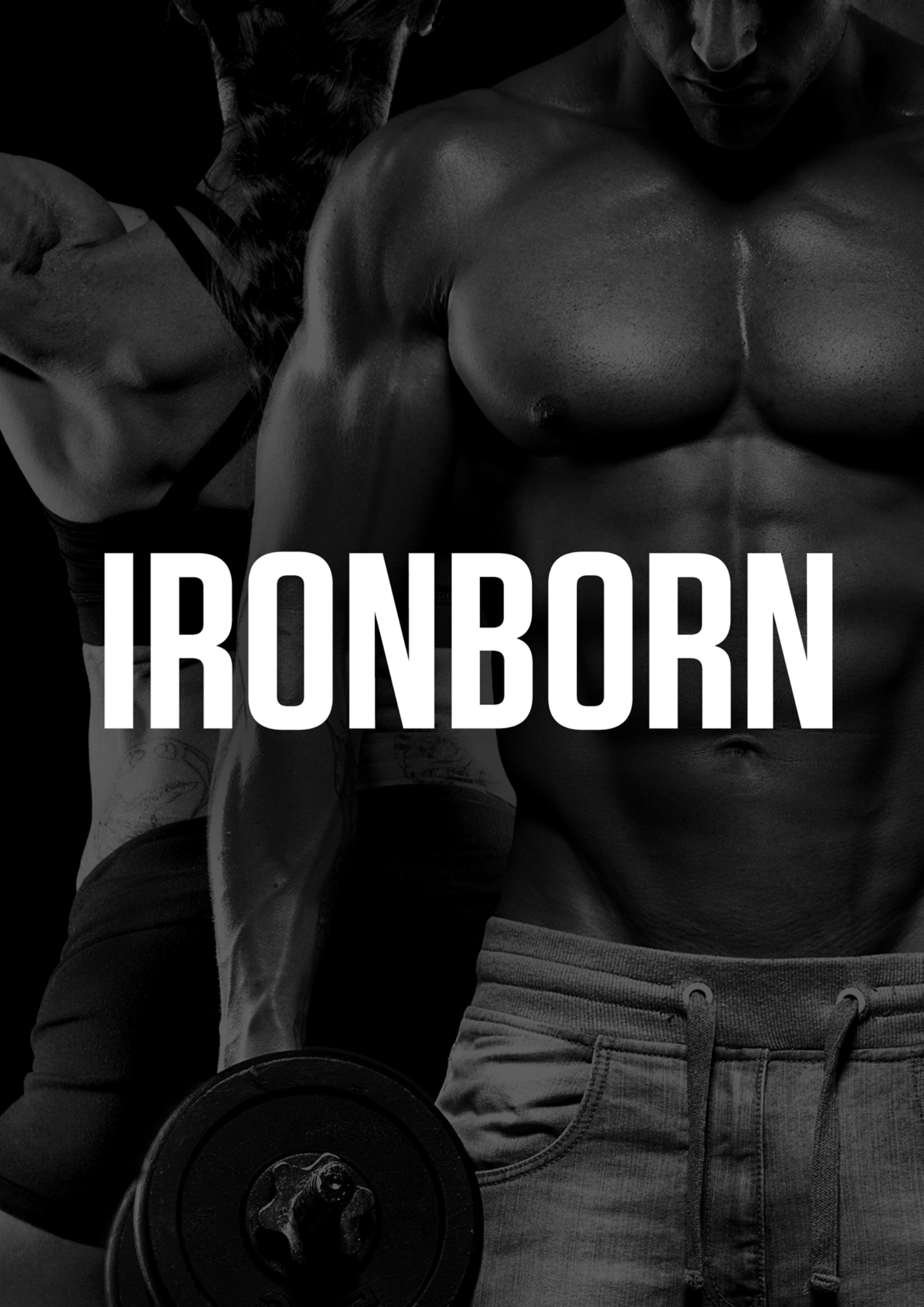
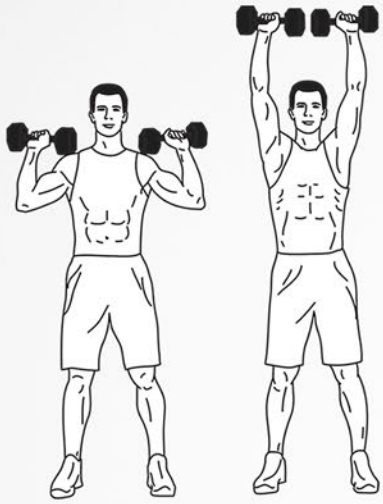

IRONBORN

IRON BORN

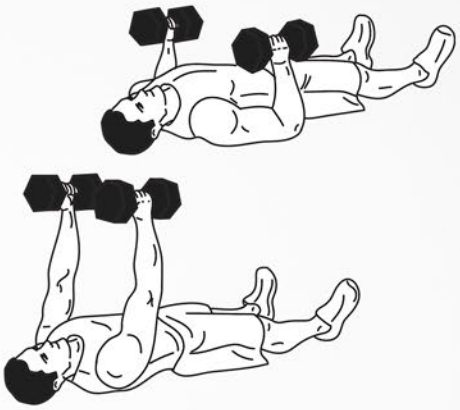
Day 1

shoulders,
chest & triceps

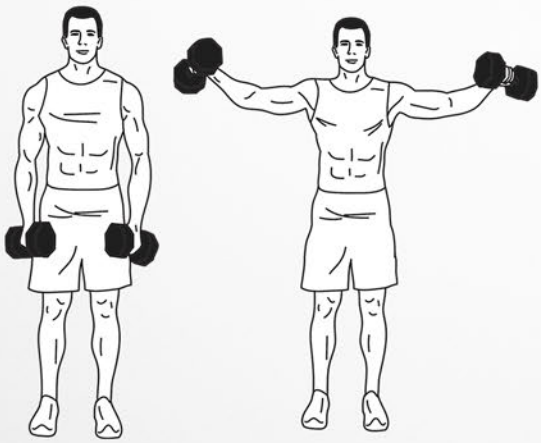
© darebee.com



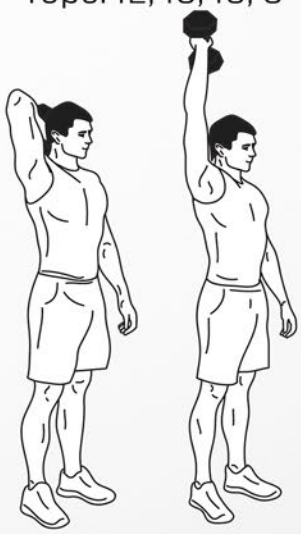
4 sets shoulder press
reps: 12, 10, 10, 8



4 sets chest press
reps: 12, 10, 10, 8



4 sets lateral raises
reps: 6, 6, 4, 3



4 sets tricep extensions
reps: 5, 4, 4, 3 (per arm)

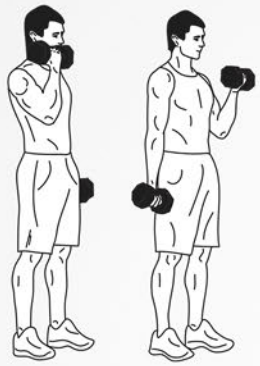
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

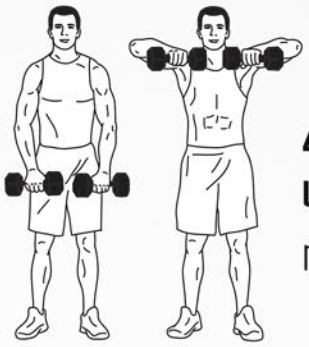
Day 2

back & biceps

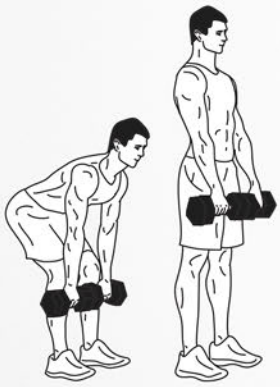
© darebee.com



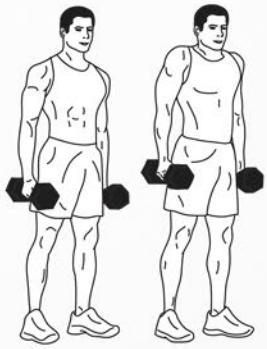
4 sets
alt bicep curls
reps: 6, 5, 5, 4
per arm



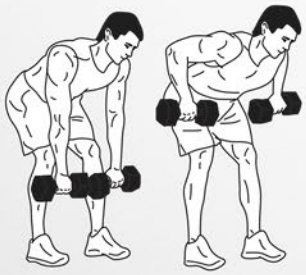
4 sets
upright rows
reps: 8, 8, 6, 5



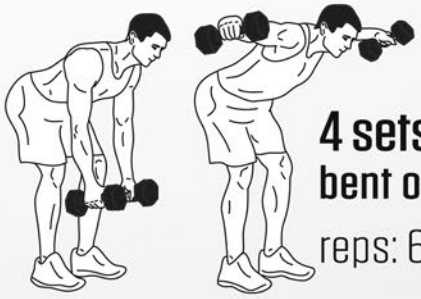
4 sets
deadlifts
reps: 8, 8, 6, 5



4 sets
shrugs
reps: 10, 10, 8, 6



4 sets
bent over rows
reps: 8, 8, 6, 5



4 sets
bent over flys
reps: 6, 5, 5, 4

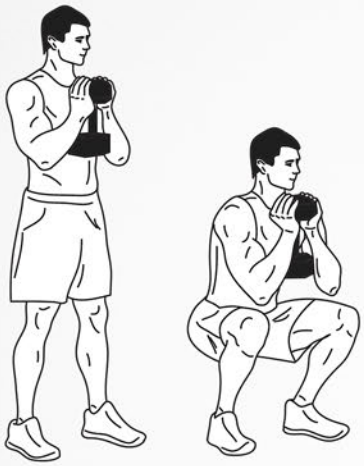
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 3

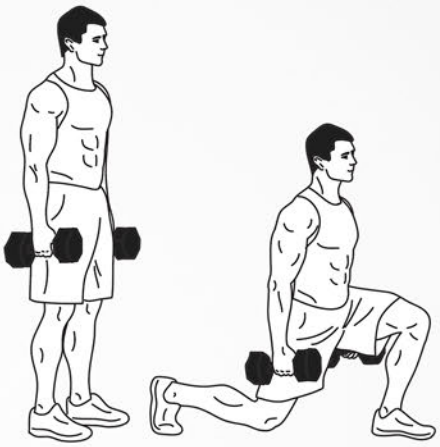
leg day

© darebee.com



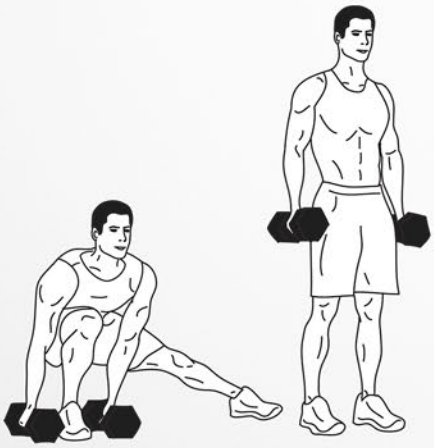
4 sets goblet squats

reps: 12, 10, 10, 8



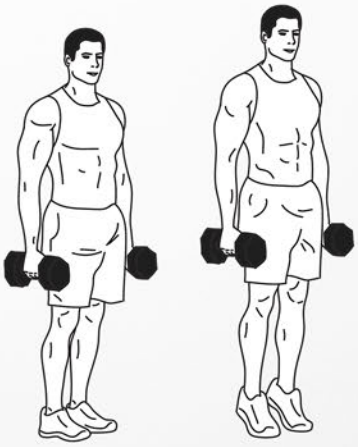
4 sets forward lunges

reps: 5, 4, 4, 3 (per leg)



4 sets side lunges

reps: 5, 4, 4, 3 (per side)



4 sets calf raises

reps: 14, 12, 12, 10

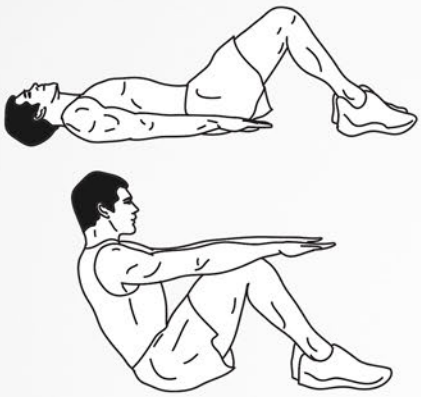
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 4

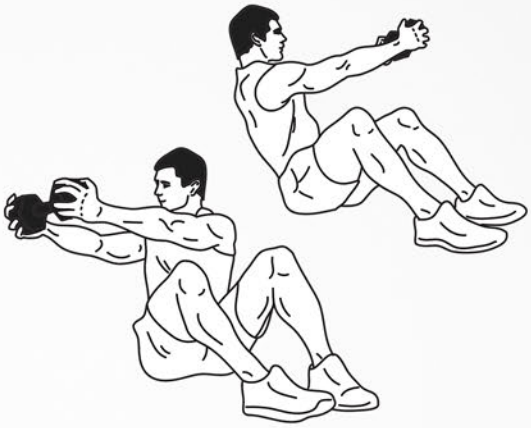
ab work

© darebee.com



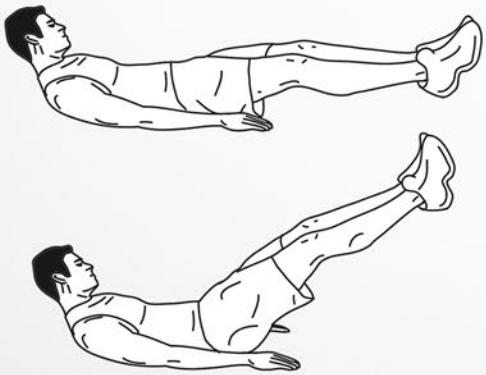
4 sets sit-ups

reps: 16, 14, 14, 10



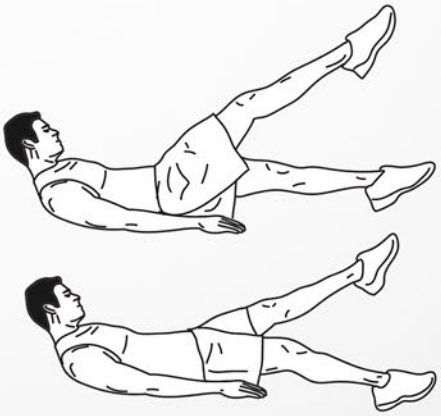
4 sets sitting twists

reps: 8, 7, 7, 5 (per side)



4 sets leg raises

reps: 16, 14, 14, 12



4 sets flutter kicks

reps: 10, 8, 8, 6 (per leg)

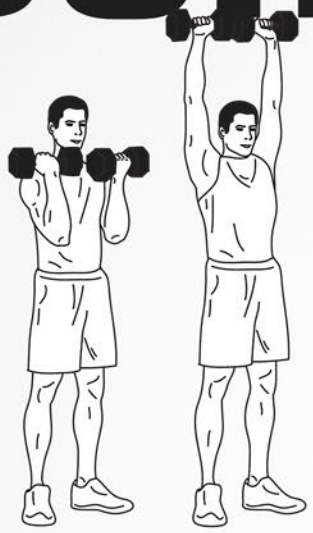
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

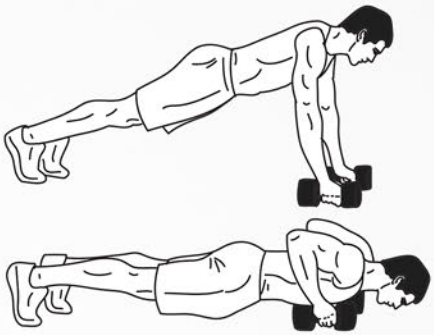
Day 5

shoulders,
chest & triceps

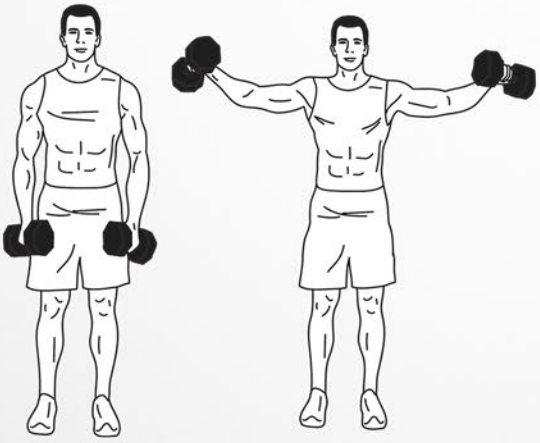
© darebee.com



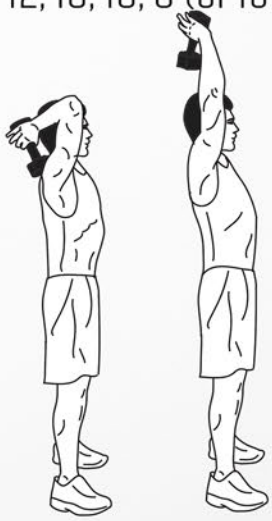
4 sets arnold press
reps: 10, 10, 8, 6



4 sets push-ups
reps: 12, 10, 10, 8 (or to failure)



4 sets lateral raises
reps: 6, 6, 5, 4



4 sets tricep extensions
reps: 6, 5, 5, 4

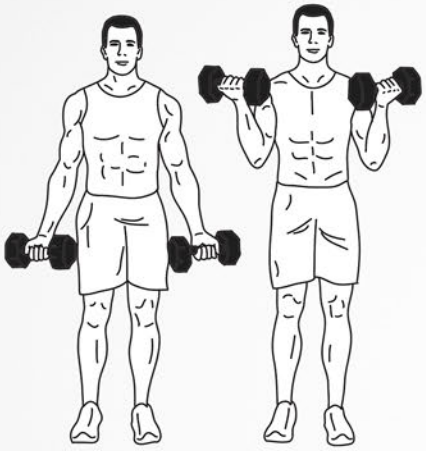
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 6

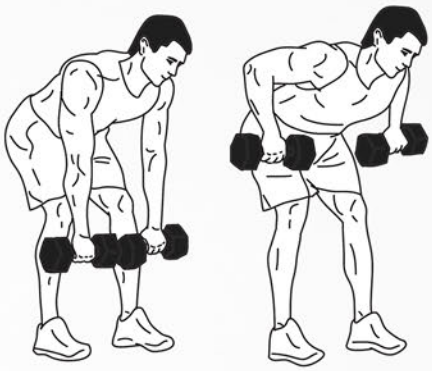
back & biceps

© darebee.com



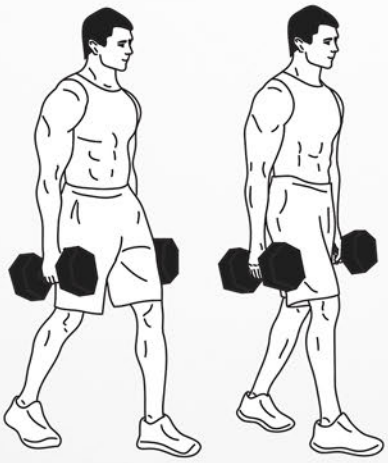
4 sets bicep curls

reps: 10, 8, 8, 6



4 sets bent over rows

reps: 8, 8, 6, 6



4 sets farmer's walk

reps: 14, 12, 10, 10 - in steps

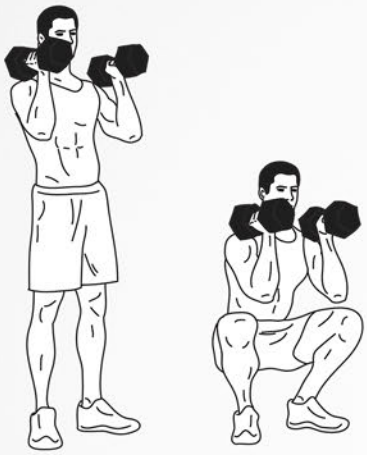
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 7

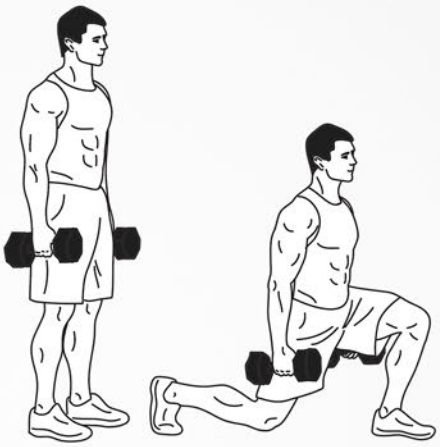
leg day

© darebee.com



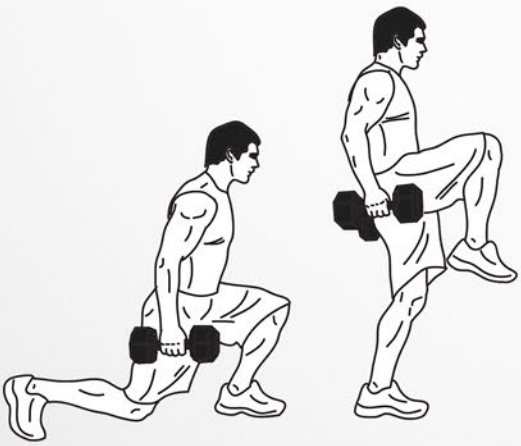
4 sets squats

reps: 8, 8, 6, 4



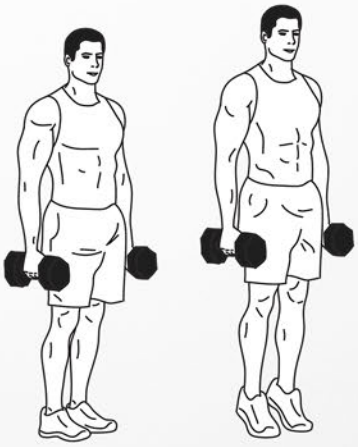
4 sets forward lunges

reps: 6, 4, 4, 3 (per leg)



4 sets reverse lunge step-ups

reps: 5, 4, 4, 3 (per leg)



4 sets calf raises

reps: 14, 14, 12, 10

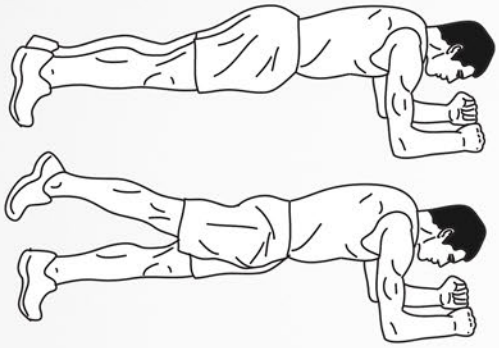
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 8

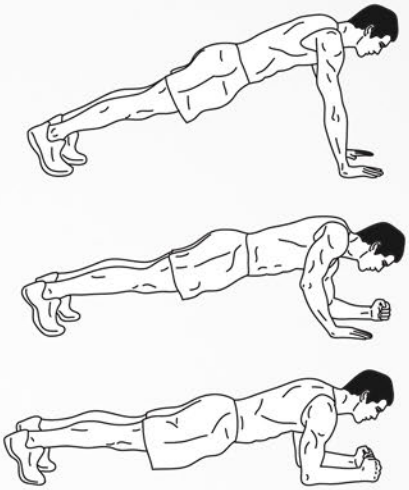
ab work

© darebee.com



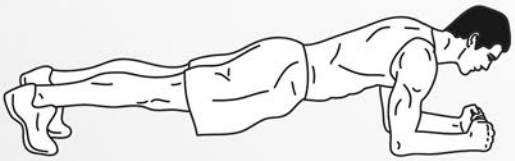
4 sets elbow plank

reps: 10, 8, 8, 6 (per leg)



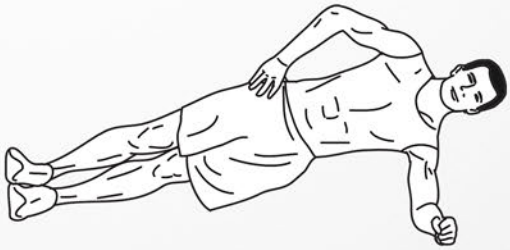
4 sets up & down planks

reps: 10, 8, 8, 6



4 sets elbow plank

30 seconds each



4 sets side elbow plank

30 seconds each side

change on the fly

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 9

shoulders,
chest & triceps

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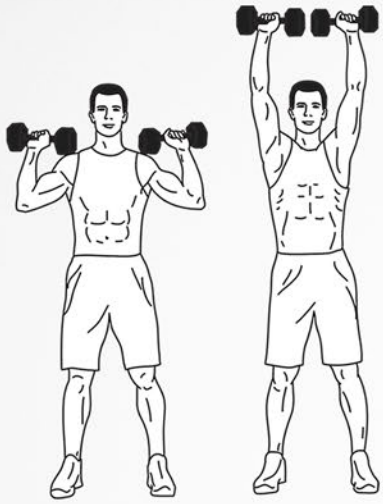
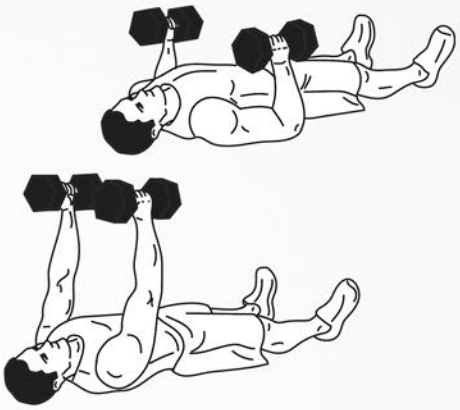
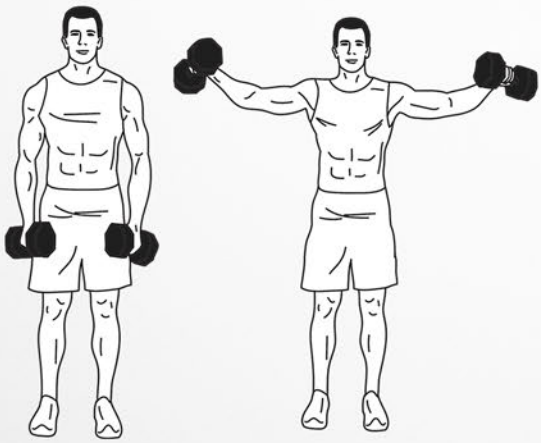


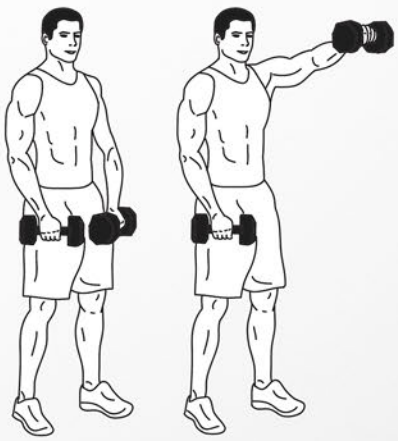
4 sets shoulder press
reps: 12, 12, 10, 8



4 sets chest press
reps: 12, 12, 10, 8



4 sets lateral raises
reps: 7, 6, 5, 4



4 sets forward raises
reps: 5, 4, 4, 3 (per arm)

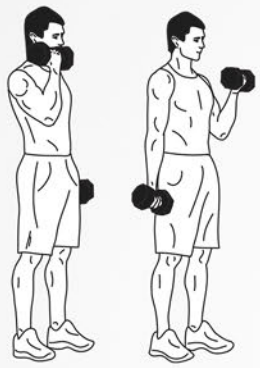
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

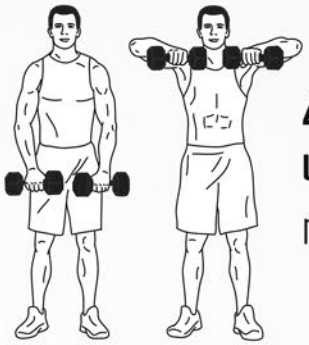
Day 10

back & biceps

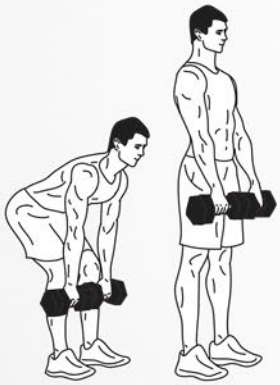
© darebee.com



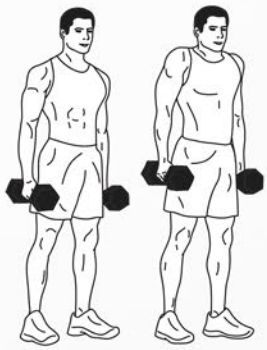
4 sets
alt bicep curls
reps: 6, 6, 5, 4
per arm



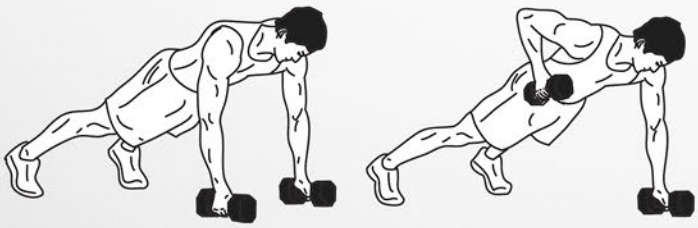
4 sets
upright rows
reps: 10, 8, 6, 5



4 sets
deadlifts
reps: 10, 8, 6, 5



4 sets
shrugs
reps: 12, 10, 8, 6



4 sets
renegade rows
reps: 7, 6, 6, 5
per arm

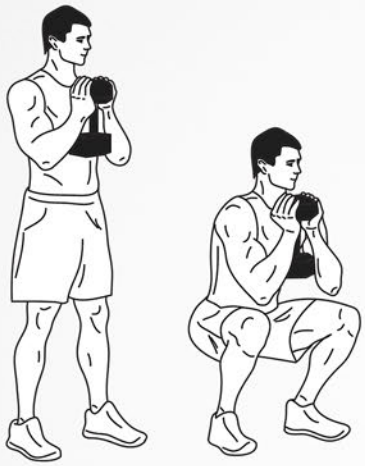
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 11

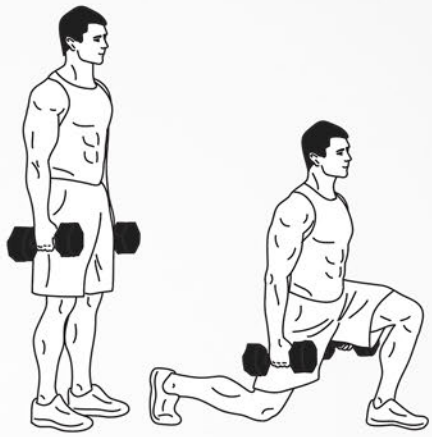
leg day

© darebee.com



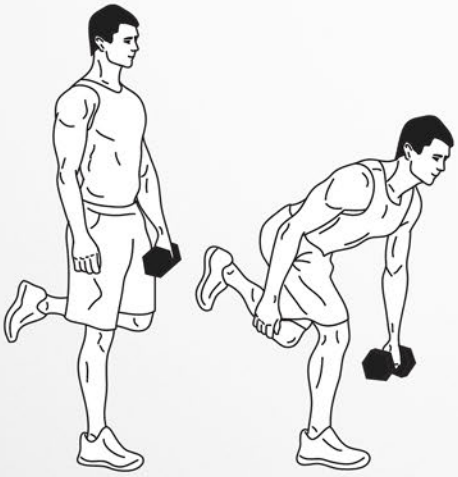
4 sets goblet squats

reps: 12, 12, 10, 8



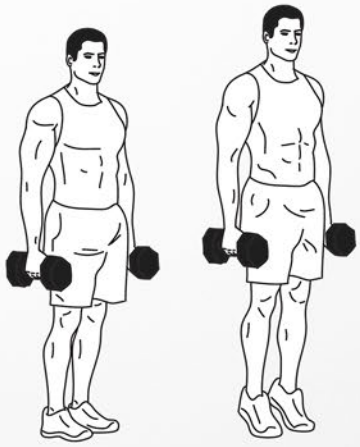
4 sets forward lunges

reps: 6, 5, 4, 3 (per leg)



4 sets single leg deadlifts

reps: 5, 5, 4, 3 (per side)



4 sets calf raises

reps: 14, 14, 12, 12

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 12

ab work

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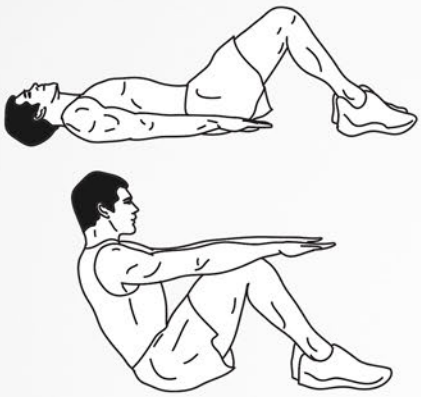
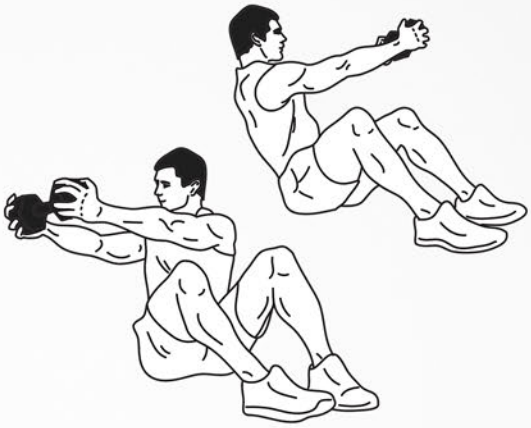


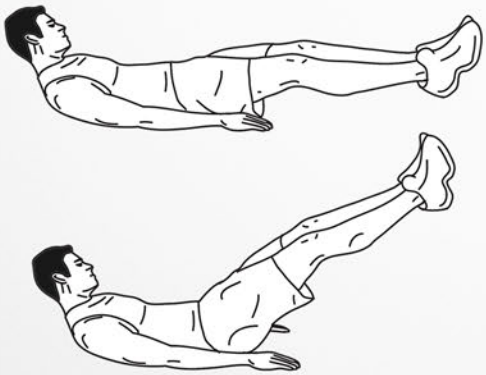
4 sets sit-ups

reps: 16, 16, 14, 10



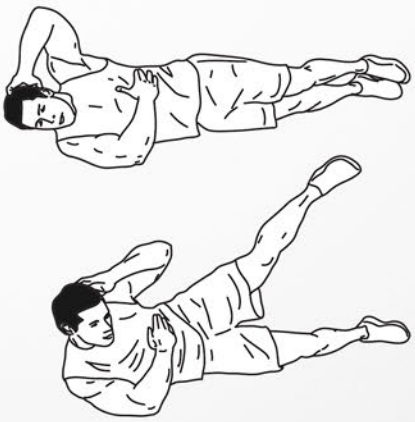
4 sets sitting twists

reps: 8, 7, 7, 6 (per side)



4 sets leg raises

reps: 16, 16, 14, 12



4 sets side jackknives

reps: 10, 8, 8, 6 (per side)

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 13

shoulders,
chest & triceps

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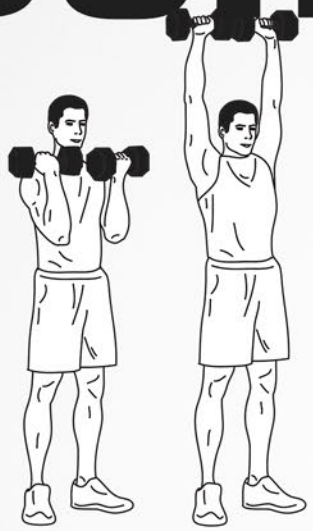
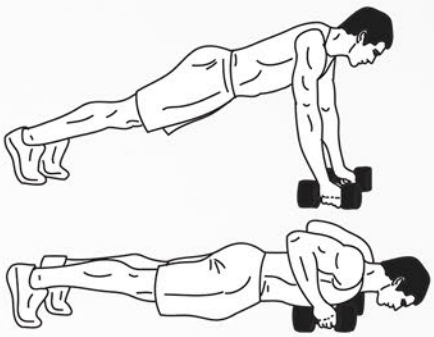
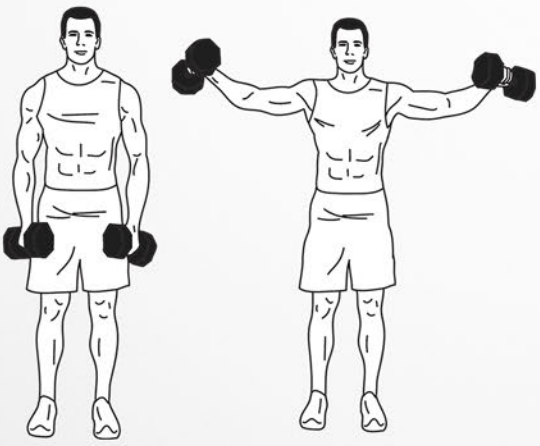


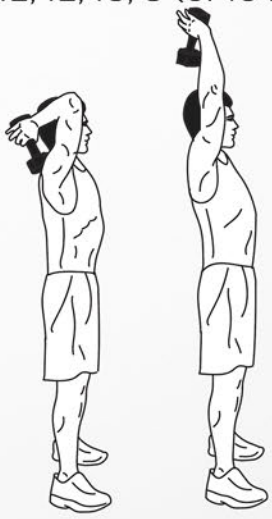
4 sets arnold press
reps: 10, 10, 8, 8



4 sets push-ups
reps: 12, 12, 10, 8 (or to failure)



4 sets lateral raises
reps: 7, 6, 6, 4



4 sets tricep extensions
reps: 6, 5, 5, 4

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 14

back & biceps

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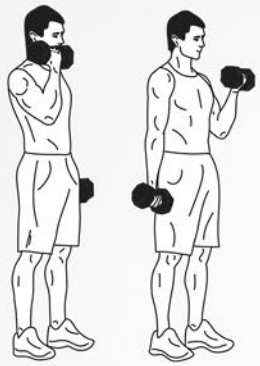
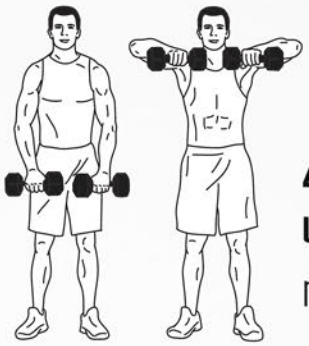
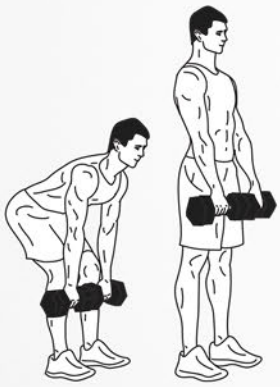


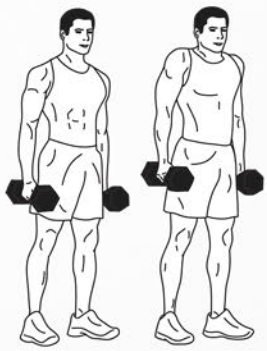
4 sets
alt bicep curls
reps: 7, 6, 5, 4
per arm



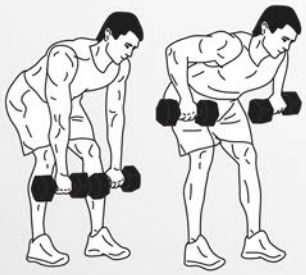
4 sets
upright rows
reps: 10, 8, 6, 6



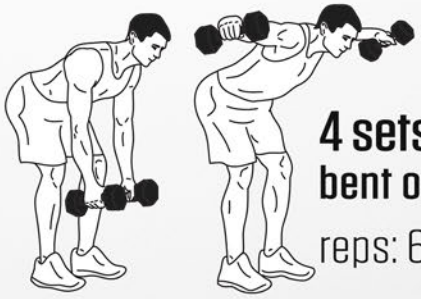
4 sets
deadlifts
reps: 10, 8, 8, 5



4 sets
shrugs
reps: 12, 10, 10, 6



4 sets
bent over rows
reps: 10, 8, 6, 6



4 sets
bent over flys
reps: 6, 6, 5, 4

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 15

leg day

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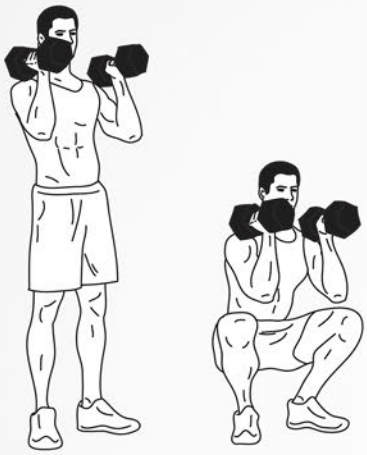
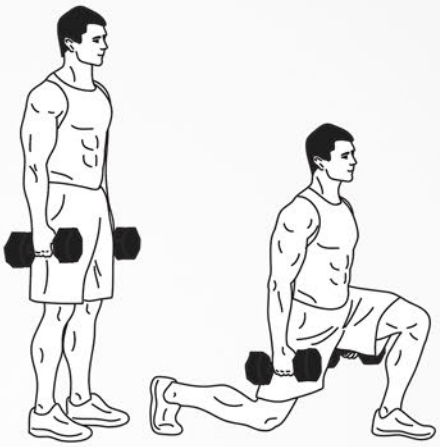


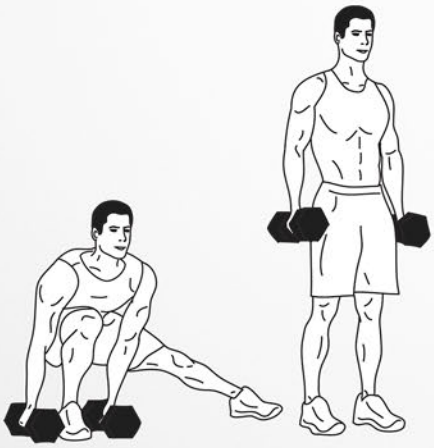
4 sets squats

reps: 10, 8, 6, 4



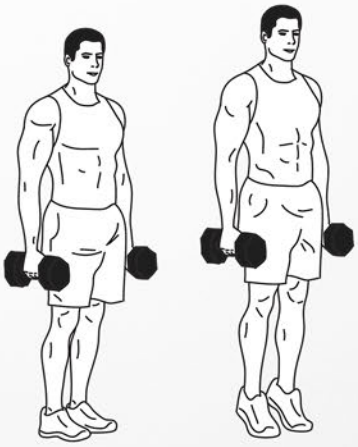
4 sets forward lunges

reps: 6, 5, 4, 4 (per leg)



4 sets side lunges

reps: 5, 5, 4, 3 (per side)



4 sets calf raises

reps: 16, 14, 12, 12

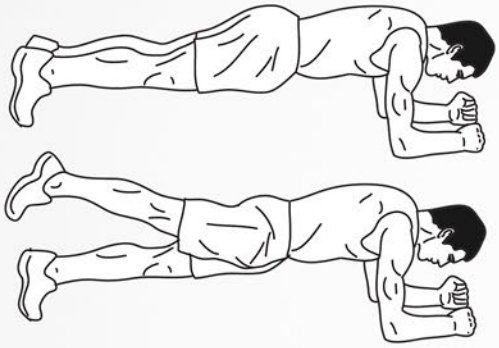
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 16

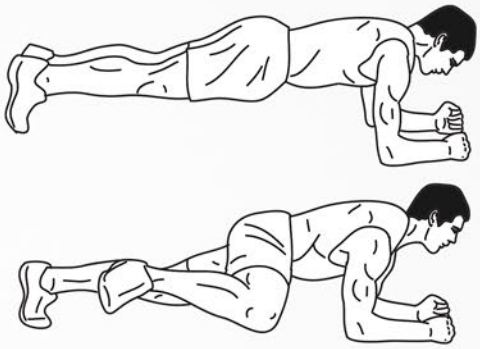
ab work

© darebee.com



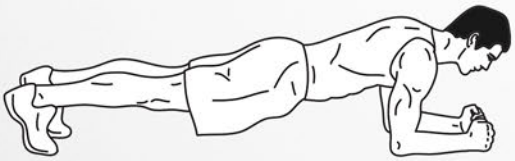
4 sets elbow plank

reps: 10, 10, 8, 6 (per leg)



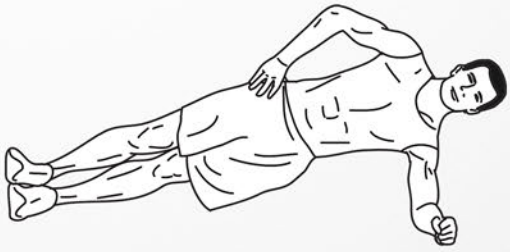
4 sets elbow plank side crunches

reps: 10, 8, 8, 6 (per side)



4 sets elbow plank

40 seconds each



4 sets side elbow plank

20 seconds each side

change on the fly

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 17

shoulders,
chest & triceps

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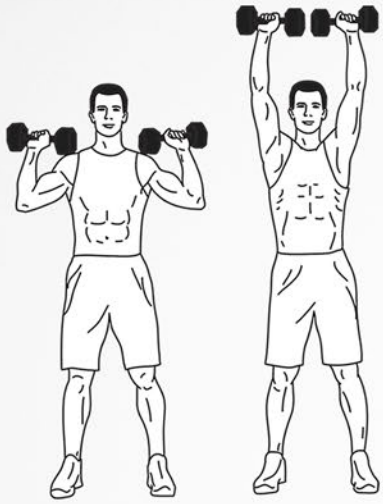
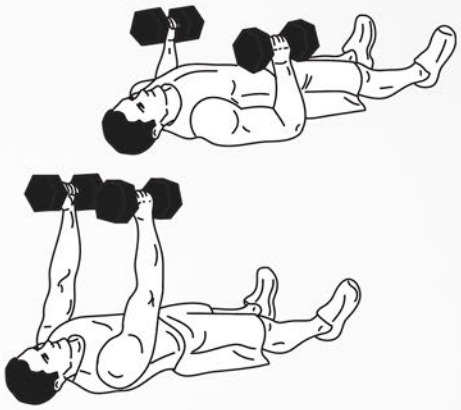
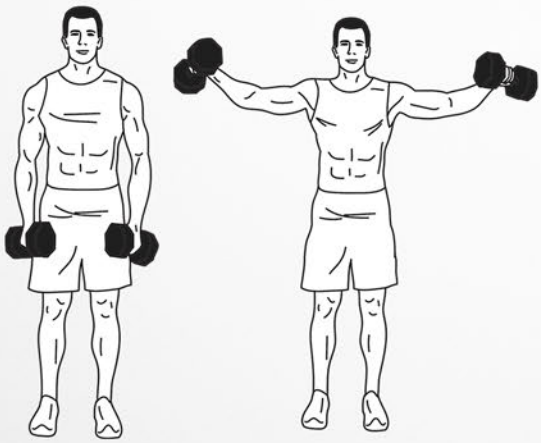


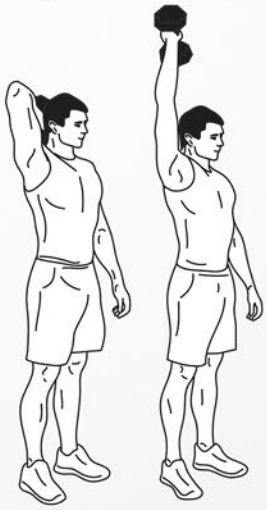
4 sets shoulder press
reps: 12, 12, 10, 10



4 sets chest press
reps: 12, 12, 10, 10



4 sets lateral raises
reps: 7, 7, 6, 4



4 sets tricep extensions
reps: 6, 5, 4, 3 (per arm)

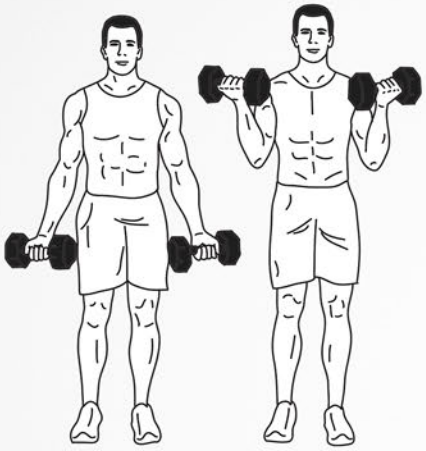
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 18

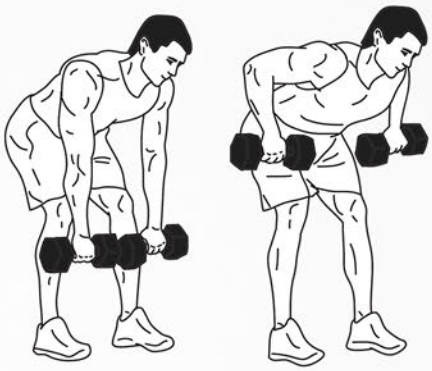
back & biceps

© darebee.com



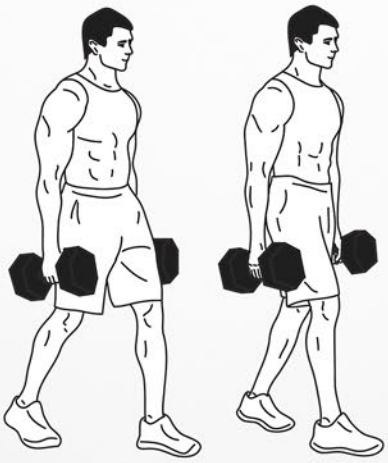
4 sets bicep curls

reps: 12, 10, 8, 6



4 sets bent over rows

reps: 10, 8, 8, 6



4 sets farmer's walk

reps: 14, 14, 12, 10 - in steps

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 19

leg day

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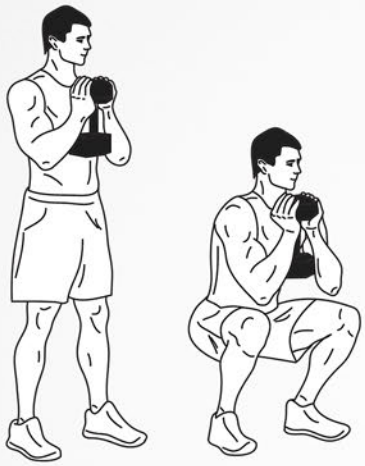
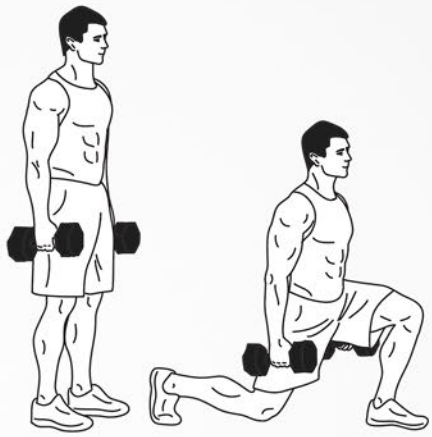


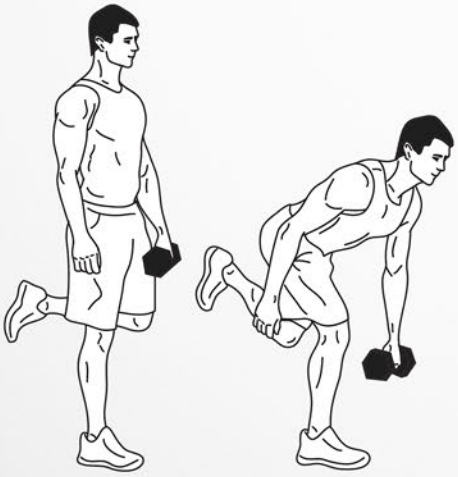
4 sets goblet squats

reps: 12, 12, 10, 10



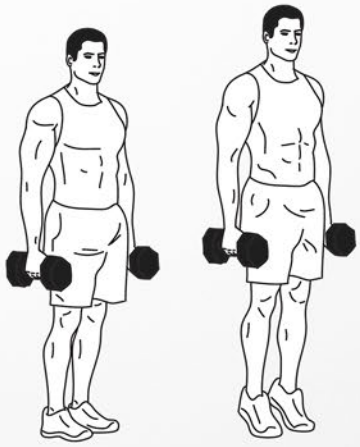
4 sets forward lunges

reps: 6, 5, 5, 4 (per leg)



4 sets single leg deadlifts

reps: 6, 5, 4, 3 (per side)



4 sets calf raises

reps: 16, 14, 14, 12

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 20

ab work

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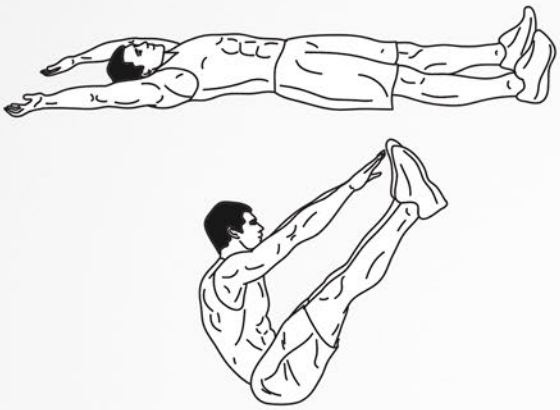
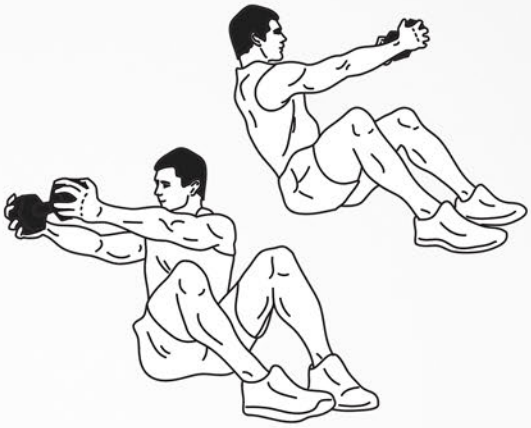


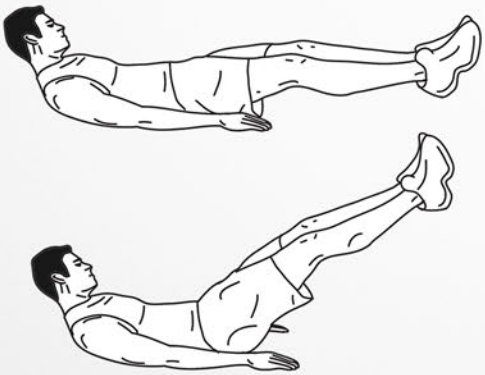
4 sets V-ups

reps: 10, 10, 8, 6



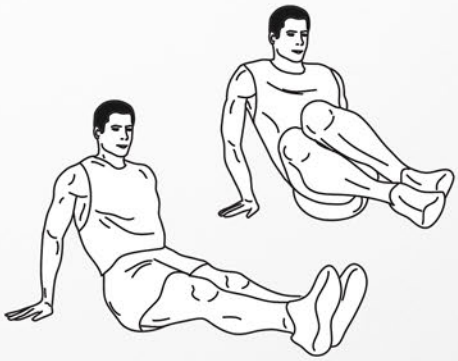
4 sets sitting twists

reps: 10, 7, 7, 6 (per side)



4 sets leg raises

reps: 18, 16, 14, 12



4 sets knee-ins & twist

reps: 10, 8, 8, 6 (per side)

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 21

shoulders,
chest & triceps

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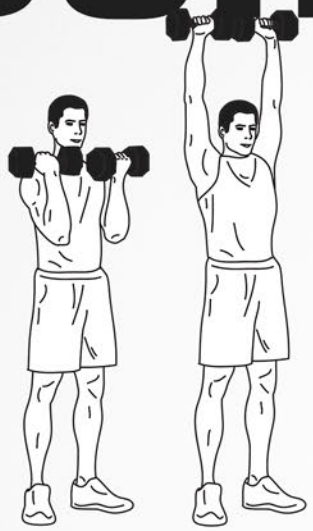
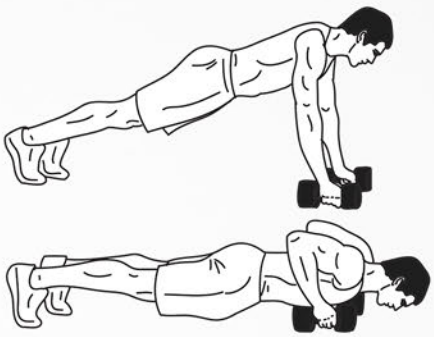
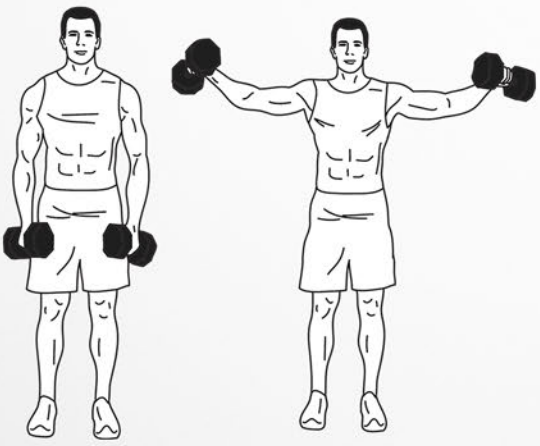


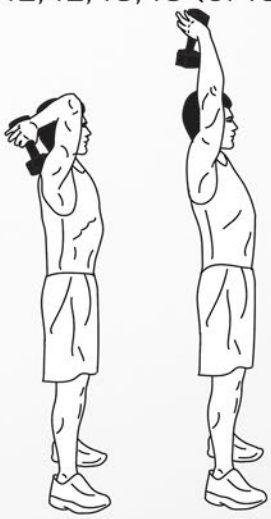
4 sets arnold press
reps: 12, 10, 8, 8



4 sets push-ups
reps: 12, 12, 10, 10 (or to failure)



4 sets lateral raises
reps: 7, 7, 6, 5



4 sets tricep extensions
reps: 6, 5, 5, 4

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 22

back & biceps

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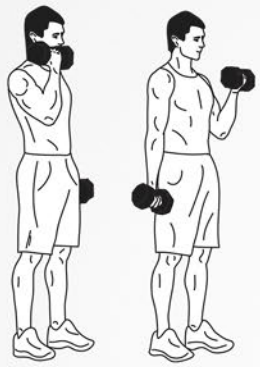
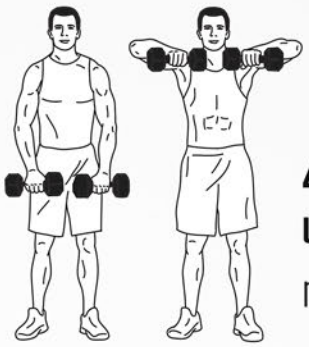
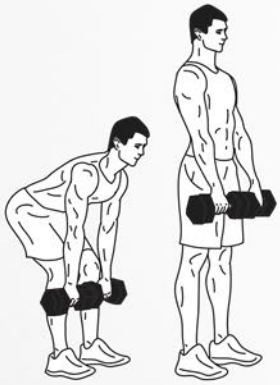


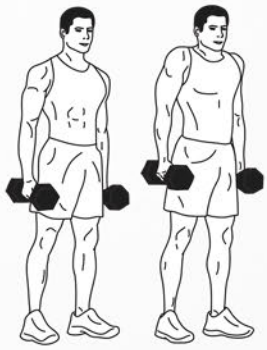
4 sets
alt bicep curls
reps: 7, 6, 5, 5
per arm



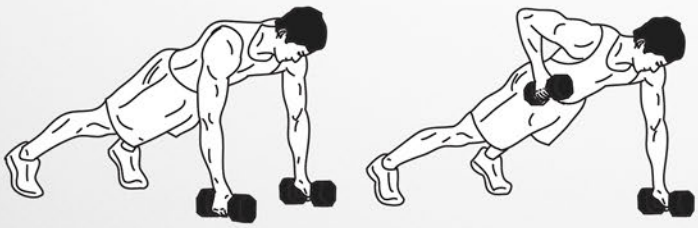
4 sets
upright rows
reps: 12, 8, 6, 6



4 sets
deadlifts
reps: 10, 8, 8, 6



4 sets
shrugs
reps: 12, 10, 10, 8



4 sets
renegade rows
reps: 8, 6, 6, 5
per arm

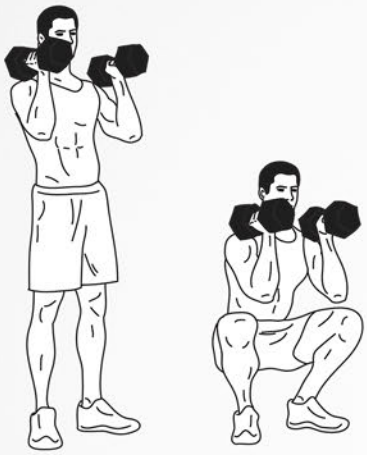
REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 23

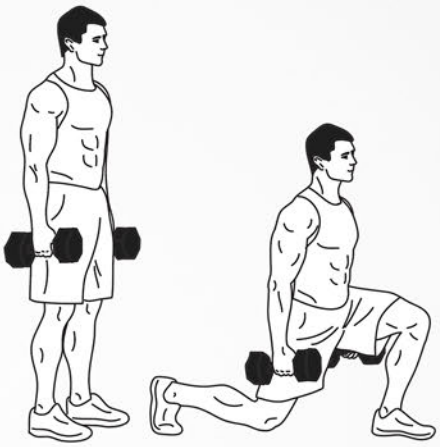
leg day

© darebee.com



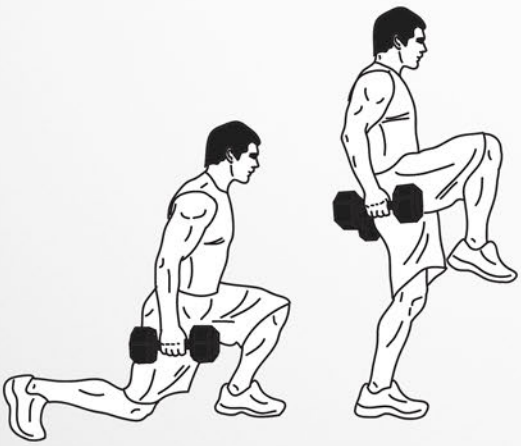
4 sets squats

reps: 10, 8, 6, 6



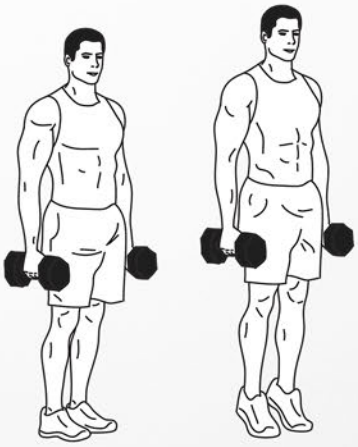
4 sets forward lunges

reps: 6, 6, 5, 4 (per leg)



4 sets reverse lunge step-ups

reps: 5, 5, 4, 3 (per leg)



4 sets calf raises

reps: 16, 16, 14, 12

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 24

ab work

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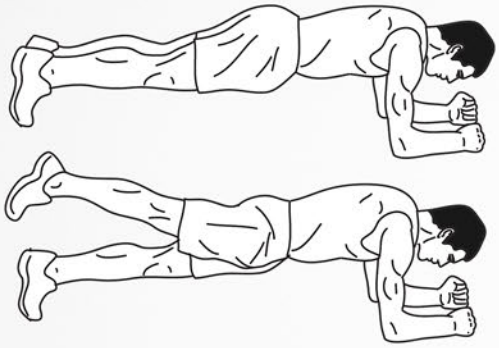
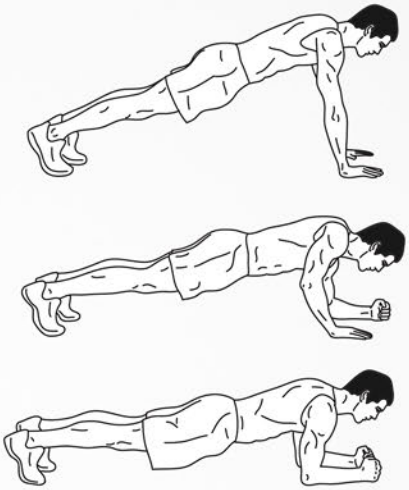


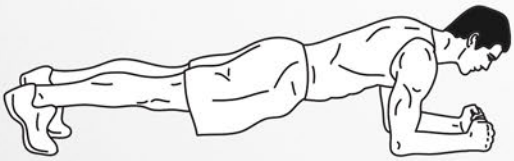
4 sets elbow plank

reps: 10, 10, 8, 8 (per leg)



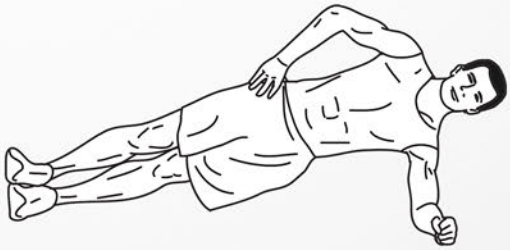
4 sets up & down planks

reps: 12, 10, 8, 6



4 sets elbow plank

30 seconds each



4 sets side elbow plank

30 seconds each

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 25

shoulders,
chest & triceps

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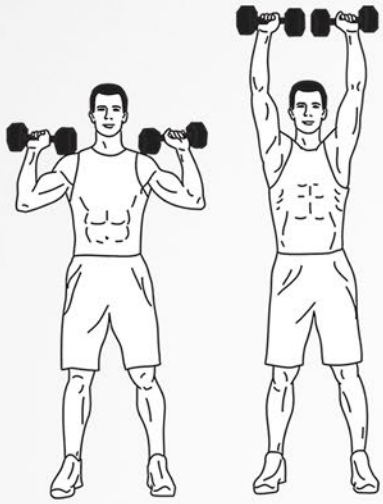
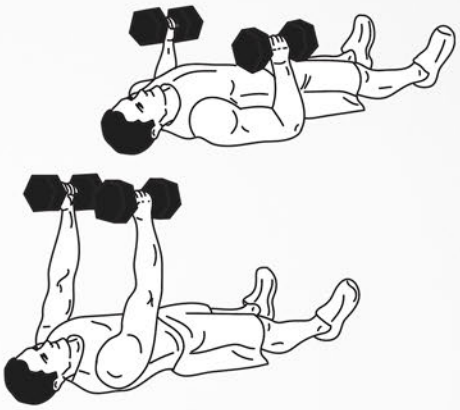
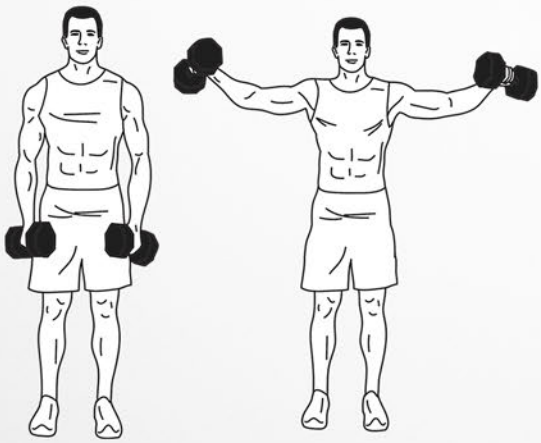


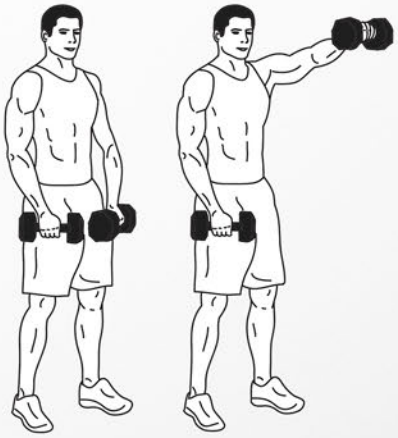
4 sets shoulder press
reps: 14, 12, 10, 10



4 sets chest press
reps: 14, 12, 10, 10



4 sets lateral raises
reps: 8, 7, 6, 5



4 sets forward raises
reps: 5, 4, 4, 3 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 26

back & biceps

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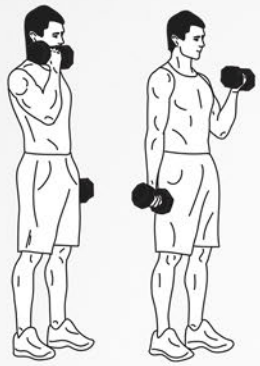
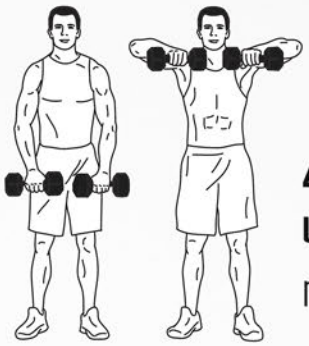
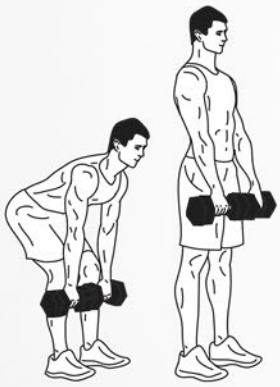


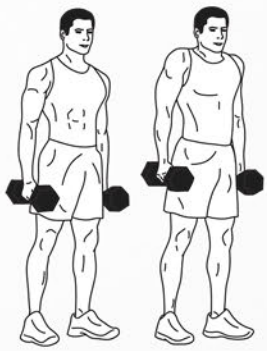
4 sets
alt bicep curls
reps: 8, 6, 6, 5
per arm



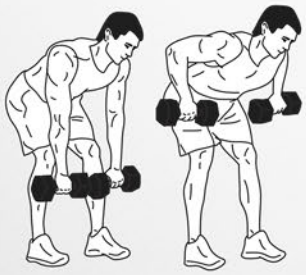
4 sets
upright rows
reps: 12, 8, 8, 6



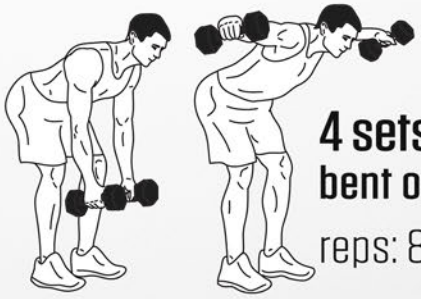
4 sets
deadlifts
reps: 12, 8, 8, 6



4 sets
shrugs
reps: 12, 12, 10, 8



4 sets
bent over rows
reps: 12, 8, 8, 6



4 sets
bent over flys
reps: 8, 6, 5, 4

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 27

leg day

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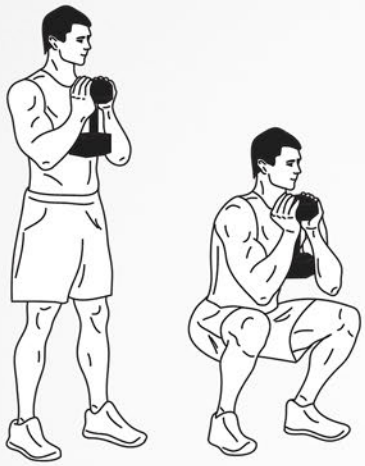
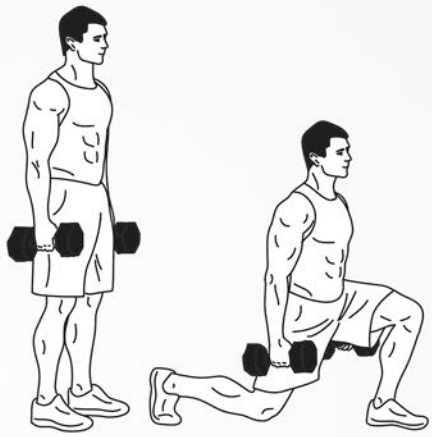


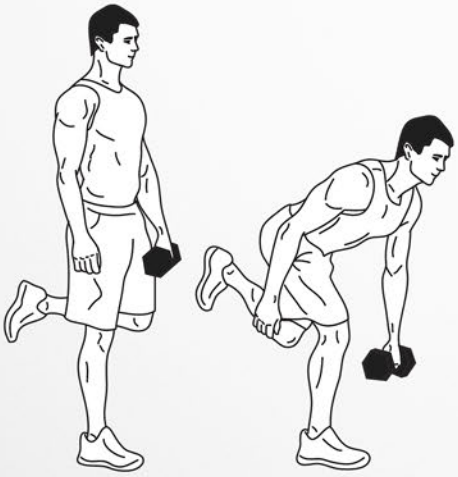
4 sets squats

reps: 14, 12, 10, 10



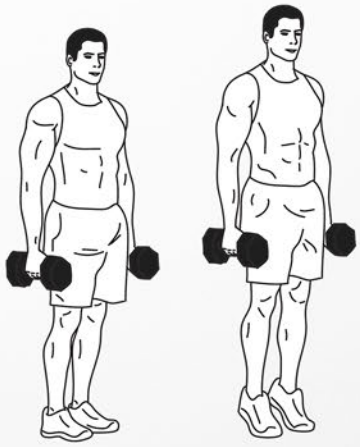
4 sets forward lunges

reps: 6, 6, 5, 5 (per leg)



4 sets single leg deadlifts

reps: 6, 5, 4, 4 (per side)



4 sets calf raises

reps: 16, 16, 14, 14

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 28

ab work

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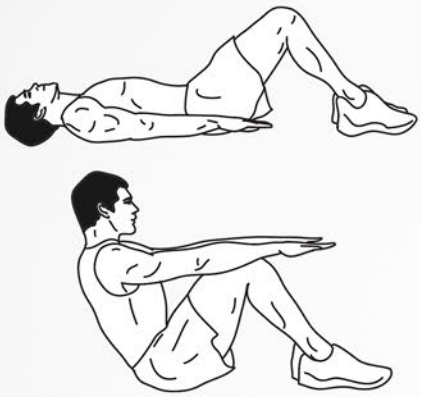
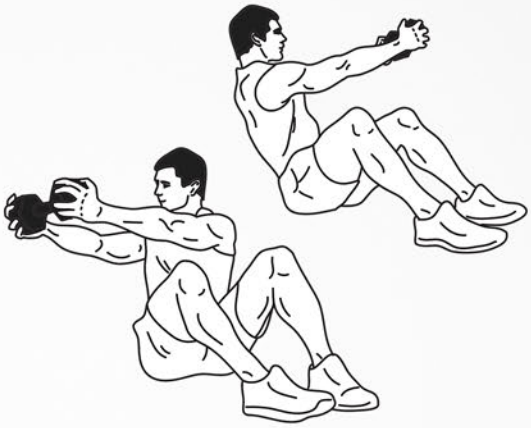


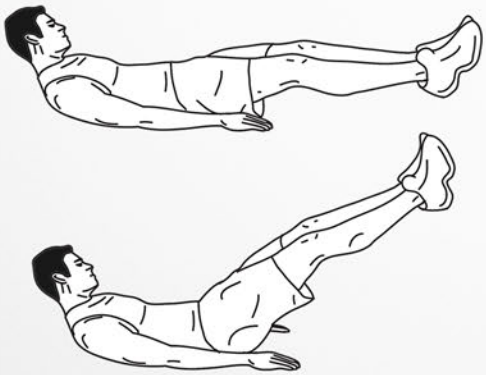
4 sets sit-ups

reps: 16, 16, 14, 14



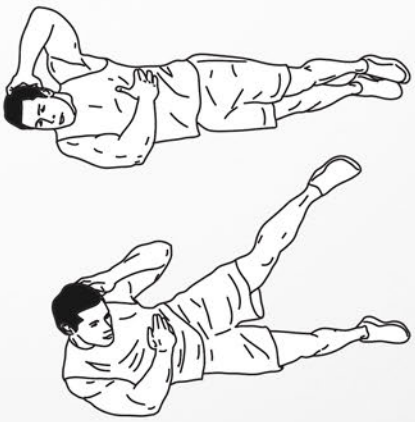
4 sets sitting twists

reps: 10, 8, 7, 7 (per side)



4 sets leg raises

reps: 18, 18, 14, 12



4 sets side jackknives

reps: 12, 10, 8, 6 (per side)

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 29

shoulders,
chest & triceps

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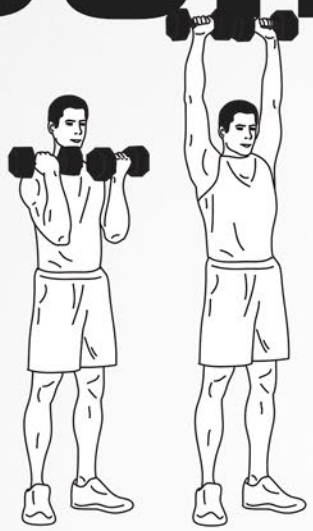
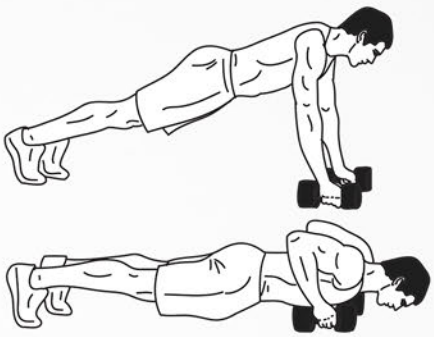
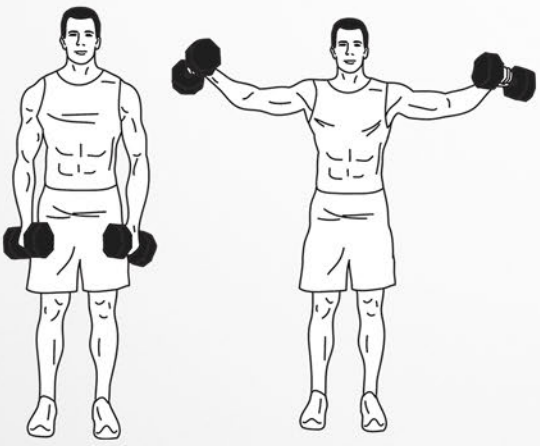


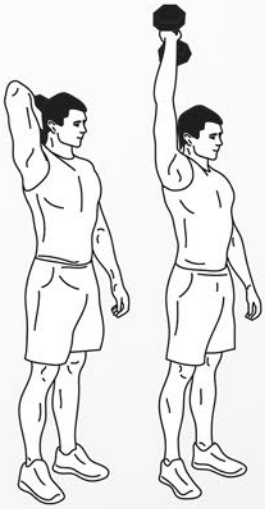
4 sets arnold press
reps: 12, 12, 10, 8



4 sets push-ups
reps: 14, 12, 10, 10 (or to failure)



4 sets lateral raises
reps: 8, 8, 7, 5



4 sets tricep extensions
reps: 6, 6, 4, 4 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise

IRON BORN

Day 30

back & biceps

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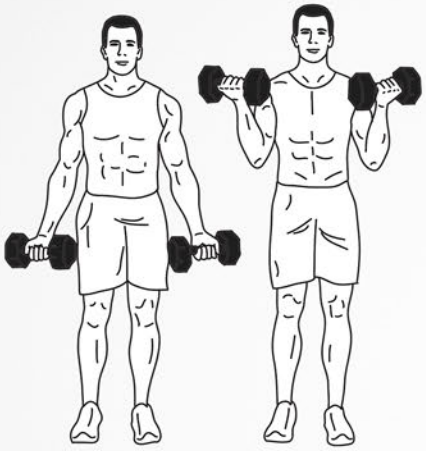
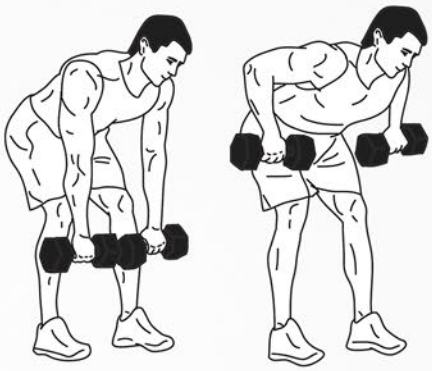


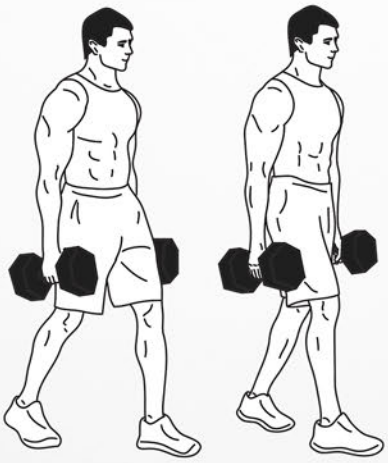
4 sets bicep curls

reps: 12, 10, 10, 8



4 sets bent over rows

reps: 12, 10, 8, 6



4 sets farmer's walk

reps: 14, 14, 12, 12 - in steps

REST 30 seconds rest between sets | 2 minutes rest after each exercise

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