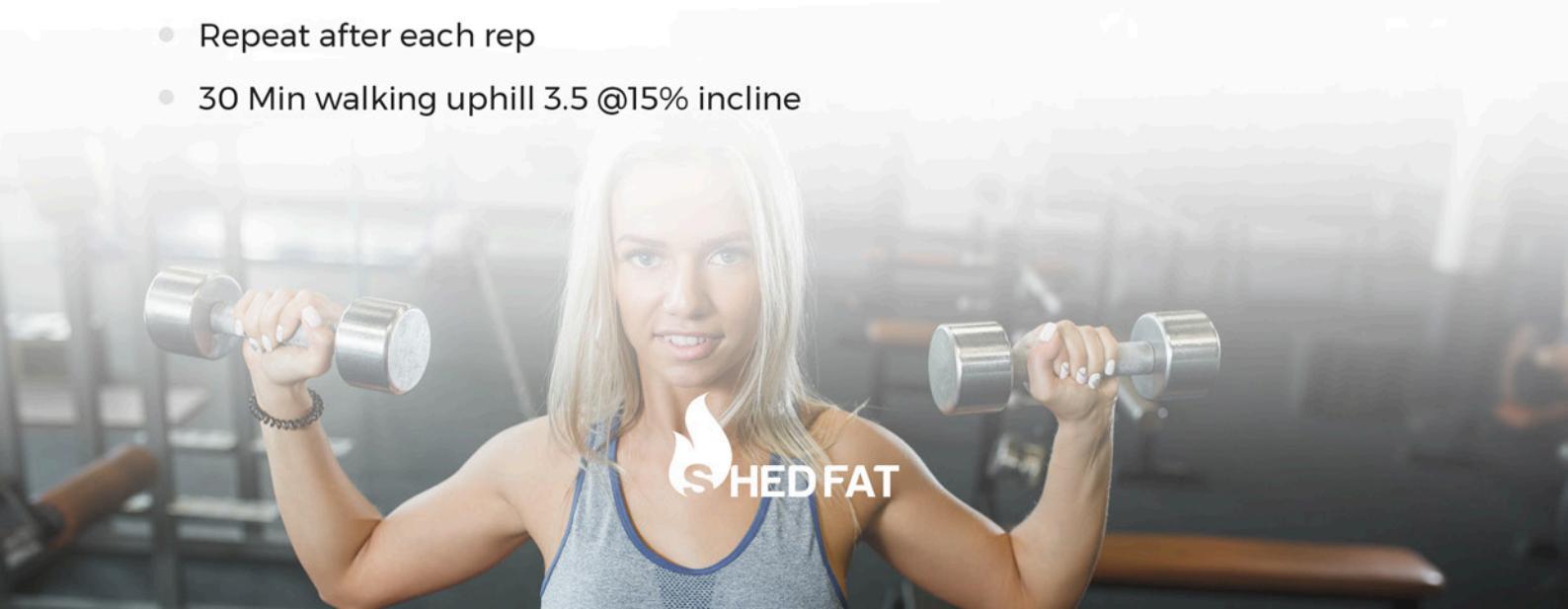
CONCENTRATION DUMBBELL CURL

- Sit using bench set at a 90 degree angle, hold a pair of dumbbells using an under hand grip
- Rotate hands so that the wrists are pointing away from the body
- Rotating between each arm, raise the weight to the highest point until the arm is bent just past a 90 degree angle.
DO NOT ROCK OR SWAY TO LIFT THE WEIGHT
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Reverse Grip	10-12	4	60 Seconds Rest
Standing Curl			Between Each Set.

REVERSE GRIP STANDING

- Standing using an over hand grip on an EZ curl bar (close grip)
- Lift bar and roll it towards your chin
- Slowly return bar to starting position
- Repeat after each rep
- 30 Min walking uphill 3.5 @15% incline



WORKOUT	REPS	SETS	INFO
Dumbbell	10-12 (TUT)	4	90 Seconds Rest
Shoulder Press			Between Each Set.

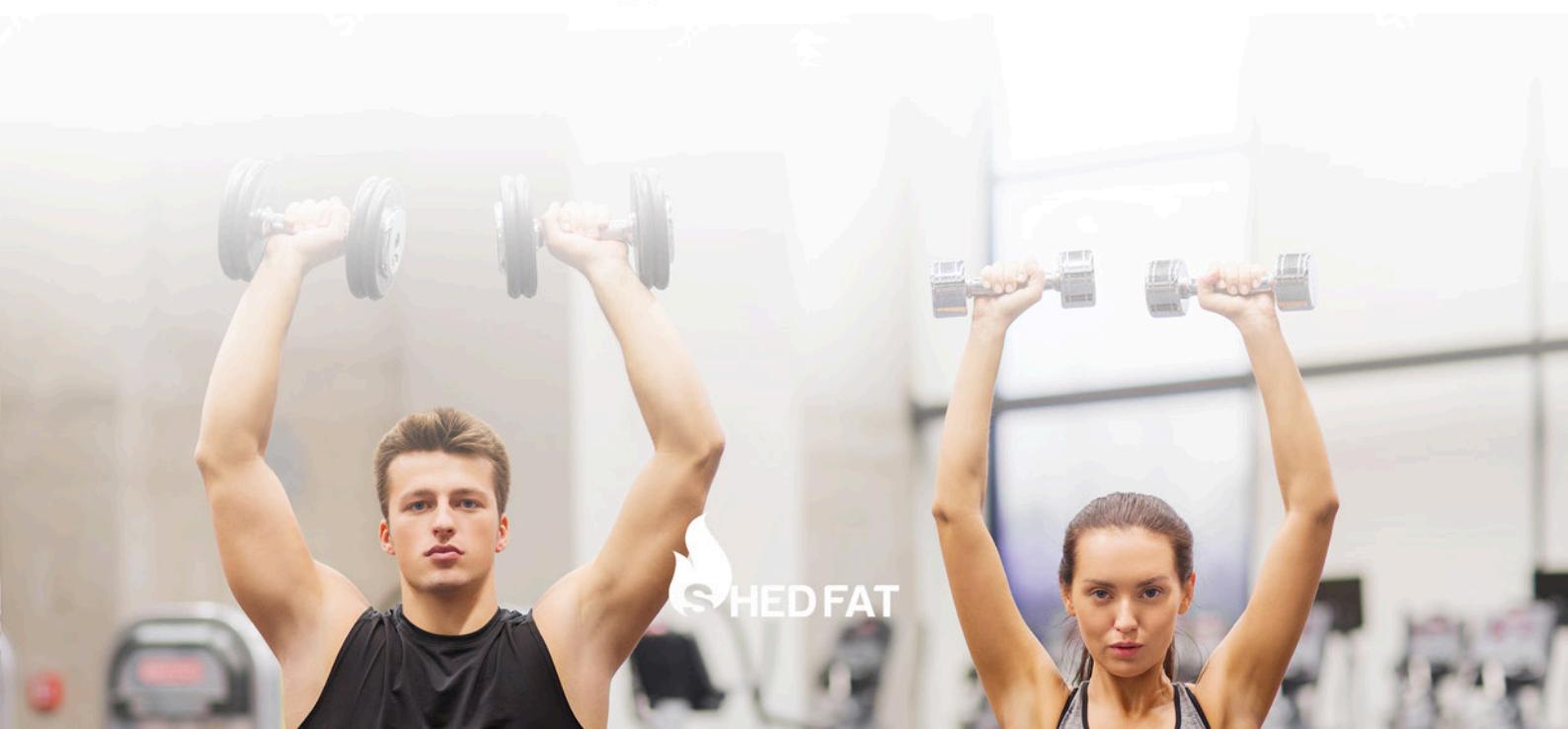
DUMBBELL SHOULDER PRESS

- Sit using bench set at a 90 degree angle with back pressed against it
- Hold a pair of dumbbells using an overhand grip and lift shoulder height with arms bent at the elbow
- Press dumbbells overhead bringing them back to shoulder height

WORKOUT	REPS	SETS	INFO
Dumbbell	10-12	4	60 Seconds Rest
Lateral Raise			Between Each Set.

DUMBBELL LATERAL RAISE

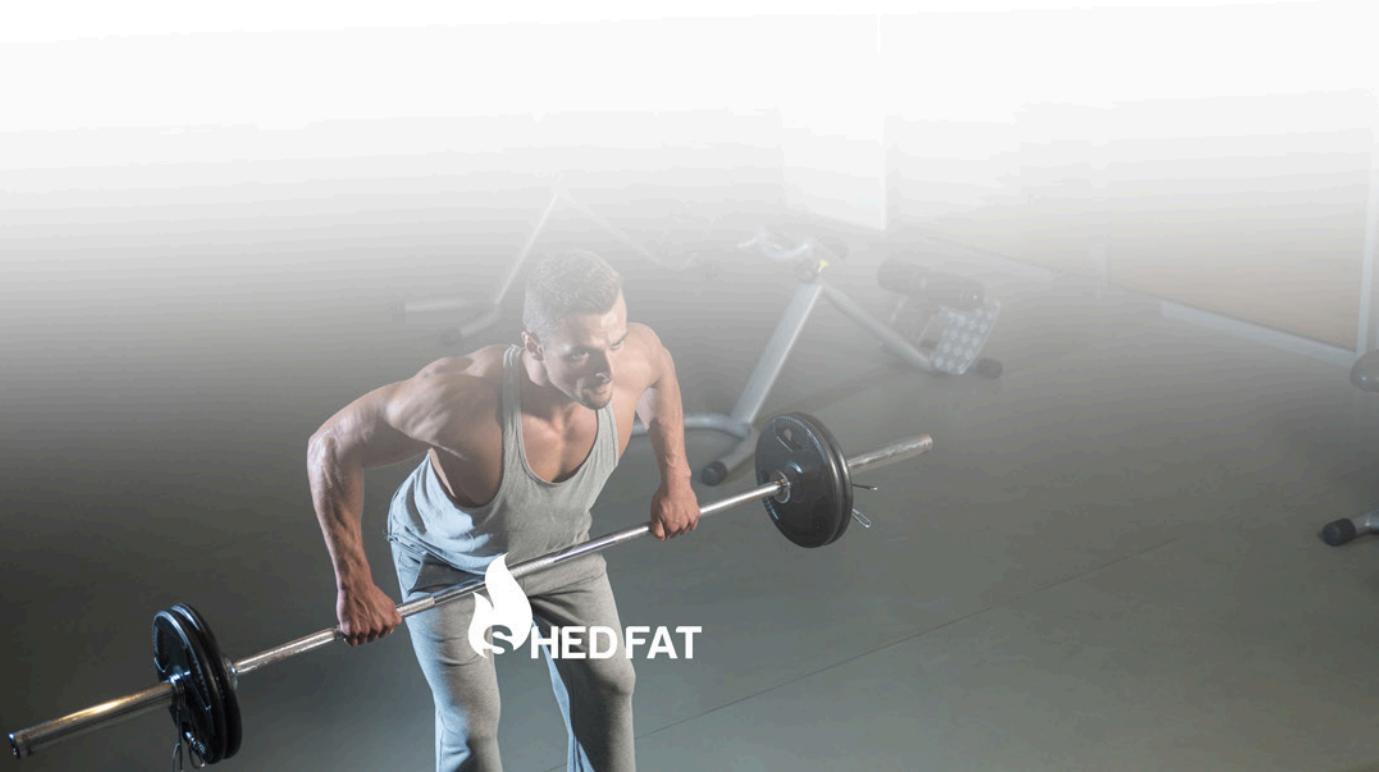
- Standing feet shoulder width apart hold dumbbells using an overhand grip at your side
- Raise dumbbells out and up to shoulder level
- Lower dumbbells to starting position



WORKOUT	REPS	SETS	INFO
Barbell Upright Row	10-12	4	90 Seconds Rest Between Each Set.

BARBELL UPRIGHT ROW

- Standing feet shoulder width apart holding a barbell with overhand grip. Keep your hands separated by the distance of both thumbs
- Pull bar up to chin level and keep the bar as close to the body as possible
- Avoid swinging and maintain a strict posture



WORKOUT	REPS	SETS	INFO
Seated Concentration Dumbbell Front Row	10-12	4	90 Seconds Rest Between Each Set.

SEATED CONCENTRATION DUMBBELL FRONT ROW

- Sit on a bench that is set at a 90-degree angle with back pressed against it
- Hold a pair of dumbbells using an overhand grip positioning the dumbbell at your side
- Keep arms perfectly straight raising them up to shoulder level
- Return dumbbells to your side

WORKOUT	REPS	SETS	INFO
Seated Bent Rear Delt Raise	10-12	4	90 Seconds Rest Between Each Set.

SEATED BENT REAR DELT RAISE

- Stand feet shoulder width apart holding two dumbbells using an overhand grip
- Bend over to the point where your back is flat
- Raise dumbbells out and up to shoulder level squeezing the shoulder blades at the top

SATURDAY

ABS

28

WORKOUT REPS SETS

Reverse Kneeling 25 3
Cable Crunch

Kneeling Side 25 3
Cable Side Bend

V-Ups 50 3

Sprinters 25 3

- 30 Min walking uphill 3.5 @15% incline



WEEKS 7-12

29

SUNDAY REST DAY



WORKOUT	REPS	SETS	INFO
Barbell Squat	10-12	4	60 Seconds Rest Between Each Set.
Barbell Romanian Dead Lifts	10-12	4	60 Seconds Rest Between Each Set.
Donkey Kicks (female)	10-12	4	60 Seconds Rest Between Each Set.
One Leg Squat with leg raise on smith machine	10-12	4	90 Seconds Rest Between Each Set.
Machine Leg Extensions	10-12	4	90 Seconds Rest Between Each Set.
Hip Abductor Outside	10-12	4	60 Seconds Rest Between Each Set.

WORKOUT	REPS	SETS	INFO
Skull Crushers (Rope)	10-12	4	60 Seconds Rest Between Each Set.

SKULL CRUSHERS (ROPE)

- Lay flat on a bench
- Using a narrow grip on an EZ curl bar hold the weight out in front of you
- Lower weight back towards your forehead bending arms at the elbow just before it touches your forehead
- Extend arms to push the weight up to the starting position



WORKOUT	REPS	SETS	INFO
Concentration	10-12	4	60 Seconds Rest
One Arm Pulls			Between Each Set.

CONCENTRATION ONE ARM PULLS

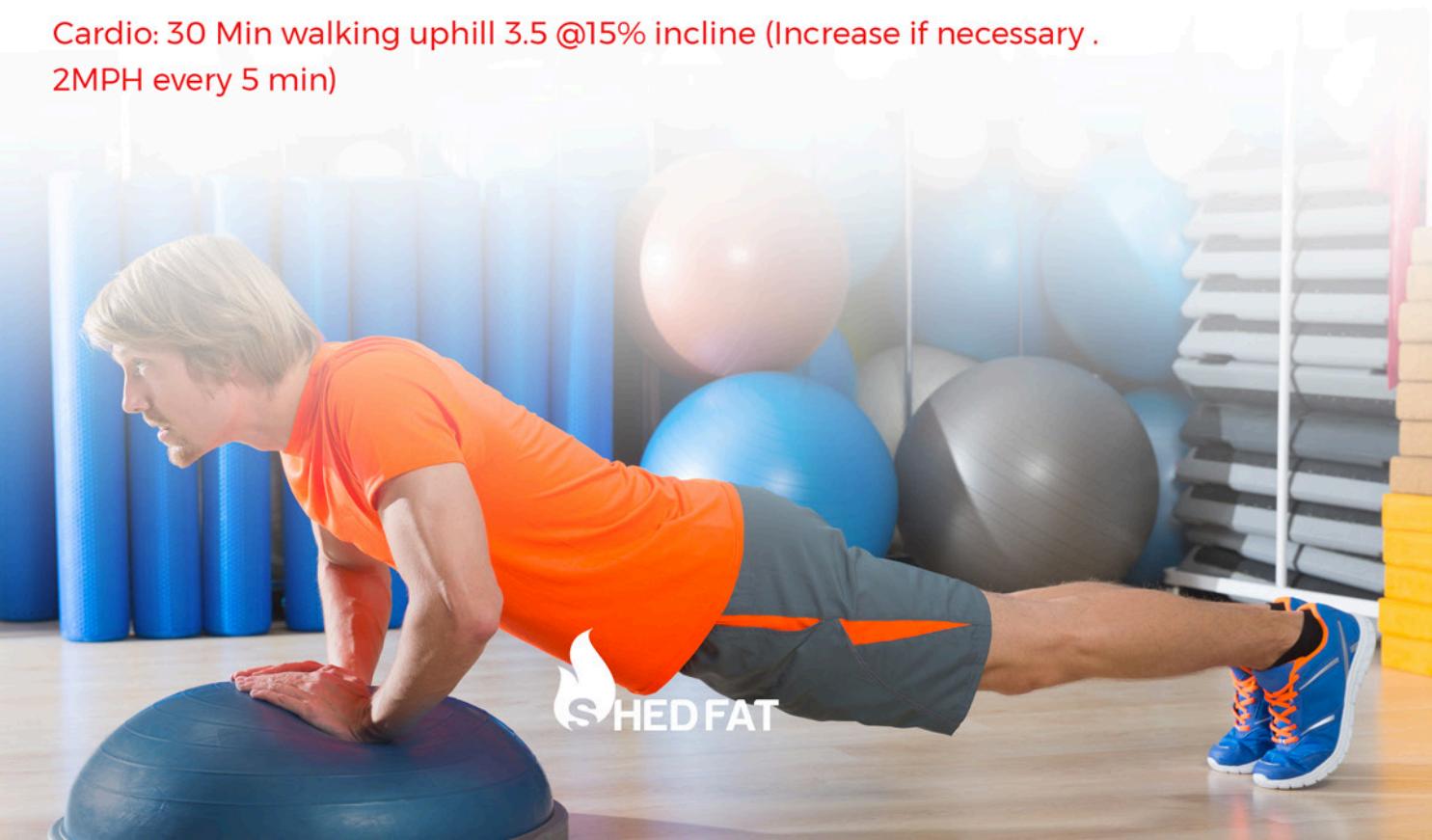
- See Lat pull down instructions
- Change bar to single handle, lean back slightly and pull weight to your chest

WORKOUT	REPS	SETS	INFO
Diamond Push	10-12	4	60 Seconds Rest
Ups : Until Failure			Between Each Set.

DIAMOND PUSH UPS

- See push up instructions. Change hand placement by bringing the hands together in the shape of a diamond beneath your chest
- Perform a push up

Cardio: 30 Min walking uphill 3.5 @15% incline (Increase if necessary . 2MPH every 5 min)



WORKOUT	REPS	SETS	INFO
Standing to knee Deadlift	10-12	4	60 Seconds Rest Between Each Set.
Wide Grip Seat Cable Rows	10-12	4	60 Seconds Rest Between Each Set.

WIDE GRIP SEAT CABLE ROWS

- See instructions for seated cable row. Perform exercise with a wide grip bar

WORKOUT	REPS	SETS	INFO
Iso Lateral Pull Down	10-12	4	60 Seconds Rest Between Each Set.

ISO LATERAL PULL DOWN

- See instructions for Lat Pull Down
- Perform exercise with an over hand grip keep the elbows close to the body



WORKOUT	REPS	SETS	INFO
Iso Lateral	10-12	4	60 Seconds Rest
Pull Down			Between Each Set.

ISO LATERAL PULL DOWN

- See instructions for Lat Pull Down
- Perform exercise with an over hand grip keep the elbows close to the body

WORKOUT	REPS	SETS	INFO
Reverse Grip	10-12	4	60 Seconds Rest
Barbell Bent			Between Each Set.
Over Row			

REVERSE GRIP BARBELL BENT OVER ROW

- See instructions for barbell bent over row
- Use an underhand grip

Incline Bench 25 4
Sit Ups

Weighted Russian Twist

Weighted Ab 25 4
Crunch Machine

Hanging Knee Raises (Weighted for more advanced lifters)

**Cardio: 30 Min walking uphill 3.5 @15% incline
(Increase if necessary .2MPH every 5 min)**



WEDNESDAY REST DAY



WORKOUT	REPS	SETS	INFO
Incline Bench Press	10-12	4	60 Seconds Rest Between Each Set.

INCLINE BENCH PRESS

- See instructions for Barbell Bench Press
- Use Incline Bench Press Rack

WORKOUT	REPS	SETS	INFO
Flat Bench Dumbbell Press	10-12	4	60 Seconds Rest Between Each Set.

FLAT BENCH DUMBBELL PRESS

- See instructions for barbell bent over row
- Use an underhand grip

WORKOUT	REPS	SETS	INFO
Cable Chest Fly <i>(Hold and Squeeze After Each Rep)</i>	10-12	4	60 Seconds Rest Between Each Set.

CABLE CHEST FLY

- See dumbbell chest fly
- Perform exercise using cable machine
- Hold and flex at the end of each rep

WORKOUT	REPS	SETS	INFO
<i>Unilateral low cable fly</i>	10-12	4	<i>60 Seconds Rest Between Each Set.</i>

UNILATERAL LOW CABLE FLY

- Perform exercise using cable machine
- Stand feet shoulder width apart
- Hold using an underhand grip with weight at your side
- Raise weight forward out in front of you until your hands touch at chin level (arms should remain straight, do not bend arms at the elbow)
- Hold and flex at the end of each rep



WORKOUT	REPS	SETS	INFO
Iso Lateral	10-12	4	60 Seconds Rest
Incline Press			Between Each Set.

ISO LATERAL INCLINE PRESS

- Sit on machine with back pressed against pad
- Hold using an over hand grip
- Fully extend arms out to press the weight
- Return weight to starting position

WORKOUT	REPS	SETS	INFO
Decline Dumbbell	20	2	60 Seconds Rest
Bench Press			Between Each Set.

DECLINE DUMBBELL BENCH PRESS

- See Dumbbell Bench Press
- Use flat bench sat a decline

THURSDAY CHEST/CALVES

40

WORKOUT	REPS	SETS
Seated Calf Raise	25	4
Standing Calf Raise (Hold and Squeeze)	25	4
Machine Calf Press	25	4



WORKOUT	REPS	SETS	INFO
Leg Press	25	4	60 Seconds Rest Between Each Set.
Dumbbell Step Up	25	4	60 Seconds Rest Between Each Set.
Barbell Bosu Ball Squats	25	4	60 Seconds Rest Between Each Set.
One Leg Machine Leg Curls	25	4	60 Seconds Rest Between Each Set.
Hip Abductor Inside	25	4	60 Seconds Rest Between Each Set.

WORKOUT	REPS	SETS	INFO
Standing Barbell Curl (NOT WITH SQUAT RACK)	10	4	60 Seconds Rest Between Each Set.

STANDING BARBELL CURL (NOT WITH SQUAT RACK)

- Standing feet shoulder width apart holding barbell with an underhand grip
- Raise bar towards the shoulders keeping the elbows close to the body
- Stop at the top of the movement and slowly lower the bar to the starting position

WORKOUT	REPS	SETS	INFO
Seated Concentration Dumbbell Curl (10 each arm)	10 (each arm)	4	60 Seconds Rest Between Each Set.

STANDING BARBELL CURL (NOT WITH SQUAT RACK)

- Standing feet shoulder width apart holding barbell with an underhand grip
- Raise bar towards the shoulders keeping the elbows close to the body
- Stop at the top of the movement and slowly lower the bar to the starting position

WORKOUT	REPS	SETS	INFO
Seated Concentration <i>Dumbbell Curl</i> (10 each arm)	10	4	60 Seconds Rest Between Each Set.

SEATED CONCENTRATION DUMBBELL CURL

- Use bench set at an 90 degree angle
- Hold a dumbbell using an under hand grip with weights resting at the side
- Raise the arm towards the shoulder until the weight has been lifted to the top
- Lower weight back to the starting position
- Repeat after each rep



WORKOUT	REPS	SETS	INFO
<i>Incline Bench</i>	10-12	4	60 Seconds Rest
<i>Single Arm Concentration Curl</i>			<i>Between Each Set.</i>

INCLINE BENCH SINGLE ARM CONCENTRATION

- Use a flat bench set at an incline
- Hold a dumbbell using an under hand grip laying flat against the bench
- Raise the arm towards the shoulder until the weight has been lifted to the top
- Lower weight back to the starting position
- Repeat after each rep

WORKOUT	REPS	SETS	INFO
Standing Straight	3x10 (Ten reps each grip close, reverse, wide)	3	60 Seconds Rest Between Each Set.
Bar Curl			

STANDING STRAIGHT BAR CURL

- Take a shoulder width grip on the bar with your palms facing upwards
- Stand tall with your feet roughly shoulder width, chest up, shoulders back and your eyes focused straight ahead
- Keeping your elbows tight against your body, focus on curling with bar until it reaches shoulder height
- In a controlled manner, lower to bar back to the starting position
- Repeat the process for each repetition until you have completed your set

Helpful Tip: Keep your butt tight while you perform this exercise to avoid straining your lower back.

WORKOUT	REPS	SETS	INFO
Barbell Shoulder Press	6-8	4	90 Seconds Rest Between Each Set.

BARBELL SHOULDER PRESS

- Sit using bench set at a 90 degree angle with back pressed against it
- Using a comfortable overhand grip position the bar so that it is centered
- Press barbell vertically above the head and lower slowly to the nose
- Return barbell to the starting position



WORKOUT	REPS	SETS	INFO
Dumbbell Shrugs	10-12	4	90 Seconds Rest Between Each Set.
Dumbbell Lateral Raise	10-12	4	90 Seconds Rest Between Each Set.
Standing Cable Reverse Fly	10-12	4	90 Seconds Rest Between Each Set.

STANDING CABLE REVERSE FLY

- Sit using bench set at a 90 degree angle with back pressed against it
- Using a comfortable overhand grip position the bar so that it is centered
- Press barbell vertically above the head and lower slowly to the nose
- Return barbell to the starting position



WORKOUT	REPS	SETS
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Kneeling Cable	10 (each arm)	4
Crunch		

KNEELING CABLE CRUNCH

- Set rope at highest level on cable machine
- On knees grab the rope pulling it to the forehead
- Using your core pull the weight down to perform a crunch flexing the abs at the end of the movement
- Raise up slowly to the top stretching the abdominals and returning the starting position

WORKOUT	REPS	SETS
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Woodchopper	25	4
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WOODCHOPPER

- Set rope on cable machine on highest setting from the ground
- On knees reach up to grab rope
- Simultaneously pull rope and rotate hands across the body at a 45 degree while keeping the arms straight
- Slowly return weight to starting position
- Motion should simulate a lumberjack chopping a piece of wood

WORKOUT	REPS	SETS
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Cable Crunch	10 (each arm)	4
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CABLE CRUNCH

- Set rope at highest level on cable machine
- While on knees grab the rope pulling it to the forehead
- Using your core pull the weight down to perform a crunch flexing the abs at the end of the movement
- Raise up slowly to the top stretching the abdominals and returning the starting position



WORKOUT	REPS	SETS
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Incline Bench	25	4
Sit Ups		

INCLINE BENCH SIT UPS

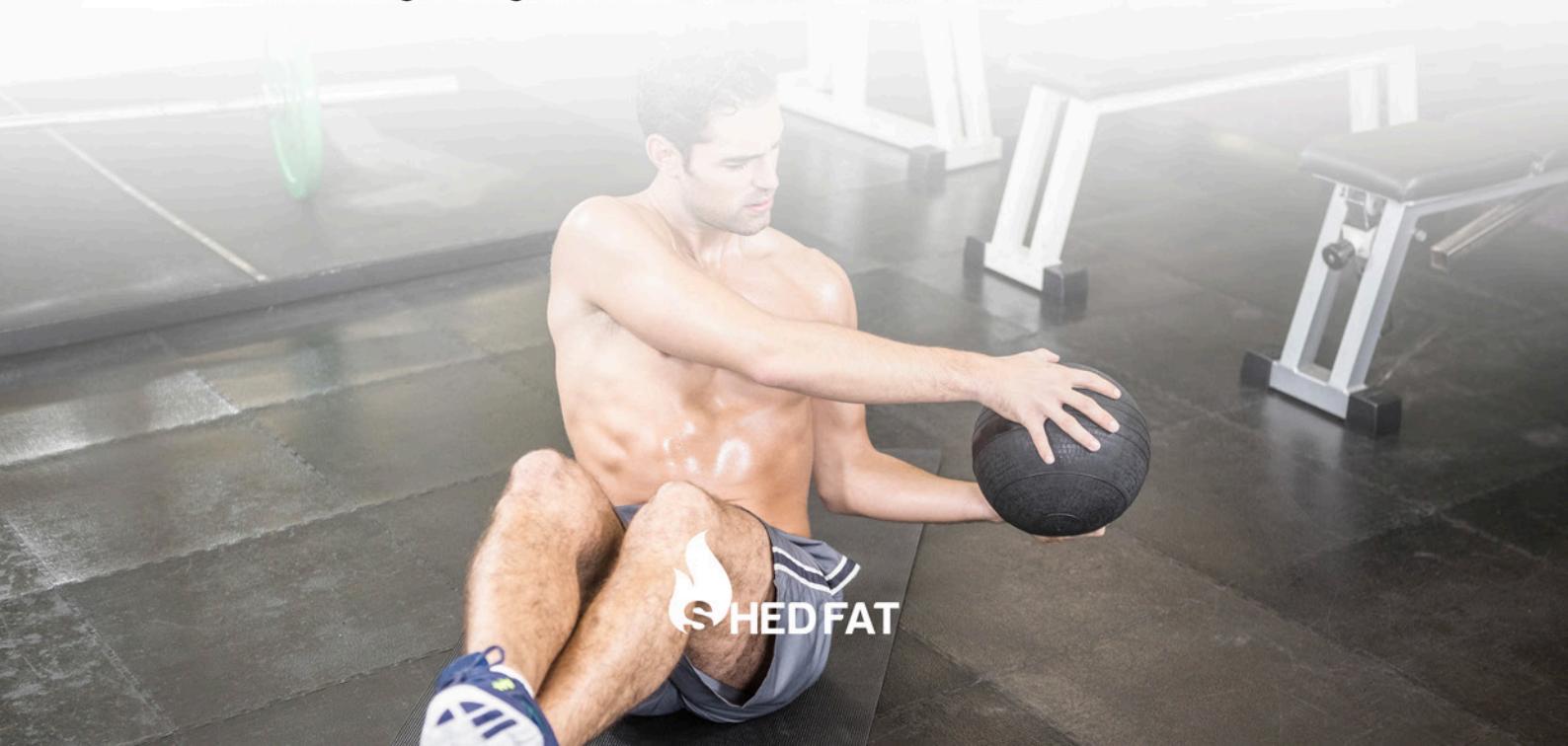
- Set sit up bench to a 45 degree angle
- Insert legs into pads
- Start at the top and lean all the way back until your back touches the bench
- Use your abs to pull your body up to the starting position

WORKOUT	REPS	SETS
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Weighted	25	4
Russian Twist		

WEIGHTED RUSSIAN TWIST

- Sit on the ground with knees brought up to the chest
- Lean torso back to a 45 degree angle.
- While holding a weight rotate shoulders from side to side



WORKOUT	REPS	SETS
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Weighted Ab	25	4
Crunch Machine		

WEIGHTED AB CRUNCH MACHINE

- See Machine Instructions
- Hold and squeeze at the bottom of each rep

WORKOUT	REPS	SETS
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Mountain Climbers	50	4
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MOUNTAIN CLIMBERS

- Assume push up position (Plank)
- Pull leg up to chest to perform a “high knee”, rotate between each leg

WORKOUT REPS

SETS

Sprinters	25	4
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SPRINTERS

- Lie flat on your back
- While performing a crunch pull one leg up to the chest to perform a high knee
- Opposite arm of leg being raised, should be raised to assist in pulling the body up. Rotate back and forth

Cardio: 30 Min walking uphill 3.5 @15% incline
(Increase if necessary .2MPH every 5 min)



SUNDAY REST DAY

