

Exercises- Pictures and Descriptions

The following is a list of exercises including pictures and instructions. It is important that you learn how to do the exercises correctly the first time. This will stop any bad habits before they start.

The following 38 exercises focus on developing the most important muscle groups in your body. As these muscle groups gain strength, you will start to notice results. Here is a list of the muscles we are focusing on:

- 1. Chest**
- 2. Shoulders**
- 3. Triceps**
- 4. Back**
- 5. Biceps**
- 6. Hamstrings**
- 7. Quadriceps**
- 8. Calves**
- 9. Abs**

Detailed descriptions of the exercises and pictures should provide thorough knowledge of how to perform all of the exercises. If for some reason you do not understand an exercise, please feel free to contact me via my personal email address: Will@bodybuilding.com.

Stretches:



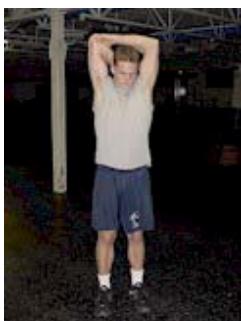
**V-Sit
Middle**



**Pretzel- To the Right
(Switch to the left also)**



Chest



Tricep



Quadriceps



Hamstrings

**Perform these stretches for 5 minutes before and 5 minutes after exercising.*

Chest Exercise:

Bench Press:

- Lie on the bench with a slight arch in your back.
- As you pick the bar up, your hands should be slightly wider than shoulder width.
- Feet flat on the floor.
- Take a breath as you lower the weight.

Completing the movement:

- Slowly lower the weight.
- Touch the bar to the middle of your chest.
- Without pausing at the bottom or bouncing the weight off your chest, push the weight up to the starting position.
- Exhale as you push the weight off your chest.



Chest Exercise:

Incline Bench Press:

- This is a variation of regular bench press.
- Using an incline bench, lie back and place your hands slight wider than shoulder width apart.
- Feet flat on the floor.
- The bench should be at a 45-degree angle.

Completing the movement:

- Slowly lower the weight and touch slightly below your collarbone.
- Inhale on the way down.
- Without a pause at the bottom exhale and force the weight the starting position.
- You should feel your chest muscles flexing.



Chest Exercise:

Dumbbell Bench Press:

- Place two dumbbells next to your feet.
- Grab one dumbbell and rest it on your leg.
- Now pick up the other and rest it on your leg.
- All in one movement, lie back on the bench and put the dumbbells in their starting position, as shown in the picture below.
- Your feet should be flat on the floor.

Completing the movement:

- Push the dumbbells straight up.
- Exhale as you push the weight up.
- Lower the weight and inhale.
- You should be back to the starting position. Without pause, begin the next repetition.



Chest Exercise:

Incline Dumbbell Bench Press:

- Find two dumbbells and set them next to your feet.
- One dumbbell at a time, pick them up and place them on your thigh.
- All in one movement, lie back on the bench and put the dumbbells in the starting position.
- Your feet should be flat on the floor.

Completing the movement:

- Push the weight straight up.
- Exhale on the way up.
- Without a pause at the top, slowly lower the weight.



Chest Exercise:

Dumbbell Flyes:

- Place two dumbbells next to your feet.
- Pick up one dumbbell and place it on your thigh, now pick up the other and place it on your thigh.
- All in one motion, lie back on the bench and place the dumbbells in the starting position as pictured below.
- Your feet should be flat on the floor.



Completing the movement:

- As you push the weights up, you will slightly turn your wrists in and touch the dumbbells at the top.
- Exhale on the way up.
- Without a pause slowly lower the weights.
- Take a breath in as you are lowering the weights.
- You should feel a stretch as you lower the weights, but do not lower the weights past the horizontal plane of your chest.



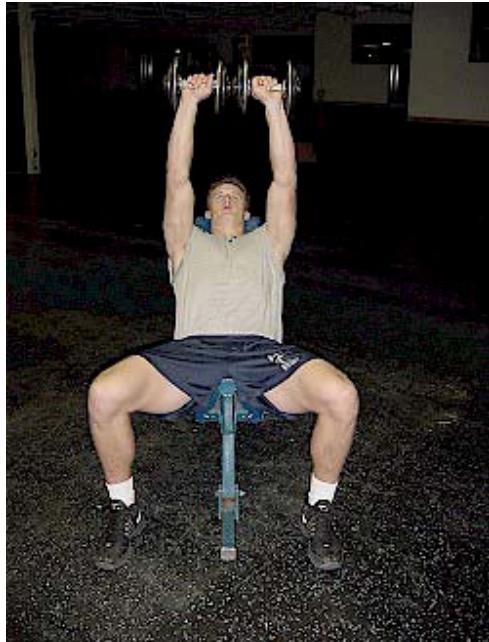
Chest Exercise (2):

Incline Dumbbell Flyes:

- Find two dumbbells and set them next to your feet.
- One dumbbell at a time, pick them up and place them on your thigh.
- All in one movement, lie back on the bench and put the dumbbells in the starting position as pictured below.
- Your feet should be flat on the floor.

Completing the movement:

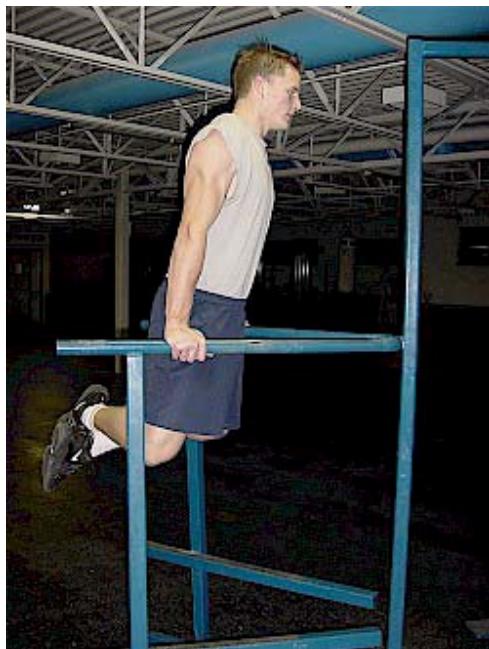
- As you push the weights up, you will slightly turn your wrists in and touch the dumbbells at the top.
- Exhale on the way up.
- Without a pause, slowly lower the weights.
- Take a breath in as you are lowering the weights.
- You should also feel a stretch here, but do not lower the weight past the starting position.



Chest Exercise:

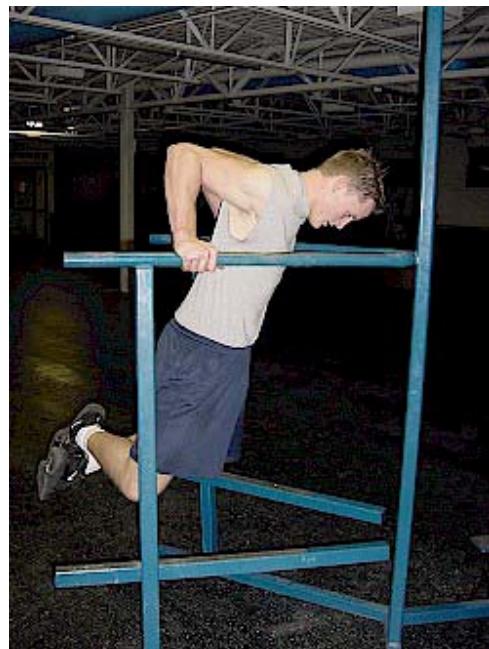
Dips:

- Start this exercise with your arms locked and your knees bent at a 90-degree angle.
- You should have a natural forward lean.



Completing the movement:

- Slowly lower yourself to the down position.
- Inhale on the way down.
- You should feel a good stretch in your chest at the bottom position.
- Without pausing, raise yourself and exhale on the way up.



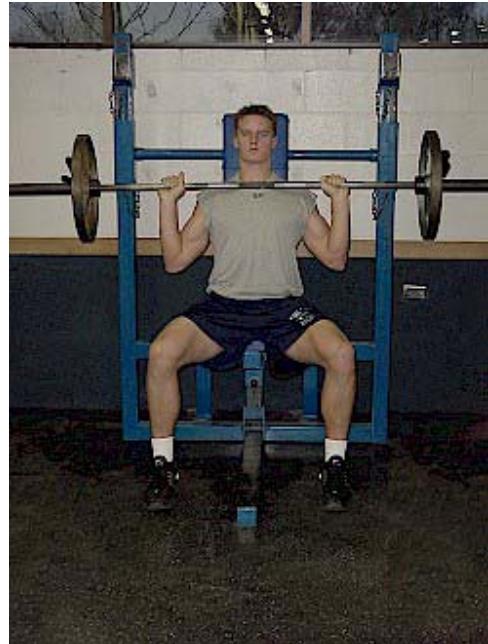
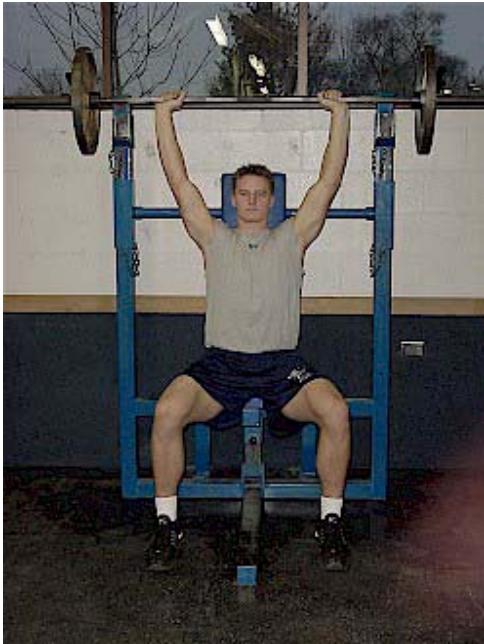
Shoulder Exercise:

Shoulder Press:

- Sit down with your feet flat on the ground.
- Your grip should be slightly wider than shoulder width.
- The bar will be directly over your head.
- Notice that the bench is vertical and I am sitting straight up.

Completing the movement:

- Slowly lower the weight.
- You should also be inhaling on the way down.
- You will have to control the weight on the way down to be sure that you don't hit your head or skim your nose.
- Without pausing at the bottom, push the weight back to starting position and exhale.



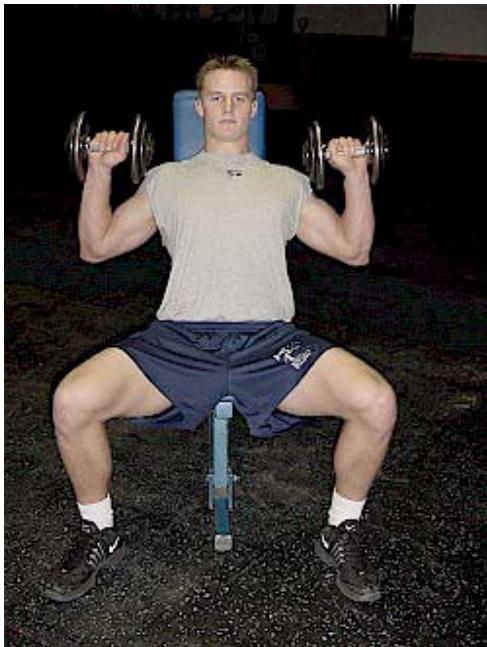
Shoulder Exercise:

Dumbbell Shoulder Press:

- Place two dumbbells by your feet.
- Pick them up one at a time and put them on your thighs.
- Pick the dumbbells off your thighs and into the starting position.
- Your palms should be facing to the front.
- Again, notice the seat is vertical and I am sitting straight up.

Completing the movement:

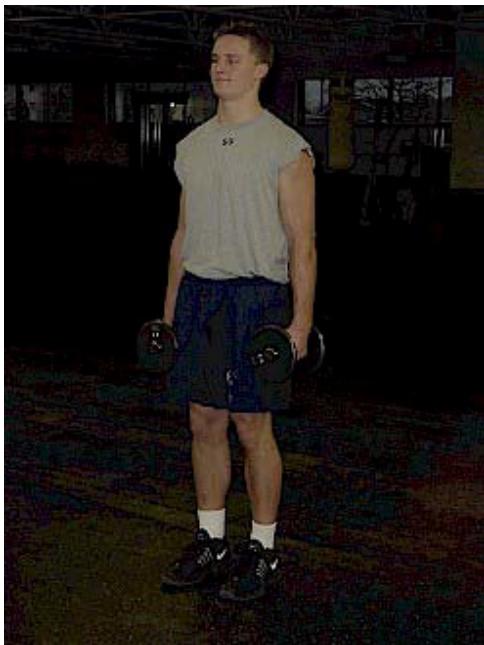
- Push the dumbbells directly over your head.
- Exhale as you push the weight up.
- Without a pause, slowly lower the weight.
- You should also inhale on the way down.



Shoulder Exercise:

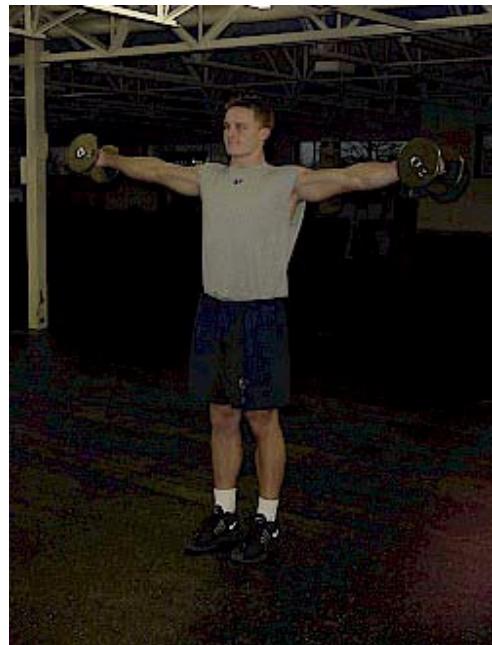
Lateral Raises:

- These can be done standing up or sitting down, I prefer to stand.
- Your palms should be facing your body and your back should be straight.
- Feet are shoulder width apart.
- Start with the weight resting at your side.



Completing the movement:

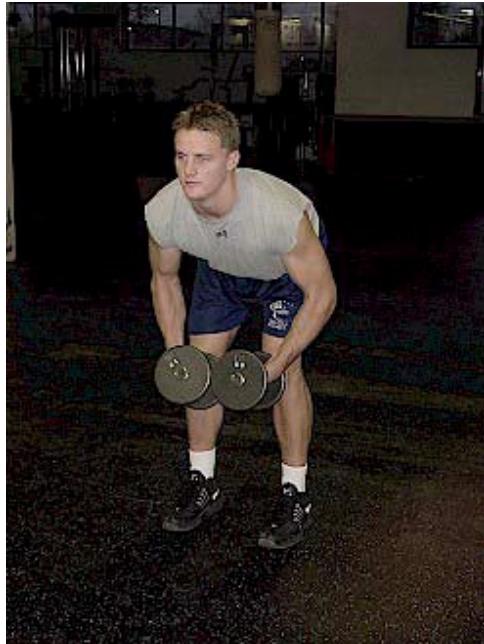
- Raise the weight until your arms are level with your chin.
- You should exhale as you raise the weight up.
- Slowly lower the weight and inhale on the way down.



Shoulder Exercise:

Bent Over Lateral Raises:

- This is simply a variation of lateral raises.
- With a dumbbell in each hand, bend over until your back is almost parallel to the floor.
- Keep your back straight by bending at your hips and with your knees.
- Your palms should be facing your body.



Completing the movement:

- Keeping your elbows slightly bent, raise the weight and exhale.
- Try to keep good form here; don't swing the weight up.
- Slowly lower the weight.
- Inhale as the weight lowers.



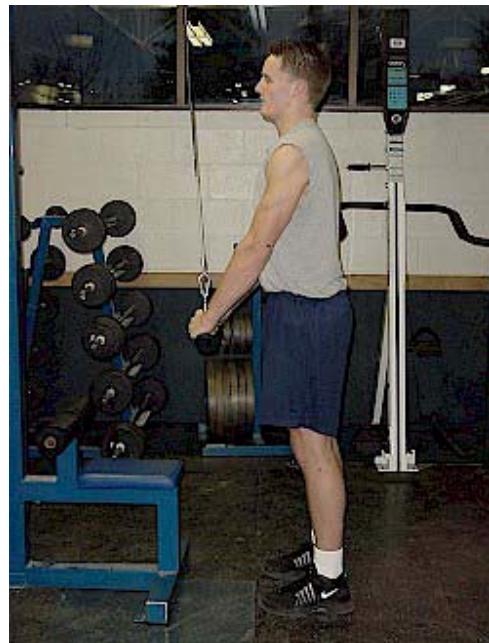
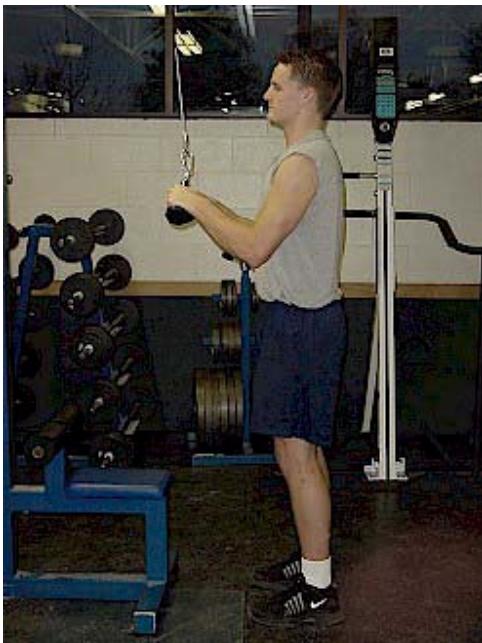
Triceps Exercise:

Pushdowns:

- You can do this exercise with a v-shaped handle, or a straight handle.
- Your feet should be shoulder width apart.
- Your hands should be approximately one foot apart.
- Do not bend over; stand up with your knees slight bent.

Completing the movement:

- Push the bar down until your arms are fully extended.
- Exhale as you push down.
- Without pausing at the bottom, slowly let the weight return to the starting position.
- You should inhale as you are letting the weight up.
- Try not to flare your arms out, keep them close to your body.



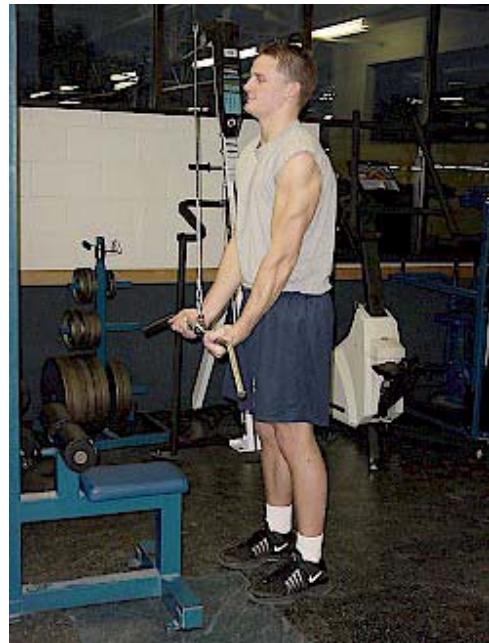
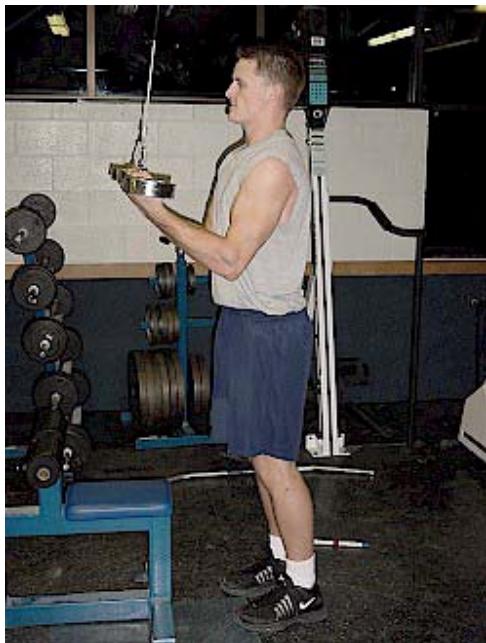
Triceps Exercise:

Reverse Pushdown:

- You need a straight bar to perform this exercise.
- Grab the bar with an underhand grip, as if you were grabbing a curl bar.
- Your feet should be shoulder width apart with your knees slightly bent.
- Keep your back straight.

Completing the movement:

- Push the weight down and exhale.
- Without pausing at the bottom, slowly let the weight return to the starting position.
- Inhale as the weight returns to the starting position.



Triceps Exercise:

Bench Dips:

- Place two benches far enough apart so you can place your feet on one bench and your hands on the other.
- Cross your legs.
- Place your palms on the bench and use your fingers to grab the underside of the bench.

Completing the movement:

- Slowly lower yourself.
- Breathe in as you go down.
- Without pausing at the bottom, push your body up and inhale as you are coming up.



Triceps Exercise:

Barbell Extensions:

- Lie down on a bench.
- Your feet should be shoulder width apart and flat on the ground.
- Your hands should be slightly closer than shoulder width apart.
- Start with the bar directly over your head.



Completing the movement:

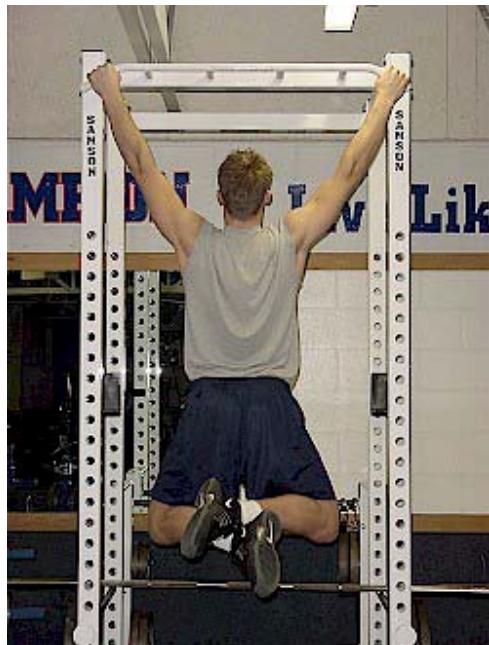
- Without flaring your elbows out, lower the weight to your forehead. Be careful not to drop the weight on yourself.
- Do not actually touch your forehead; just slowly lower the weight right to it.
- Without pausing, push the weight to the starting position and exhale.



Back Exercise:

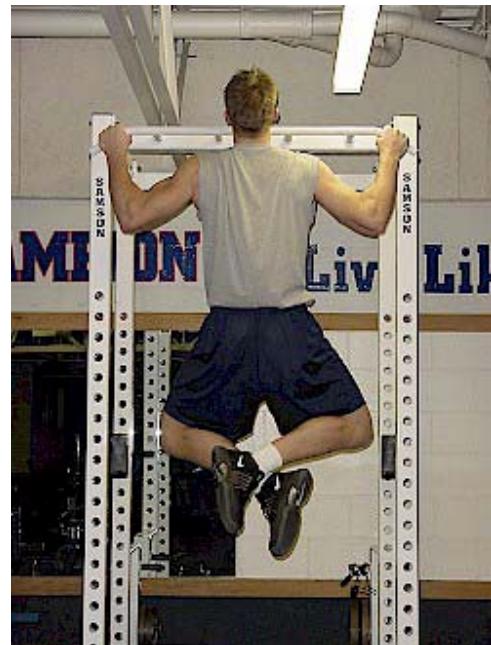
Pull-Ups (Wide Grip):

- Start with your hands as wide as the bar will let you go.
- Bend your knees and cross your legs for balance.



Completing the movement:

- Pull up until your chin is above the bar.
- Exhale on the way up.
- Without pausing at the top, slowly lower yourself.
- Be sure to lower yourself until your arms are not bent.



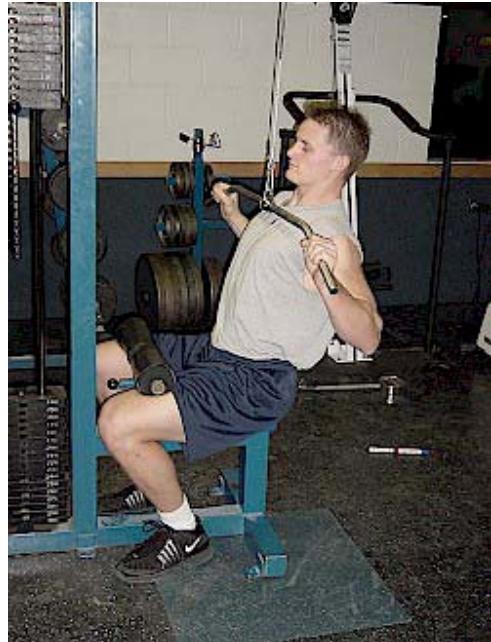
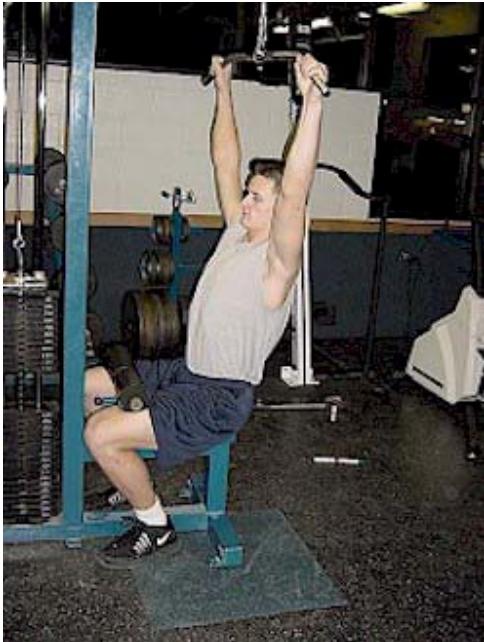
Back Exercise:

Wide-Grip Lat Pulldowns:

- Sit with your back straight and grab the ends of the bar.
- Your feet should be flat on the ground.

Completing the movement:

- Pull the weight down to your upper chest and exhale as you are pulling down.
- You may lean back slightly to complete the lift. Be sure not to lean back too far or it will put strain on your lower back.
- Without pausing, slowly let the weight return to the starting position and inhale.



Back Exercise:

Bent-Over Row:

Completing the movement:

- Place one hand and one knee on the bench.
- Pick up the weight without letting your back curve.
- Make sure that your shoulders do not tilt, they should be straight and inline with each other.
- Keep your head up and look straight forward to keep proper form.
- Slowly raise the weight until it touches your chest.
- Exhale as you pull the weight up to you.
- Without pausing, lower the weight and inhale as you count to three.
- Repeat with the other arm.



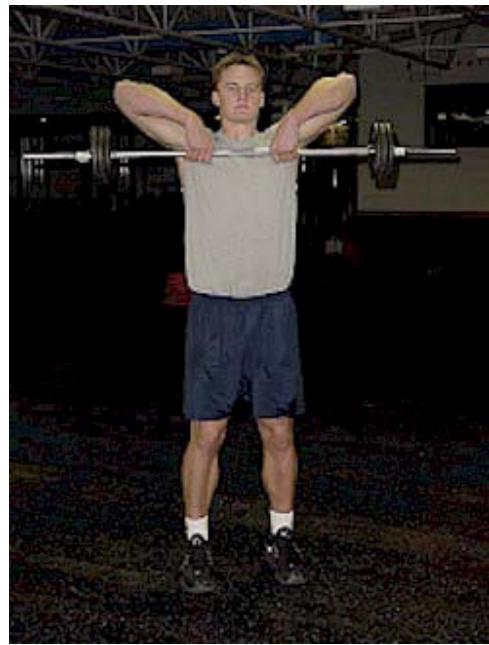
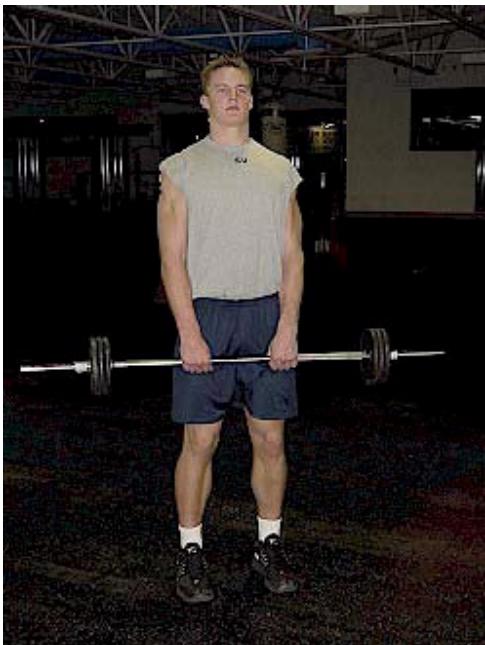
Back Exercise:

Upright Row:

- Keeping your elbows out, pull up to the middle of your chest.
- Exhale as you are pulling up.
- Without pausing, slowly lower the weight as you inhale.

Completing the movement:

- You should be standing when performing this exercise.
- Your hands should be about eight inches apart.
- Feet should be shoulder width apart.



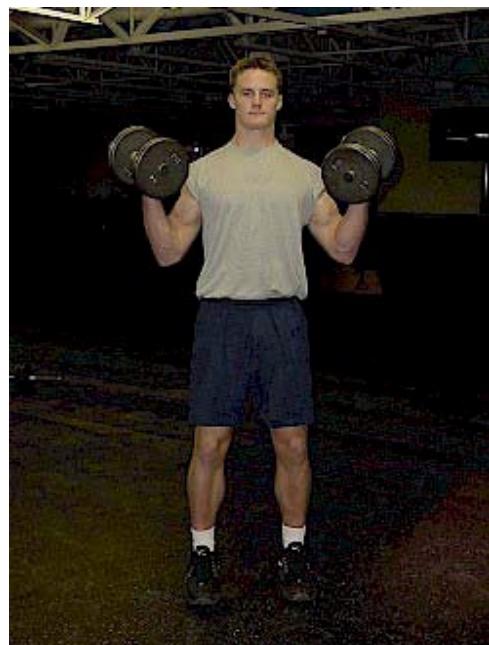
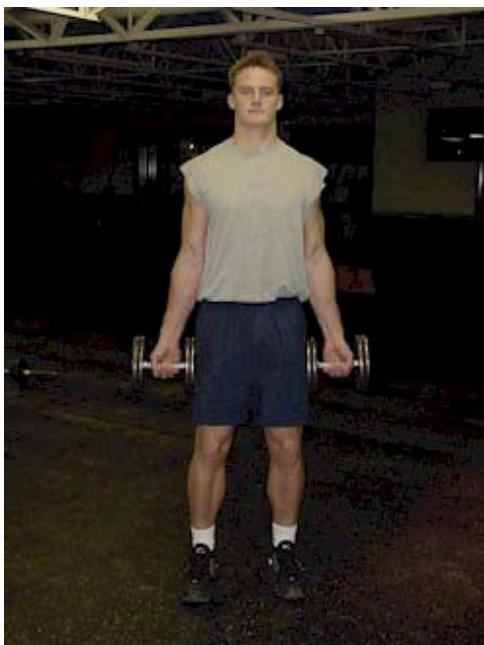
Biceps Exercise:

Dumbbell Curl:

- Palms should be facing out.
- Feet should be shoulder width apart.
- Your back should be straight.

Completing the movement:

- Lift the weight to the up position while exhaling.
- Do not swing the weight up or bend your back.
- Without pausing, slowly lower the weight for a count of three.

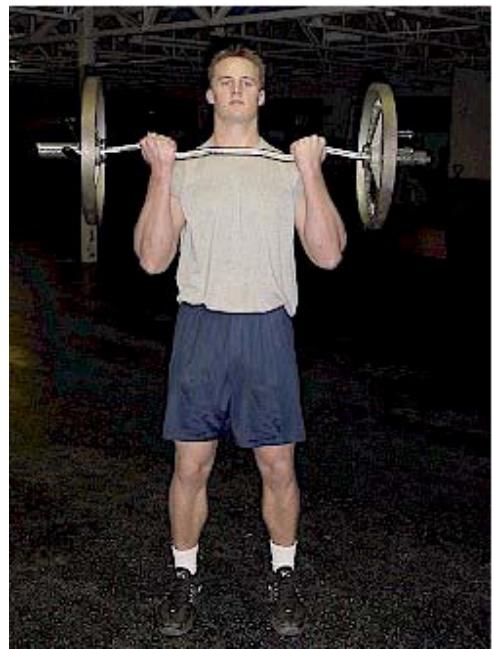
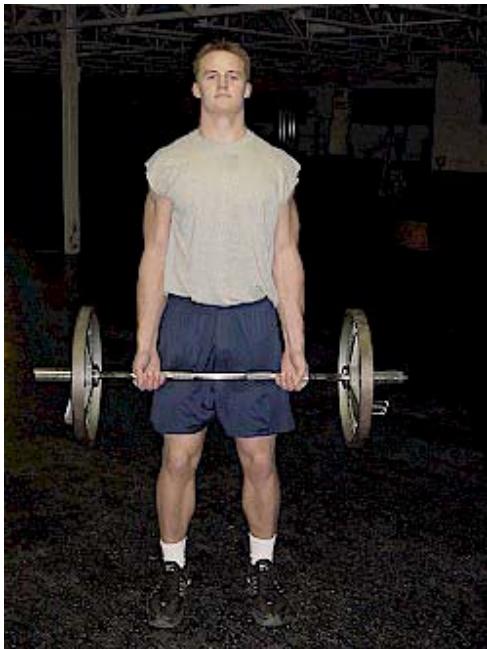


Biceps Exercise:

Barbell Curls:

Completing the movement:

- Your feet should again be shoulder width apart.
- Your grip is shoulder width apart as well.
- Keep your back straight during the exercise.
- Do not swing the weight up.
- Lift the weight to your chest.
- Exhale as you are bringing the weight up.
- Without pausing at the top, slowly lower the weight.
- Inhale as you lower the weight.



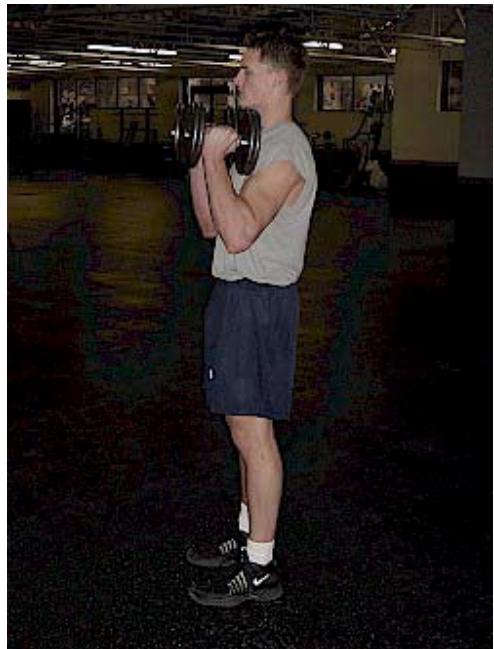
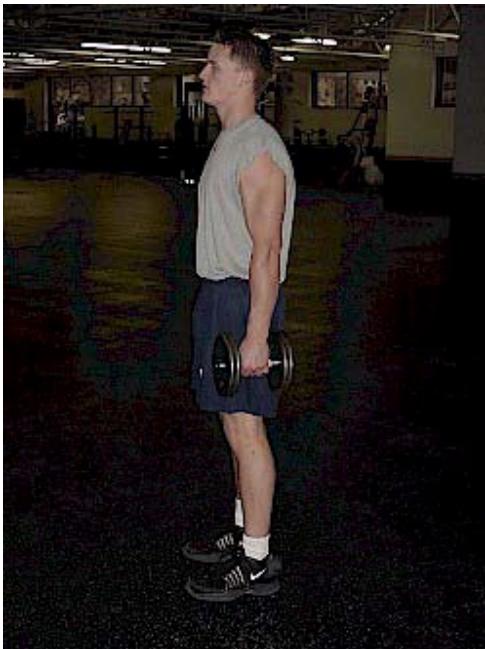
Biceps Exercise:

Hammer Curls:

- This bicep exercise is a variation of regular dumbbell curls. It will help build the peak of the bicep.
- Your feet should be shoulder width apart.
- You palms should be facing in towards your side.

Completing the movement:

- Raise both dumbbells at the same time. Exhale as you bring them up.
- To keep your form, pretend like you are trying to poke your shoulders with your thumb.
- Without pausing at the top, slowly lower the weight and inhale.



Biceps Exercise:

Incline Dumbbell Curls:

- Simply a variation of dumbbell curls.
- You will be using an incline bench for this exercise.
- Feet shoulder width apart.
- Palms facing out.

Completing the movement:

- Lift the dumbbells and exhale as they come up.
- Without pausing, slowly lower the dumbbells to the down position.
- Inhale as the weight is being lowered.

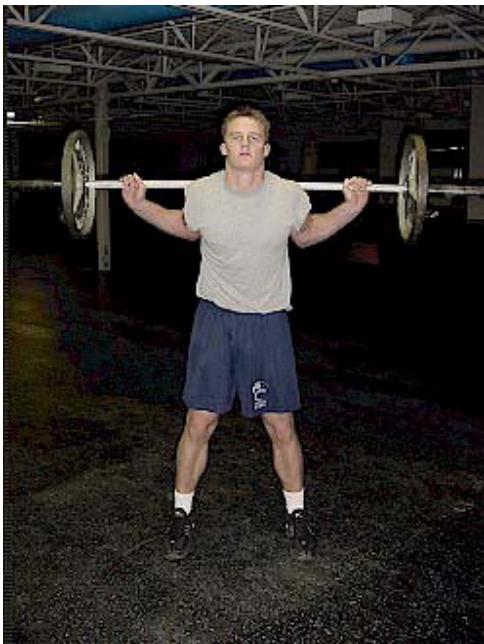


Quadriceps Exercise:

Squats (Important Exercise):

Completing the movement:

- Step under the bar and place it on your upper back. Do not place the bar on your neck.
- Your feet should be slightly wider than shoulder width.
- Your hands will grip the bar approximately one foot wider than your shoulders.
- Slowly push your hips back. Try not to bend your knees first, let the movement come naturally as you push back with your hips. Inhale as you go down.
- Keep your weight on your heels, but be careful not to fall over backwards.
- Keep your knees at a 90-degree angle in relationship with your feet.
- Keep going down until your thighs are parallel with the floor imagine that you are sitting in a chair.
- Keep your head up and don't lean forward.
- Without pausing lift the weight up and exhale.

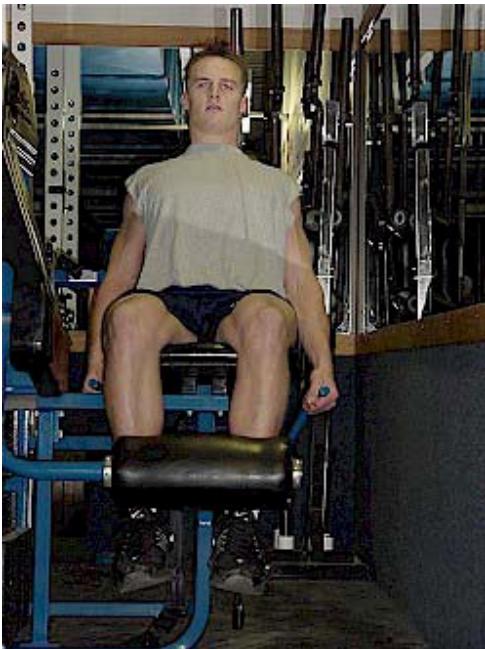


Quadriceps Exercise:

Leg Extensions:

Completing the movement:

- Sit at a leg extension machine.
- Hook your feet underneath the pad, it should rest on your lower shin.
- Hold on to the grip bars next to the seat.
- If there are no grip bars, hold on to the bottom of the seat.
- Extend your legs fully while exhaling.
- Without pausing at the top, slowly lower the weight.
- Inhale on the way down.
- Make sure that you go all the way to the starting position before performing another repetition.



Quadriceps Exercise:

Leg Press:

Completing the movement:

- Sit down in the leg press machine.
- Place your feet shoulder width apart on the platform.
- Point your toes slightly out.
- Inhale as you slowly lower the weight.
- Lower your knees until they touch your torso and you get a nice stretch.
- Without pausing, press the weight back to the starting position without locking your knees.
- Exhale as you push the weight up.

Picture not available.

Picture not available.

Hamstring Exercise:

Leg Curls:

- Lie on your stomach.
- Grip the side of the bench or the handles.
- The pad should rest slightly above your feet.

Completing the movement:

- Lift the weight until it touches your upper hamstrings or your butt. Exhale as you do this.
- Slowly lower the weight.
- Inhale as the weight is being lowered.

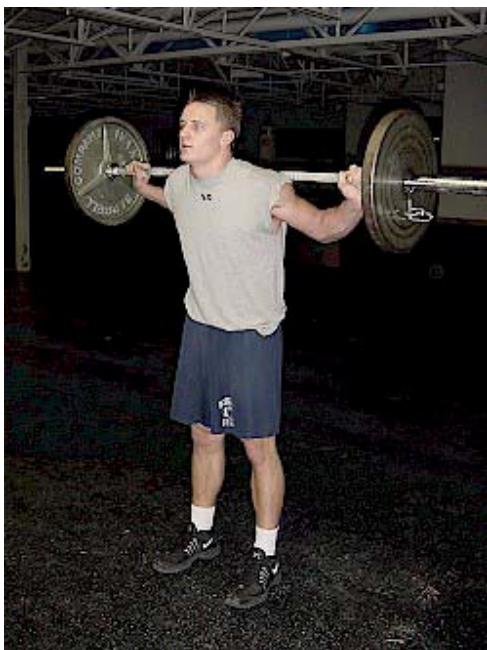


Hamstring Exercise:

Lunges:

Completing the movement:

- Place the bar on your upper back as we did for squats.
- Your feet will be about shoulder width apart.
- Your hands should be approximately one foot wider than your shoulders.
- Keep your back straight as you perform this exercise.
- One leg at a time step forward.
- Inhale as you slowly step forward.
- Step back and exhale on the way up.
- Alternate and repeat for the other leg.

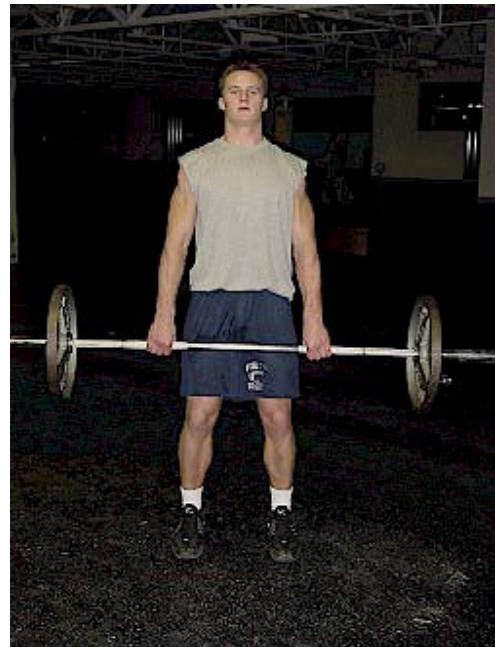


Hamstring Exercise:

Straight Leg Deadlifts:

Completing the movement:

- Your feet should be shoulder width apart.
- Knees slightly bent.
- Your hands should also be shoulder width apart.
- Keep your back flat and straight.
- Do not lift the weight with your back, lift with your hamstrings.
- Keeping your back straight, pick the bar up and exhale.
- Slowly lower the bar. Inhale as you lower the weight.
- Do not bounce the bar off the floor.



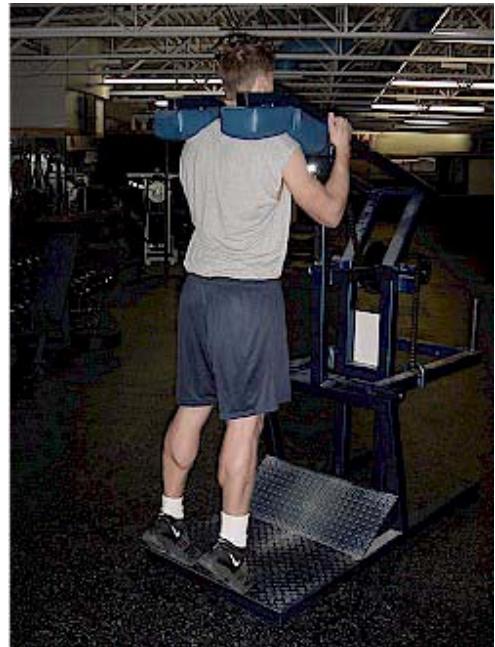
Calves:

Standing Calf Raise:

- Place your shoulders underneath the
- Push up until you are on your toes.

Completing the movement:

- pad.
- Grab the top of the machine with your hands.
- Point your toes straight forward.
- Exhale when you are pushing up.
- Slowly let the weight down. Inhale as you are coming down.



Calves:

Angled Calf Raise:

- Begin by stepping under the shoulder pads.

Completing the movement:

- Push up until you are on your toes.
- Exhale when you are pushing up.

- Make sure that you are on the balls of your feet.
- Point your toes in at a 45-degree angle.
- Slowly let the weight down. Inhale as you are coming down.



Calves:

One Leg Calf Raise:

- Place your shoulders underneath the shoulder pad.
- Grab the top of the machine with your

Completing the movement:

- Push up until you are on your toes.
- Exhale when you are pushing up.
- Slowly let the weight down. Inhale as

hands.

- Put one foot on the platform and rest the other foot behind it.

you are coming down.



Abdominals:

Crunches:

- Lock your fingers behind your head.
- Lie flat on your back.
- Your feet should be about shoulder width apart.

Completing the movement:

- Push your lower back into the ground.
- In a smooth controlled manner, lift your shoulders off the ground.
- The shoulders should only come off

- Knees should be bent.
- Do **not** tuck your chin into your chest.
Instead, look up and out at a 45-degree angle.
- the ground a few inches.
- Flex your abs and then release and come down.

Example of how not to do a sit-up!



Make sure not to tuck your chin

Abdominals:

Side Crunch:

- Lock your fingers behind your head.
- Lie on your back with your knees bent as if you were about to do a crunch.
- Now take your knees and rest them on one side.

Completing the movement:

- Lift your shoulders slightly off the ground and exhale.
- Hold it and then release and inhale.
- Now perform this for the other side.



Abdominals:

Decline Crunch:

Completing the movement:

- Hook your feet underneath the footpads on the decline bench.
- Lock your fingers behind your head.
- Bend your knees.
- Start in the up position.
- Take a breath and lower yourself keeping you knees bent.
- Do not all the way back.
- Hold for a count of one.
- Now sit back up and exhale while flexing your abs on the way up.



Abdominals:

Butt Raises:

Completing the movement:

- Lie on your back.
- Get into a regular crunch position with your hands behind your head and your knees bent.
- Now take your legs, cross them, and point them straight up in the air.
- As if you were to do a regular crunch, lift your shoulders slightly off the ground and push your toes in the air which will lift your butt about two inches off the ground.
- Exhale as you are doing this.
- Let your shoulders and butt back down while taking in a breath of air.



Planning:

To make this program work for you, it is going to take planning and dedication. No one said it was going to be easy, but if you have some sort of direction you will end up achieving your goals, whatever they may be.

Every week on Sunday I look in my refrigerator and see what foods I need. I go through the next seven days in my mind and write down the food I need in the chart I have created. HHHmmmm, lets see what am I going to eat this week:

Monday for my first meal I am going to have an omelet so I need some eggs and vegetables. Then I am going to have a tuna sandwich for my next meal. For meal three I will have a grilled chicken sandwich. The meal after that is easy, I will drink a myoplex shake. When I get home I will cook some low fat burger and make a hamburger. Then before bed I will have some peaches and cottage cheese. So when I go shopping I will need to get these items:

- Eggs & vegetables for my omelet
- Tuna fish and whole grain bread for my sandwich
- Fresh chicken for my sandwich
- Box of Myoplex
- Low fat hamburger meat (I will buy 8% lean ground beef)
- Peaches and cottage cheese

Now when I go to the store I know what I am going to buy, well at least for the first day of the week. So I will have to plan for six more days (Five more days of dieting and my free day). Sundays are my favorite because I eat donuts and fried chicken all day, but that's just me, you can eat whatever you want on your free day.

Have your meals ready when you need them

I have heard this same phrase from many people: "I just don't have time to do all of this, I work all day." That's fine; everybody has a job of some sort. We all have different breaks in our day or work different hours, but we have to plan ahead so we can make sure we get what our bodies need. If it were easy to eat six meals a day and exercise, then everyone would have a great body. But its not, so we must do more than the average person because we do not want to look average.

Almost every job in America has a break time now. I went to the post office today and I couldn't send out my mail because the line was so long. There was only one person working because the other two employees **had** to take a 15-minute break.

So take advantage of these breaks and eat your planned meals at these times. Here is an example of a 7-day meal chart that will help you plan what you need to eat:

<u>Day of the Week</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday	<i>Omelet</i>	<i>Fruit & Cottage Cheese</i>	<i>Chicken Salad</i>	<i>Tuna & Crackers</i>	<i>Myoplex</i>	<i>Chicken Stir Fry</i>
Tuesday	<i>Eggs & Hash-Browns</i>	<i>Banana Smoothie</i>	<i>Bean Burrito</i>	<i>Myoplex</i>	<i>Tuna and Crackers</i>	<i>Tacos</i>

Wednesday	<i>Egg McMuffin</i>	<i>Myoplex</i>	<i>Soft Chicken Tacos</i>	<i>Chips & Salsa</i>	<i>Fajitas</i>	<i>Apple & Cottage cheese</i>
Thursday	<i>Oatmeal with Whey Protein</i>	<i>Apple and Cottage Cheese</i>	<i>BBQ Chicken Sandwich</i>	<i>Tuna Sandwich</i>	<i>Meatloaf</i>	<i>Protein Shake and a Banana</i>
Friday	<i>Toasted Bagel and Eggs</i>	<i>Low Fat Muffins w/Whey Protein</i>	<i>Chicken Fajita Wraps</i>	<i>Beef Nachos</i>	<i>Chicken Enchilada</i>	<i>Myoplex</i>
Saturday	<i>French Toast-Jam Topping</i>	<i>Egg McMuffin</i>	<i>Crab Salad</i>	<i>Chicken Gyro</i>	<i>Myoplex</i>	<i>Baked Halibut</i>
Sunday-Free Day	<i>Fruit Loops</i>	<i>Nothing</i>	<i>Big Mac and Some Fries</i>	<i>DQ Blizzard</i>	<i>Chicken Fried Steak</i>	<i>Movie Popcorn and a Donut</i>

Here is an example of one of my first day back on the diet:

Monday

Monday marks my first day on my diet, it has been months since I have dieted and I am ready to get back in shape.

Meal 1:

I wake up early Monday morning to begin my day and I prepare my omelet. I throw in 4 eggs and a portion of vegetables. It takes about 10 minutes to prepare and the omelet is delicious. I jump in the shower and get ready for the day ahead. After I arrive at the office I get settled in and figure out the tasks for the day. Not even a few minutes later, it is time for my next meal.

Meal 2:

I take about 5 minutes and eat an apple and a portion of cottage cheese. My secretary begins to tease me; she tells me that I will always be fat no matter what I eat (she was joking of course, otherwise I would have been forced to fire her). 12:00 noon is here before I know it and it's already time for lunch.

Meal 3:

I take out a Tupperware container that has my chicken salad in it. My lunch break is $\frac{1}{2}$ hour long, so I sit back and enjoy my lunch. I feel energized and work is flying by today. I have a great meeting with one of my clients, the meeting lasted about two hours.

Meal 4:

When I left the meeting I went back into my office and ate my tuna fish and crackers while I made a few phone calls. It is now a little after 2:00 PM and I need to finish up a few things before I can leave for the day. So far I have had an extremely busy day, but adding the extra meals has definitely controlled my appetite and given me more energy.

Meal 5:

At 4:00 I drink a myoplex shake that I had in my briefcase, it was strawberry and very delicious. I have to stick to my plan and get to the gym by 5:30, so I hurry up and finish up at the office.

Weight Training:

I go straight to the gym and make it there at about 5:25 PM. I am right on schedule today. I change in the locker room and go stretch for 5 minutes. I saw some friends at the gym, but I told them I would talk to them after my workout because I was on my schedule. Today was chest, shoulders, and triceps day. It is my favorite day because I love the chest workout. I hit it hard and finish my workout in 53 minutes, not bad for the first day back at the gym. I visit with my friends for a few minutes and then head home.

Meal 6:

I get home at about 7:00PM and immediately begin to cook dinner. It is ready at about 7:30, I sit down and relax as I eat my meal. It has been a long day. I decide to do some research on the Internet for an hour and I am starting to get tired. At 9:00, I prepare a bean burrito for my lunch the following day. I wrap up my lunch and put it in the refrigerator. I go to bed at 9:30 and I fall right asleep. I am the only person that I know that can go to bed that early, but it was a great day. I didn't have any food cravings and I feel great.

Its that Simple

It would have been very difficult to finish my day if I had no direction or plan of action. I probably would have gone home before I went to the gym. From there I may have procrastinated until it was too late.

My point here is this, if you want to be successful with this program you have to commit by making a plan of action every week and following through with it. This is only for 12 weeks, just give it a try and see if you can get the body that you have always desired. No matter who we are, we all would like a better body.

A Word on Fast Foods:

Avoid fast foods completely; they are not healthy for you. Some fast food restaurants carry a few items that may be borderline, but remember that you have a free day and you can eat whatever you want on that day. The best foods are fresh foods and the foods from most fast food restaurants carry a lot of preservatives.

If you do run into a situation where your plan of action didn't work for some reason (maybe some food went bad), don't eat a quarter-pounder and a large fry. Eat a grilled chicken sandwich with no mayo and a salad. YES, even some fast foods restaurants carry foods that are borderline healthy. But only use this in emergencies.

Planning Overview:

- Plan for success and you will have it.
- Make a grocery list so you have enough food for the week.
- Try to avoid fast foods if at all possible.

Putting It All Together- 7 Steps to Success:

Step 1- Body Statistics:

As mentioned earlier, we will be using the Parilloⁱⁱⁱ method to test your body fat. It is a fairly easy process, but you will need another person to help you take the measurements and you will have to do a little math. So lets get started, below are the nine-points on your body that we will be testing.

Using the body-fat pincher that was provided, follow these instructions for each of the nine points pictured below:



Figure 1

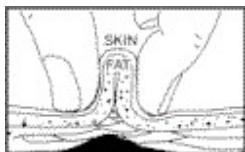


Figure 2

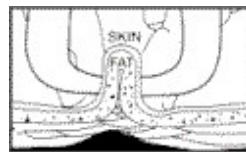


Figure 3



Figure 4

Step 1: While standing, firmly pinch the skinfold between your left thumb and forefinger, see figures 1 and 2. Place the jaws of the Personal Body Fat Tester over the skinfold, while continuing to hold the skinfold with the left hand, see figure 3.

***Important Tip:** Make sure to slide the plastic measuring piece all the way to the over before **every** measurement.



Step 2: Press with the thumb where indicated on the Personal Body Fat Tester until you feel a slight click. The slide member will automatically stop at the correct measurement, see figure 4. After reading your measurement, return the slide member to the far right starting position. Repeat three times and use the average as your measurement. Refer to the body fat interpretation chart to determine your body fat percentage and what it means.

Step 3: Repeat for the nine measuring sites.

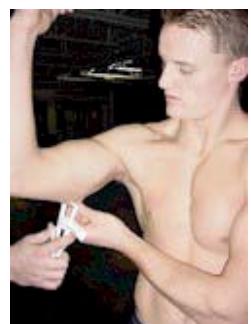
Step 4: Make sure to use your right bicep, tricep, thigh, calf, etc. This will ensure that your measurements are all accurate with each other.



Upper Chest (vertical fold)



Right Bicep (horizontal fold)



Right Tricep (horizontal fold)



Suprailliac (vertical fold)



Stomach (horizontal fold)



Subscapular (vertical fold)



Kidney (horizontal fold)



Right Thigh (vertical fold)



Right Calf (vertical fold)

Measure each site 3 times, take the average of the three and enter that number into the table below. Do this for each of the nine measuring points.

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Inside Right Tricep	
Right Bicep	
Suprailliac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	

Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

After you enter all of your measurements into the table, add them all up and place that number in the “Sum of Measurements” column. In the column below that, weigh yourself and place the bodyweight measurement there.

To find your body fat percentage, get a drum roll going; take the sum of the measurements divide it by your body weight and then multiply that number by 27. This is your body fat percentage.

***Note:** *This will be a number like 15.9, this is the actual percentage 15.9%.*

Now if you want to see how many pounds of fat you have, multiply your body weight and your body fat percentage. Take the number you get from that and divide it by 100. This is how many pounds of fat you have in your body. To find your LBM (lean Body Mass) -or- the pounds of muscle you have, subtract your pounds of body fat from your body weight.

So what do these numbers mean? Lets take a look at some averages and see where you fall in:

AGE	SKINFOLD MEASUREMENT IN MILLIMETERS																
	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
UP TO 20	2.0	3.9	6.2	8.1	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.8	13.6	15.1	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.4	17.8	19.6	21.2	22.8	24.7	25.5	26.6	27.3	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.6	16.9	18.9	20.7	22.4	24.0	25.3	26.6	27.7	28.4	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	19.0	21.8	23.4	25.0	26.4	27.6	28.7	29.3	30.0	31.2	31.8	32.2
56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	LEAN				IDEAL				AVERAGE					OVERFAT			

AGE	SKINFOLD MEASUREMENT IN MILLIMETERS																
	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
UP TO 20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.1	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.1	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.1	32.5	33.5	34.4	35.2	36.0
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.7	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	39.0
56 & UP	16.3	18.5	20.7	22.7	24.6	25.5	28.2	29.8	31.1	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.6
	LEAN				IDEAL				AVERAGE					OVERFAT			

To read this chart simply find your age in the far left column and the numbers to the right of that age will apply to you. If you fall in the white, you are fairly lean. If you fall in the *ideal* shade, then you have an ideal amount of body fat. If you fall in the *average* shade, it means that you are about where everyone else is. Anything beyond that is considered *obese*. Women naturally have more body fat than men so their chart is adjusted accordingly.

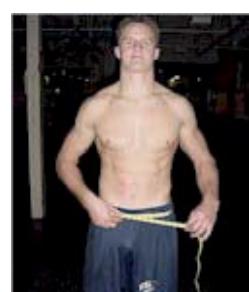
Now that you know your body fat is; it is time to take your measurements. Using the soft tape measure, take these six measurements. In conjunction with the body fat measurements this will be a good way to track your progress.



Chest



Waist



Hips



Right Arm



Right Thigh



Right Calf

After you take each measurement, write it down the chart below:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

You can take your measurements as much as you want. I recommend taking them once every 1-2 weeks. I take mine every week but some people don't like to take their measurements that much. It is a reward to see the progress you have made.

Step 2- Goals:

Take a few minutes now and think about why you purchased this book. Think back to the website, everything you read and what it was that finally talked you into purchasing this system. Try to remember reading the information on the website, if you can't remember go back to the website and read it again.

There was a reason you bought this system, and whatever that reason was could probably be turned into a goal. If this book was a gift, there was a reason it was given to you. Maybe you're interested in the subject or you would like to lose some weight. Whatever your reason is, you are here right now. So take out a pen and write down three things that related to fitness that you would like to see happen in the next twelve weeks. What do you want to do with your body? *Lose weight?* *Tone up?* *Get Stronger?* Write these down in the space provided on the next page.

Now go get some scissors and cut this page out of the book. Make it neat because you will be looking at it every day. After you have cut it out, hang it up in your bathroom. Now you will see it everyday right when you get up in the morning and right before you go to bed.

You will constantly be reminded of your fitness goals all day and all night. Your subconscious mind will take these thoughts and it will process them until they become real. This is very important if you want to accomplish this twelve-week test of mental and physical strength.

My Fitness Goals:

1. _____

2. _____

3. _____

Step 3- Nutrition:

To ensure that we stick to the diet, we must plan for success. You will not see results unless you follow this diet and the exercise schedule. Just to refresh your memory, here is a list of the foods you will eat:

Proteins	Complex Carbohydrates	Complex Carbohydrates Continued	Fruit
Chicken Breast	Baked Potato	Alfalfa Sprouts	Apple
Cottage Cheese	Baked beans	Asparagus	Apricot
Eggs	Cereals- Whole Grain	Beets	Banana (small)
Halibut	Corn	Broccoli	Blueberries (raw)
Ham	Corn Tortilla	Brussel Sprouts	Cantaloupe
Lean Ground Beef (17% fat)	Crackers	Cabbage	Cherries
Lean Meat	Cream of wheat	Carrots	Grapefruit
EAS Myoplex	Flour Tortilla- 8 inch	Cauliflower	Grapes
Tuna	Low fat chips	Celery	Honeydew melon
Turkey Breast	Low fat blueberry muffins	Corn	Mango
Whey Protein	Pasta- cooked	Cucumber	Orange
Yogurt	Pancakes (4 inch in diameter)	Eggplant	Peach
	Plain Popcorn	Green Peas	Pear
	Quaker Instant Oatmeal	Leaf Lettuce	Pineapple

	Rice (not minute rice)	Mushrooms	Plum
	Rice Cakes	Onions	Raisins
	Rye Bread	Tomatoes	Strawberries
	Waffles- Prepared from mix (7 inches)	Spinach	Yogurt (Fat Free)
	Whole wheat bread	Zucchini	
	Yams		

From these foods you will need to eat six meals a day and as you probably remember, you will eat **one portion* of protein and one portion of carbohydrates with each meal. If you have a hard time thinking of meals you can make, I have provided about 75 different meal options in *Appendix A*. Fill in each day and each meal in the table on the next page and then go to the grocery store and buy the necessary foods:

**Remember that a portion is about as big as your fist.*

<u>Day of the Week</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

It may seem like a task to fill this all in, but it actually makes grocery shopping so much quicker that you end up saving quite a bit of time at the grocery store. You get what you need from the grocery store and you get back to doing things that you want to do.

Step 4- Exercise:

Now you need to plan out the days you want to exercise and what you would like to do on each day. The following chart is how I suggest you structure your exercise schedule.

7-day exercise schedule:

<u>Day 1</u> Mon.	<u>Day 2</u> Tues.	<u>Day 3</u> Wed.	<u>Day 4</u> Thurs.	<u>Day 5</u> Fri.	<u>Day 6</u> Sat.	<u>Free day</u> Sun.
Weight Training	Aerobic Training	Weight Training	Aerobic Training	Weight Training	Aerobic Training	Free Day

Week 1

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Here is the 12-week schedule that I suggest you follow:

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 2	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 3	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 4	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 5	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 6	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 7	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 8	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 9	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 10	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 11	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
Week 12	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics

This is the 12-week schedule that most people use. If for some reason this doesn't work for you, it is all right to move things around. If you want your free day on Monday instead of Sunday, that is fine. If this plan conflicts with something in your personal or business life, write a new schedule in the table below:

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

That's it, now you should have everything scheduled in a time that works for you.

Step 5- Order Supplements:

Now that you are almost ready to begin the program, I highly recommend that you order supplements. Supplements will make dieting easier and will help enhance your results. I am not big on the hype that supplements get, but these supplements have helped my clients and myself in the past. I give them my highest recommendation:

1. EAS myoplex meal replacement shake.
2. Whey protein powder
3. Multivitamins

These supplements can be found at this URL:

<http://www.bodybuilding.com>

You can order these supplements from this website or go to a local health and fitness store. Every health and supplement store will carry these products.

Step 6- Announce Your Goals:

If you really want this program to work, you must make a public commitment by telling three people your goals. Think of three people that you see once a day or a few times a

week. These people will be very helpful through the 12-weeks. On the following lines, write down the names and phone number of the three people you are going to call:

Name _____ Phone # _____

Name _____ Phone # _____

Name _____ Phone # _____

These people can be anyone, your mom or dad, a neighbor, a friend. Just someone that you talk with or see on a regular basis. Tell the guy at the front desk at your gym. It doesn't have to be a long drawn out conversation. It could be "Hey Bob, in 12 weeks I am going to be 15 pounds lighter," or "Hey Bob, I am going to lose 5% of my body fat in the next 12 weeks."

Step 7- Recognize possible obstacles:

With everything that we do in life, something always seems to come up. These “things” that come up interfere with who we want to be and where we want to go in life. I love to sleep in and it created obstacles for me in my life. So I had to recognize that it was

getting in the way and change that behavior. So there are some obstacles in your fitness path otherwise you would already have the body you desire.

In order to achieve our goals we need to recognize these obstacles. Take a few minutes and think about what is getting in your way. Is it an eating habit, a sleeping habit, or maybe exercising just wasn't important to you in the past. Write down three possible obstacles on the following lines:

3 Possible obstacles:

1. _____

2. _____

3. _____

Now that you have recognized these obstacles, make a commitment to change these three behaviors so you can achieve your goals. If you have a bad eating habit, make an extra effort to fix it. If you can overcome obstacles it will be smooth sailing until you have a great looking physique.

Step 8- Begin the program

That's it. You're done; this could be the end or the beginning. Its up to you now, if you want to take 12 weeks out of your life to accomplish your goals- do it now. Make a commitment to do the program and you will be glad that you did.

It is a test of physical and mental strength. Remember if you want to be average, you can do average things. If you want to set yourself apart from the majority, you have to do a little more than just average things.

A true challenge is never easy; otherwise it would not be a challenge. The hardest part will be getting started and sticking with it. If you are going to give up, you will most likely do it in the first few weeks. Be aware of that and focus as you begin the program. If you find that you are having a difficult time sticking to the diet or to the exercise schedule, please contact me and I will do my best to help you. You can email me at: Will@bodybuilding.com. Please also share your success stories with me, I will be publishing success stories and testimonials on the website.

Get started today and you will be very happy with your results in 12 weeks.

Appendix A- Example Meals:

Here are 75 examples of what you can eat in the morning, noon, and night. Be creative with your recipes. The following items are foods that I like and that I eat when I am on the 12-week diet. These food ideas should be homemade, you will get the most nutritional value by doing this. For example, and **Egg McMuffin** can be purchased at McDonalds. When I recommend it as a *Morning Idea*, I am referring to a homemade **Egg McMuffin**. Here are the meal ideas:

Since you will be eating six meals a day, I recommend two items a day from each category:

Morning Ideas	Afternoon Ideas	Evening Ideas
Omelet	Chicken salad	Vegetable pasta
Fruit & cottage cheese	Chicken stir fry	Fajitas
Pancakes*	Chicken fajita wraps	Fresh turkey & stuffing
Toasted bagel with eggs	Low fat chicken pizza	Meatloaf
Low fat muffins*	BBQ chicken sandwich	Shrimp pasta
Bagel & cream cheese	Bean burrito	Beef stew
Oatmeal	Soft tacos	Beef stir fry
Fruit smoothie*	Taco salad	Chicken stir fry
Breakfast burrito	Low fat beef nachos	Broccoli, chicken, & rice
Shredded wheat cereal	Tuna sandwich	Lean shiska bobs
Waffles & poached eggs	Tuna & crackers	Chicken & dumplings
Fat-free turkey bacon & eggs	Chicken burrito	Chicken pasta primavera
Egg salad sandwich	Chicken ceaser wraps	Orange roughy
Egg & avocado toasted sandwich	Chicken quesadillas (low fat cheese)	Top round steak & scalloped potatoes
French toast with sugar-free topping	Baked french fries and hamburger	Broiled chicken & steamed potatoes

Note: Items with an (*) asterisk next to them should have 1-2 scoops of whey protein added to the mix so they carry enough protein for that meal.

Appendix B- Tracking and planning charts for 11-weeks

Week 2 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 2 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 2 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 2

Workout #1	<u>Warm-up Set- 15 Reps</u>	Work Set- 15	Work Set- 15	Work Set- 15
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	Work Set- 15	Work Set- 15	Work Set- 15
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	Work Set- 15	Work Set- 15	Work Set- 15
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 3:

Week 3 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 3 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 3 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 3

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 4:

Week 4 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 4 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 4 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 4

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 5:

Week 5 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 5 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 5 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 5

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- *Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets

- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 6:

Week 6 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 6 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 6 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 6

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- *Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets

- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 7:

Week 7 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 7 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 7 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 7

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- *Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets

- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 8:

Week 8 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 8 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 8 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 8

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- *Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets

- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 9:

Week 9 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 9 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 9 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 9

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- * Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 10:

Week 10 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 10 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 10 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 10

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- * Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 11:

Week 11 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 11 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 11 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 11

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- * Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Week 12:

Week 12 Body fat Measurements:

Skin fold Measuring Sites:	Measurement Results:
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
((Sum of Measurements/Body Weight) x 27)=	
Your Body-Fat Percentage	
Pounds of fat ((Body weight x Body Fat)/100)	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

Week 12 Tape Measurements:

Body Measurements:	Measurement Results:
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<u>Week 12 Meal Schedule</u>	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday- Free Day						

Week 12

Workout #1	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

Workout #3	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

Workout #5	<u>Warm-up Set- 15 Reps</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>	<u>Work Set- 15</u>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- * Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Endnotes:

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- ⁱ Houghton Mifflin Co. 1994: The American Heritage Dictionary, Houghton Mifflin. Dell Publishing, NY. Pp. 239.
 - ⁱⁱ Clark 2001. Nutrition Bar Codes, Clark, Nancy. American Fitness, Vol. 19 Issue 1, p54, 3p.
 - ⁱⁱⁱ Parrillo 1993: High-Performance bodybuilding, J. Parillo and M. Greenwood-Robinson. Berkley Publishing Group, NY. Pp. 196-172.