

HARDCORE 12WEEK DAILY TRAINER

with

Kris Gethin

- NOT FOR **WIMPS**
- FAST **RESULTS**
- KRIS IS YOUR FREE **TRAINER & PARTNER!**



◀ WEEK 12

Your Personal Trainer – Kris Gethin Gives You The Program Breakdown:

This video series will be a 12 week diet and exercise program that will literally transform your life. You'll see the exact program that Kris Gethin followed to get an amazing transformation - and you'll do the program with Kris as your training partner, watching him transform as you transform.

You'll have a video to watch every day for the entire 12 weeks. You'll get:

- **Workout plans**
- **Nutrition advice**
- **Motivation tips**
- **Supplement information**

Training Principles - Intensity & Consistency Gets Results

You'll follow this body part split for your weight training days:

- **Chest and Triceps**
- **Back and Biceps**
- **Legs**
- **Shoulders, Calves and Abs**

You'll train on a 2 days on and 1 day off schedule. That means on Monday you'll train chest and triceps; on Tuesday you'll train back and biceps; then you'll take Wednesday off. Thursday you'll train legs, and Friday you'll train shoulders, calves and abs.

With Kris as your training partner, your weight training schedule may change during your 12 week transformation. Kris will always tell you when the routine changes, and he'll always make sure you never miss a workout!

You'll also do cardiovascular exercise 2 times a day for 20 minutes per session - 20 minutes in the morning and 20 minutes in the evening. Doing cardio will help:

- Keep your metabolism firing
- Digest your foods
- Utilize stored fat as energy

Eat Clean - Nutrition Rules To Trigger Your Transformation

You won't be counting calories to make sure you achieve an amazing transformation. Instead, you'll be measuring your portions and sticking with the same small portion sizes during the entire 12 weeks. When looking at your meals you should have:

- A fist size portion of protein
- A fist size portion of complex carbohydrate

You'll be eating every 2-3 hours which means you'll get 6-7 meals every day. Your MAIN FOOD SOURCES will be:

Protein

- Fish
- Poultry
- Steak
- Egg Whites
- Protein Powder

Carbohydrates

- Sweet Potato
- Brown Rice
- Whole wheat Pasta
- Oats

Naturally Occurring Fats

You won't be taking in extra fat from foods like avocado, nuts, or olive oil. Even those types of fat are considered "healthy" it just adds up to be another calorie you have to burn off rather than burning stored fat.

Instead, you'll get enough fat through the foods you eat such as steak and fish.

What You CAN Drink

Water

You'll be drinking at least 1 gallon of water every single day. It's important that you always drink this much water to help your body achieve an amazing transformation. You can flavor your water with calorie free packets like Crystal Light or you can try Xtend.

You can also drink tea and coffee - just keep them plain and don't add any sugars, milk or cream to these drinks. You can use the natural sweetener Stevia to sweeten these drinks without adding calories.

What You CAN'T Drink

Stay away from milk and soy products while you're doing this transformation. These foods have extra sugars that will only make it harder for you to transform. Avoid alcohol completely as well, because beer, wine and mixed drinks are full of empty calories.

Cheat Days

There are no cheat days on this 12 week program. You won't take a day off from your training or your cardio, so you can't take a cheat day on your diet either. Don't cheat on your diet and you will see results.

Supplement for Success and Get Fast Results

There is no magic pill that will replace your nutrition or training program and transform your body for you. But supplements will help support your transformation so you can get fast results.

Supplement Shopping List:

- Multivitamin

This will help provide you with extra vitamin and mineral support to promote muscle recovery and optimal health. It's best to take a multivitamin in the morning and at night.

- Omega 3-6-9 Fatty Acids

These essential fats support normal hormone production, healthy brain function, and will help you recover from intense training days. It's best to take your omega fats in the morning and at night.

- Digestive Enzymes

Taking digestive enzymes will support your body's digestive system with all the food you'll be eating. With extra support, your body can absorb the most nutrients, helping you get the best transformation.

- Ph Balancer

A Ph Balancer will support normal alkalinity levels.

- Glutamine

As an anti-catabolic agent, something that helps prevent the breakdown of muscle tissue, Glutamine is a foundational supplement on this transformation.

- Protein Isolate

This fast digesting protein supplement is perfect to take immediately following your workout, because the faster you kick start muscle recovery - the faster you'll see results.

- Protein Blend - CNP Propeptide

Taking a blend of different kinds of protein - egg, casein, whey isolate and whey concentrate - will help slow the protein digestion down and is best to take as a meal replacement, usually taken with oats.

- Fast Digesting Carb - Vitargo

The only simple carbohydrate - or fast digesting carb - that you need to take is a supplement carb, like Vitargo. Taking Vitargo, or a similar carb product, immediately following your workout, along with your whey isolate, will help replenish your glycogen stores and kick start recovery.

- BCAA's

Taking branch chained amino acids will support recovery, and like the other supplements that are recommended on this program, BCAAs can help you have a better transformation. If you get a flavored BCAAs powder then you can add this to your water throughout the day to get a nice flavor.

Performance Supplements

- Green Tea

Taking supplemental green tea extract may help increase your metabolism and help fight cravings. Green Tea is a natural plant extract that helps support fat burning.

- L-Carnitine

Supplementing with L-Carnitine, and amino acid, may help utilize stored body fat as energy.

- Yohimbine

Yohimbe is a vasodilator, which means it supports blood flow throughout your body. With good blood flow, your muscles can get nutrients and recover fast.

- Creatine

Creatine can help you push out a few more reps in the gym by supplying your muscles with extra energy and helps you build muscle and burn fat. By charging up your intensity in the gym, you'll be able to see results that much faster.

Track Your Progress To Transform Your Life

Here are the steps you need to follow to see the amazing results you'll get on this transformation program.

1. Take before pictures

You need to do this on a plain background so you can see the silhouette of your physique. You should wear your swimsuit or similar clothing. Take a front, side, and back shot in good lighting and with a steady camera. You will really want these photos to compare to your photos on week 12 - and you'll see how much your physique has changed. Take progress pictures once a week.

2. Take your body fat measurement

Testing body fat with calipers can give you an accurate indication of what your current body fat and lean muscle mass percentages are. Measure your body fat once a week at most. Make sure to have your body fat measured in the same places on your body and by the same person every time.

3. Weigh yourself

Weigh yourself once a week using the same scales at the same time of day. A good idea is to weigh yourself every Monday morning before breakfast.

4. Track your training

Log your workout sessions every day in a workout journal or using your BodyBlog on BodySpace. Make sure to write down what exercises you do, what weights you're lifting, how many reps you complete, how you feel, and other details of your workout. You can print out your workouts every day and take them to the gym with you!

By keeping track of your workouts you'll be able to see your progression and get positive feedback for your transformation. You're more likely to see your goals through when you write them down!

5. Update Your BodySpace - Or Join Now

Now's the time to post your before pictures on BodySpace and let the community know that you are about to begin your 12 week transformation. If you don't have a BodySpace - sign up now! It's FREE and it's an instant source of support, motivation, and a great tool to help keep track of your progress.

**Your New Body Is Only 12 Weeks Away
Get Started - Day 1**

Day 1 is a training day, and you'll be starting with an intense leg workout. Follow me as I head to the gym for the beginning of our 12 week body transformation journey.

Kris Gethin's Daily Meal Plan

Breakfast:

- Egg Whites
- Oats
- Coffee

Meal 2:

- Lean Steak
- Brown Rice

Mid-morning:

- Chicken
- Sweet Potato
- Broccoli

Lunch:

- Fish
- Brown Rice
- Broccoli

Mid-afternoon:

- Chicken
- Sweet Potato
- Broccoli

Pre-Workout:

- Tilapia
- Brown Rice
- Coffee

Post-Workout:

- Protein Shake with Glutamine, Creatine, and Vitargo

Dinner:

- Lean Steak
- Broccoli

Nighttime Snack:

- Meal Replacement Shake - Kris recommends CNP ProPeptide

Your Weekly Shopping List for Kris Gethin's 12 Week Hardcore Trainer

- Sweet Potatoes/Yams
- Brown Rice
- Oats
- Eye Of Round Steak/Roast
- Beef Tenderloin
- Tilapia
- Eggs
- Turkey/Chicken Breast
- Broccoli
- Coffee
- Truvia
- Cooking Spray
- Tupperware Containers
- 2-3 water jugs

The Ins and Outs of Kris Gethin's Diet Plan – Special Tips

- Grab yourself a gallon size jug of Water even if you have a water filter at home. You can use it to ensure you are getting your 1-2 gallons of water per day. If this is difficult, try adding some flavoring to your water. Kris recommends Xtend.
- Cook all your meals for week on Sunday or cook a big batch of food every Sunday and Wednesday for the rest of the days so you can easily grab them on the run.
- Grilling your food will reduce the amount of fat you have to drain away while cooking.
- Measure your food portions with a food scale or compare it to the size of your fist. You should be getting a fist sized portion of carbs and a fist sized portion of protein with every meal.

If your food is too bland add some spices such as Ginger, Cayenne Pepper, or even Salt.

There is no magic pill that will replace your nutrition or training program and transform your body for you. But supplements may help support your transformation so you can get fast results.

YOUR SUPPLEMENT SHOPPING LIST:

Multivitamin

A multivitamin will help provide you with extra vitamin and mineral support to promote muscle recovery and optimal health.* It's best to take a multivitamin in the morning and at night.



**PROFESSIONAL
STACK**
Optimal Health Systems
Vitamin-Mineral-
Antioxidant



**ECONOMY &
ADVANCED STACK**
AST Multi Pro 32X

Omega 3-6-9 Fatty Acids

Omega 3s and other essential fats support normal hormone production, healthy brain function, and will help you recover from intense training days.* It's best to take your omega fats in the morning and at night.



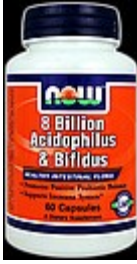
**PROFESSIONAL
STACK**
Nordic Naturals
Omega-3



**ECONOMY &
ADVANCED STACK**
NOW Omega-3

Digestive Enzymes

Taking digestive enzymes helps support your body's digestive system as it processes all your daily foods. With extra support, your body can absorb nutrients at optimum efficiency, helping you get the best transformation results.*



ADVANCED STACKS
8 Billion Acidophilus & Bifidus

Ph Balancer

A Ph Balancer helps support normal alkalinity levels.



PROFESSIONAL STACK
Optimal Health Systems
Flora Plus

Glutamine

As an anti-catabolic agent that helps prevent the breakdown of muscle tissue and supports healthy immune system function, Glutamine is a foundational supplement for your transformation.*

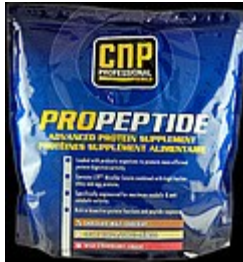


PROFESSIONAL STACK
GL3 L-Glutamine

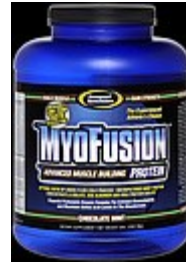
Protein Powder

Taking a high quality protein supplement will help ensure you get enough protein to fuel your workouts and proper muscle recovery.*

Tip: Try to get a product that includes a protein isolate. By taking a protein powder that contains whey isolate, which is a fast digesting protein, immediately following your workout - you'll help kick start muscle recovery.*



**PROFESSIONAL
STACK**
CNP Professional
ProPeptide



**ECONOMY &
ADVANCED STACK**
Gaspari Nutrition
MyoFusion

Meal Replacement Powder - Protein Blend

Meal replacement powders contain a blend of proteins, carbohydrates, some vitamins and minerals as well as a small amount of fats. Meal replacement powders will help keep you on track with your diet when you are too busy to get in a full meal.

Tip: Taking a blend of different kinds of proteins - egg, casein, whey isolate and whey concentrate - will help slow the protein digestion down and can be taken with oats to add more carbs to your meal.



**PROFESSIONAL
STACK**
CNP Professional Pro-
M.R.

Fast Digesting Carbohydrate

The only simple carbohydrate - or fast digesting carb - that you need to take is a supplement or powdered carbohydrate. Taking a carb product immediately following your workout, along with your protein isolate, will help replenish your glycogen - muscle energy - stores and help kick start recovery.*



**PROFESSIONAL
STACK**
GENR8 Vitargo S2



**PROFESSIONAL
STACK**
NOW Carbo Gain

BCAA's

Taking branch chained amino acids helps support recovery after an intense workout. Amino acids are the building blocks of muscle, and getting extra support will help you get an amazing transformation.*

Tip: If you get a flavored BCAAs powder then you can add this to your water throughout the day to get a nice flavor.



ADVANCED & PROFESSIONAL STACK
SciVation Xtend

Green Tea

Taking supplemental green tea extract may help increase your metabolism and help fight cravings.* Green Tea is a natural plant extract that helps support fat burning.*



PROFESSIONAL STACK
PrimaForce Lean Green



ADVANCED STACK
Higher Power Green Tea Extract

L-Carnitine

Supplementing with L-Carnitine, an amino acid, may help utilize stored body fat as energy.*



ADVANCED & PROFESSIONAL STACK
Mega L-Carnitine

Yohimbine

Yohimbe is a vasodilator, which means it supports blood flow throughout your body. With good blood flow, your muscles can get nutrients and recover fast.*



ADVANCED & PROFESSIONAL STACK
Twinlab Yohimbe Fuel

Creatine

Creatine can give your muscles a boost of extra energy, strength and endurance. By helping you push out a couple extra reps, creatine helps turn up the intensity of your workouts.*



**PROFESSIONAL
STACK**
ProMera Health Con-
Cret



**ECONOMY &
ADVANCED STACK**
Optimum Micronized
Creatine Powder

Tips For This Workout Day

- Make sure each and every workout is at its best.
- Make sure you've eaten your breakfast and taken your pre-workout shake before your cardio.
- When doing your warm-up sets pyramid the weight up to 70% of your maximum lift for the exercise.
- Working to failure means you won't be able to complete one more rep even if you want to.
- Your rest periods should last between 1 and 2 minutes, but make sure you're recovered enough to complete the next set.
- Lying hamstring curls can be done without a machine by holding a dumbbell between your feet, but make sure you have a partner to help place the dumbbell and to help keep it between your feet.
- Get yourself a nice set of knee wraps to keep your knees safe during your heavy working sets.
- It is normal to feel a little light headed or a little sick.
- Get your post-workout shake in immediately after your workout.

Pre & Post-Workout Supplements

Pre-Workout

- L-Carnitine
- Green Tea
- Yohimbe
- Creatine
- Glutamine

Post-Workout

- Protein
- Vitargo
- Creatine
- Glutamine

The Week 1 - Day 1 Legs Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Cardio: 20 minutes					
Leg Press:					
3-5 warm-up sets of 10-12 reps					
3 sets to failure in 10-12 reps					
Hamstring Curl:					
2 warm-up sets of 15 reps					
3 sets to failure in 10-12 reps					
Lying Hamstring Curl:					
2 warm-up sets of 10-12 reps					
3 sets to failure in 10-12 reps					
Leg Extension:					
2 warm-up sets of 15-20 reps					
2 sets to failure in 10-12 reps					
Hack Squats:					
2 warm-up sets of 15-20 reps					
3 sets to failure in 15-30 reps					
Cardio: 20 minutes					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 1 - Day 2 Chest/Triceps Workout

Tips For This Workout Day

- To help prevent injury or to support a previously injured joint use wrist straps and elbow straps.
- If you have pre-existing injuries work your way up to heavier weights slowly.
- In later exercises you won't necessarily need a warm-up set, but your first set should be performed with a lighter weight.
- You may hear the Lying Cable Extensions referred to as Skull Crushers or Head Smackers.
- When performing your cardio do it at a moderate pace where you'll be able to carry on a conversation.
- Change your cardio often to prevent boredom and to shock your body.

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO _____ **EXERCISE** _____ **DURATION** _____

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

MOOD WHEN STARTING: _____

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Flat Dumbbell Press:			
3 warm-up sets of 6-10 reps			
2 sets to failure in 6-10 reps			
Incline Flyes:			
2 sets to failure in 8-10 reps			
Straight Arm Pullover:			
2 sets to failure in 10-12 reps			
Rope Triceps Pushdown:			
3 sets to failure in 10-12 reps			
Lying Cable Extensions:			

3 sets to failure in 10-12 reps			
Overhead Dumbbell Extension:			
3 sets to failure in 10-12 reps			
Cardio: 20 minutes			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 1 - Day 3 Rest - Expert Nutrition Advice – Learn The Ropes

Don't Be Afraid Of Carbs:

- Carbs are your body's preferred energy source and consuming the right types of carbs will keep your metabolism firing at its optimal level.
- During your transformation, you should eat slow digesting carbs which are oats, rice and sweet potatoes/yams.
- If you prefer your rice to be more moist, reach for the short grain.

The Types Of Meat You Should Eat:

- When buying poultry reach for the breast – you'll get a much leaner cut.
- You want to get lean sources of meat so reach for the lean cuts of beef such as the eye of round.
- If you have a meat grinder at home you can grab the eye of round roast to make your own lean ground beef.
- Beef tenderloin can tend to have a lot of visible fat but if you cut that away you're left with good lean meat.
- Tilapia doesn't have much of a taste – so if you don't like the fishy taste, tilapia may be the perfect type of fish for you.

Be Prepared – Proper Food Preparation:

- Cook all your meals for the following day so you can easily grab them in the morning.
- If you don't already have some, buy tupperware containers so you can transport your food.
- Measure your food portions with a food scale, or compare it to the size of your fist for quick and easy measuring.
- If your food is too bland, add some spices such as ginger or cayenne pepper.
- Grilling your food will reduce the amount of fat you have to drain away while cooking, and will prevent the fat from being absorbed back into it.
- Use a cooking spray rather than butter while cooking to prevent large amount of fats to your diet.

Additional Tips To See Results:

- Eat before you go shopping so you don't buy based on hunger.
- Keep fiber in your diet to remain regular and keep your metabolism firing.
- Carry a gallon size jug of water with you – this will ensure you are getting enough water throughout the day.
- Coffee is not required for this transformation, but if you need that extra energy boost it may help.

Don't Forget Your Cardio!

- Even though this is a rest day make sure you do your cardio in the morning and evening.

The Week 1 - Day 4 Back/Biceps

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES
NO

EXERCISE

DURATION

TERMS YOU'LL NEED TO KNOW

FST-7 - FST (Fascial Stretch Training) -7, a training system developed by Hany Rambod and used on his clients, targets the fascial layer directly beneath the skin and above the muscles with seven sets performed for a final exercise.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Reverse Grip Pulldown:							
1 warm up set of 8-10 reps							
3 sets of 8-10 reps							
Bent Over Barbell Rows:							
1 warm up set of 8-10 reps							
3 sets of 8-10 reps							
Hyperextension:							
1 warm up set of 10-12 reps							
2 sets of 10-12 reps							
Straight Arm Pulldown:							
7 sets of 12-15 reps							
Concentration Curls:							
2 warm-up sets of 12-15 reps, per arm							
3 sets of 12-15 reps, per arm							
Alternating Dumbbell Curl:							
3 sets of 12-15 reps, per arm							
Cable Curls:							
3 sets of 15-20 reps							
Cardio: 20 minutes							

Tips For This Workout Day

- Rest period 2-3 minutes max.
- [Lifting straps](#) help you lift more weight.
- [Stretch](#) to lengthen muscle fibers.
- Increase weight with each set, building up to your max weight.
- A [lifting belt](#) can help you [prevent injury](#).
- Don't forget to stay hydrated.

The Week 1 - Day 5 Back/Biceps

Shoulders/Calves/Abs

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: WEIGHT: LOCATION:

MOOD WHEN STARTING:

TERMS YOU'LL NEED TO KNOW

Superset - Two exercises are performed consecutively without any rest.

21s - When performing 21s, 7 reps are performed in the lower half of the motion, then 7 reps are performed in the upper half, and the set is finished with 7 complete reps.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Military Press:							
2 warm up sets of 6-8 reps							
3 sets of 6-8 reps							
Side Raises:							
1 warm up set of 12-15 reps							
3 sets of 12-15 reps							
Upright Rows 21s:							
3 sets of 7,7,7 reps							
Rear Delt Raises:							
7 sets of 12-15 reps							
Superset:							
Weighted Situps:							
3 sets of 15-20 reps							
Seated Calf Raises:							
3 sets of 20 reps							

Standing Calf Raises: 3 sets of 18-20 reps, 1 foot at a time 20 min Cardio: Walking							

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 1 - Day 6

You're almost done with week 1 of Kris Gethin's 12 week daily trainer! It's time to rest and recover today – you should be feeling really sore, and that means you're getting results from this program.

Watch today's episode to learn about basic muscle anatomy. Knowing how your body is put together will help you create a mind-muscle connection in the gym - and your focus and intensity will shoot through the roof!

Muscle Anatomy

Shoulders (AKA Deltoids)

3 Heads:

- **Front:** Recommended Exercise - [Front Raises](#) - Start with this exercise if you are weaker in this muscle group.
- **Middle:** Recommended Exercise - [Side Raises](#) - Puts caps on your shoulders and gives the look of a smaller waist.
- **Rear:** Recommended Exercise - [Rear Delt Raises](#) - Harder to isolate, keep strict form and go a little lighter.

These are isolation exercises, meaning they only work one particular muscle group that you are focusing on.

Compound movements work multiple muscle groups at once.

Triceps

3 Heads:

- **Front:** Recommended Exercise - [Triceps Pushdown](#)
- **Middle:** Recommended Exercise - [Skull Crushers](#)
- **Rear:** Recommended Exercise - [Overhead Dumbbell Extension](#)

Also try [Overhead Cable Extensions](#) and [Close-Grip Bench Presses](#).

Don't neglect the Triceps as they make up 70% of your arm.

Biceps

2 Heads:

- **Inner:** Recommended Exercise - [Wide-Grip Barbell Curls](#)
- **Outer:** Recommended Exercise - [Hammer Curls](#)

- **Overall:** Recommended Exercise - [Preacher Curls](#)

Back

4 Target Areas:

- **Traps:** Recommended Exercise - [Shrugs](#)
- **Lats:** Recommended Exercise - [Lat Pulldown](#) - For thickness and V Taper
- **Back:** Recommended Exercise - [Seated Cable Row](#) - For overall thickness and width, Also try [Bent Over Rows](#), [Cable Pulley Rows](#), and [Single Dumbbell Rows](#)
- **Lower Back:** Recommended Exercise - [Dumbbell Deadlift](#), [Hyperextension](#)

Chest

3 Target Areas:

- **Upper:** Recommended Exercise - [Flat](#) or [Incline Dumbbell Flyes](#)
- **Middle:** Recommended Exercise - [Dumbbell Press](#) - Arms should come down to the middle of the chest.
- **Lower:** Recommended Exercise - [Cable Crossovers](#) or [Decline Bench Press](#)

Abdominals

2 Target Areas

- **Upper:** Recommended Exercise - Weighted [Crunches](#) - The added weight allows you to go to failure with less reps
- **Lower:** Recommended Exercise - [Lying Leg Raises](#) or [Hanging Leg Raises](#)

Don't train Obliques as they are worked during other exercises. This will prevent giving you a square or boxy look.

Train abs once a week like all other muscle groups and hit them heavy and hard.

Legs

4 Target Areas

- **Quadriceps:** Recommended Exercise - [Leg Extensions](#) - Works all 4 quadricep muscles, warms up your knees and pre-fatigues your quads
- **Quads and Hamstrings:** Recommended Exercise - [Squats](#) or [Leg Presses](#) - Compound exercise, the higher your legs the more your hamstrings are worked
- **Quads, Glutes, and Hamstrings:** Recommended Exercise - [Dumbbell](#) or [Barbell Lunges](#) - Compound exercise
- **Hamstrings:** Recommended Exercise - [Hamstring Curl](#) - Isolation exercise, great to start out with to warm up joints
- **Calves:** Recommended Exercise - [Seated Calf Press](#) or [Standing Calf Press](#)

Use heavy weight and high reps, complete a minimum of 20 reps.

Burns fat and builds muscle at the same time.

The Week 1 - Day 7 Legs

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

MOOD WHEN STARTING: _____

TERMS YOU'LL NEED TO KNOW

Superset - Two exercises are performed consecutively without any rest.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Superset:			
Leg Extensions:			
2 sets of 30 reps			
Hamstring Curls:			
2 sets of 20 reps			
Superset:			
Walking Lunges:			
3 sets of 40 steps			
Standing Hamstring Curls:			
3 sets of 15-20 reps			
Leg Press:			
3 sets of 50 reps			
Superset: Repeat Exercises 1 & 2			
Leg Extensions:			
2 sets of 30 reps			
Hamstring Curls:			
2 sets of 20 reps			
Cardio: 20 minutes			

Tips For This Workout Day

- **Wraps, Straps, Belts** for safety and prevention.
- Try **Glucosamine** for healthy joint support.
- Maintain intensity for high rep sets.

Week 1 is over. To kick off week 2 Kris has a chest and triceps workout for you. The intensity of your workouts is going to increase so from now on watch for supersets, giant sets, and FST-7 training principles.

Tips For This Workout Day

- You may notice you lose more weight at the end of the first week than you do in later weeks.
 - Kris will utilize the FST-7 training protocol throughout this program.
 - Supersets and giant sets combine multiple exercises back to back with no rest.
 - Drop sets are done by lifting the weight until failure and decreasing the weight to get out more reps.
 - You can learn more about the various training techniques by checking the Bodybuilding.com SuperSite.
 - Stretch between your warm-up and working sets.
 - If you haven't completed a set but your body is telling you to stop, listen to your body.
 - If the weight stack on a cable machine doesn't have enough weight try putting the pin through the center of a plate. Make sure it's ok with the gym first though.
 - You can use a [Flexsolate Strap](#) to help isolate the muscle on your [Reverse Cable Pushdowns](#).
 - Choose a weight that will allow you to complete all three exercises in the giant set without stopping.
-

DAY:

DATE:

TIME:

am/pm

CARDIO TODAY? YES

NO

EXERCISE

DURATION

EXERCISE	Set #1	Set #2
Cardio: 20 minutes		
Flat Dumbbell Press:		
2 warm-up sets of 8-10 reps		
2 sets to failure in 6-8 reps		
Flat Bench Flyes:		
1 warm-up set of 8-10 reps		
2 sets to failure in 8-10 reps		
1 drop set to failure		
Incline Cable Flyes:		
1 warm-up set of 8-10 reps		
2 sets to failure in 8-10 reps		
1 drop set to failure		
Cable Crossovers:		
1 warm-up set of 8-10 reps		
2 sets to failure in 8-10 reps		
1 drop set to failure		
Tricep Cable Pushdowns:		
1 warm-up set of 8-10 reps		
2 sets to failure in 16-18 reps		
1 drop set to failure		
Reverse Cable Pushdowns:		
1 warm-up set of 8-10 reps		
2 sets to failure in 16-18 reps		
1 drop set to failure		
Giant Set:		
Head Smackers:		
3 sets of 7 reps		
Skull Crushers:		
3 sets of 7 reps		
Rockers:		
3 sets of 7 reps		
Cardio: 20 minutes		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Week 2, Day 9: Dealing With Sickness & Traveling

When going to bed last night Kris was beginning to feel a cold coming on. Upon waking this morning he realizes he is getting sick. This gives him the opportunity to give some tips on what to do when you begin feeling sick while trying to transform your body.

Kris is also going to be doing a lot of [traveling](#) soon and gives some tips on what you should do when you travel.

Tips For This Rest Day

- Take an extra 40g of [glutamine](#) in 10g doses throughout the day.
- Intense training can tax your [immune system](#). If you are getting sick take some time away from the weights, but not your [cardio](#).
- Continue to eat your meals as you normally would.
- Fruits are full of good [vitamins](#) and [anti-oxidants](#) to help fight a cold, but they're also full of sugars which are not part of your diet.
- Even when your traveling you should never miss your meals. Plan ahead and work your environment around your meal times.
- Remember to get in your cardio. 20 minutes twice a day everyday.

The Week 2 - Day 10 Shoulders Workout

DAY:

DATE:

TIME:

am/pm

Tips For This Workout Day

- Kris is getting ready to fly to Los Angeles. He'll be packing his food in Ziploc bags to save space and bring along a few pieces of Tupperware to use throughout his trip.
- If you do Behind The Neck Military Presses, don't go lower than the base of your skull.
- If you're doing One Arm Shoulder Presses, stabilize yourself with the opposite hand to reduce the risk of injury.
- Kris performs some controlled cheating reps, but you shouldn't try this unless you're more experienced.
- With Shrugs use straps to make sure your traps fail first instead of your grip.
- Kris uses the FST-7 training principle when he hits the Rear Raises which you can learn more about on the SuperSite.

TERMS YOU'LL NEED TO KNOW

Superset - Two exercises are performed consecutively without any rest.

Drop Sets - Also known as strip sets, drop sets involve the immediate reduction of weight between sets with no rest. This will thoroughly burn out a muscle.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Seated Military Press:							
2 warm-up sets of 8-10 reps							
3 sets to failure in 6-8 reps							
One Arm Shoulder Press Machine:							
1 warm-up sets of 8-10 reps							
2 sets to failure in 8-10 reps							
1 drop set to failure							
Superset:							
Side Raises:							
1 warm-up set of 8-10 reps							
3 sets to failure 12-16 reps							
Side Raises Behind The Back:							
3 sets to failure 12-16 reps							
Dumbbell Shrugs:							
1 warm-up set of 8-10 reps							
3 sets to failure in 12-20 reps							
Rear Raises:							
1 warm-up set of 8-10 reps							
7 sets of 12-16 reps							

Cardio: 20 minutes							
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The Week 2 Day 11 Calves And Abs Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING: _____

Tips For This Workout Day

- When taking a particularly long trip you can freeze your food to help it last longer.
- A cooler with wheels is a great accessory for the traveling trainer.
- Donkey Calf Raises are particularly useful if you are working out in a gym without calf machines.
- Don't forget to get your post-workout shake immediately after your workout.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 20 minutes				
Standing Calf Raises:				
1-2 warm-up sets of 8-10 reps				
4 sets to failure in 12 reps				
Donkey Calf Raises:				
4 sets to failure in 18-20 reps				
Hanging Leg Raises:				
3 sets to failure in 20 reps				
Cardio: 20 minutes				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 2 Day 12 Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

Tips For This Workout Day

- Kris is still fighting off his cold by increasing his vitamin c, fluid intake, and glutamine intake.
- If you have a beach available to you it is a great place to do cardio to reduce strain on the joints.
- Switch to low or moderate reps occasionally to help keep your body from hitting a plateau.
- During a Romanian Deadlift you should be feeling the stress on your lower back and not your hamstrings.
- The E-Z bar can help relieve the strain on your wrists when doing curls.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Reverse Grip Pulldown:			
1 warm-up set of 8-10 reps			
3 sets to failure in 8-10 reps			
Wide Grip Lat Pulldown:			
1 warm-up set of 8-10 reps			
3 sets to failure in 8-12 reps			
One Arm Dumbbell Row:			
1 warm-up set of 8-10 reps			
3 sets to failure in 8-12 reps			
Romanian Deadlift:			
1 warm-up set of 8-10 reps			
3 sets to failure in 16 reps			
Hammer Dumbbell Curl:			
1 warm-up set of 8-10 reps			
3 sets to failure in 18-20 reps			
Preacher Machine Curl:			
1 warm-up set of 8-10 reps			
3 sets to failure in 14-16 reps			
E-Z Bar Curls:			
1 warm-up set of 8-10 reps			
3 sets to failure in 8-10 reps			
Cardio: 20 minutes			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 2 - Day 13 Rest - Fight Off Cravings & Burn Fat While Eating Out!

It's time to let your exhausted muscles take a break from the gym. But rest days are not days off from your program! You've got to focus on getting the perfect fuel into your body, prepping for your next workout and firing your metabolism.

But that double-bacon-cheeseburger or slice of pepperoni pizza might start to look really tasty this week. Get Kris's expert tips to fight your food cravings so you're a winner in the end!

[Cravings](#) can attack any person at any time – no one on a diet is immune. But indulge once and you could find yourself back to your old habits and ruining all your progress.

Today, Kris has the perfect strategy for fighting cravings and choosing the perfect fuel even if you eat out with friends! There's never excuse to break your diet – and Kris will show you why!

How To Say Goodbye To Cravings

- Eat every 2-3 hours. When you aren't hungry, you won't have food cravings.
- Eat complex [carbohydrates](#) and lean [protein](#) in every meal. These foods digest slowly to keep your metabolism stable.
- Craving chocolate? Try a chocolate flavored [protein shake](#) to give you the taste without the unnecessary calories.
- Drink 1-2 gallons of water throughout the day. Try adding some [Xtend](#) to it. You'll get a nice flavor and it will keep you feeling full.
- Avoid eating sugary foods. Your blood sugar levels will spike and your body will want to maintain that level with sugary foods.
- Avoid fruits. They are healthy, but are also full of sugar.
- Eat green vegetables such as [broccoli](#), [asparagus](#), [lettuce](#), [spinach](#), and [cabbage](#). They're low in calories and high in vitamins.

How To Get Fat-Burning Meals At Restaurants

- Bring your own food when you go out to eat with friends.

If you can't bring your own food or you get caught without a meal try these tips:

- At restaurants, try checking menus for plain [chicken](#) or [steak](#) that is grilled and not fried.
- Request a few more napkins to absorb any extra oils on your food.
- Measure your portion size against your fist. Any extra you can take home for another meal or give it to someone else.
- Drink water, [coffee](#) or [tea](#). Coffee and tea shouldn't have any added sugar or cream.
- Don't forget to do your daily [cardio](#).

The Week 2 Day 14 Legs Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING: _____

TERMS YOU'LL NEED TO KNOW

Partial Reps - Performing an exercise without going through a complete range of motion either at the beginning or end of a rep.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 20 minutes				
Superset:				
Leg Extensions:				
3 sets to failure in 20 full and partial reps				
Seated Leg Curl:				
3 sets to failure in 12-15 reps				
Superset:				
Hack Squat:				
4 sets to failure in 50 reps				
Standing Leg Curl:				
4 sets to failure in 18-20 reps				
Cardio: 20 minutes				

Tips For This Workout Day

- Keep your rest times in between 60 and 90 seconds to reduce the risk of injury.
- Keep your heart rate up to increase the amount of fat you're burning.
- On the Leg Extensions do your regular repetitions then follow those with another 20 partial reps before moving on to the Seated Leg Curl.
- During your Hack Squat try to go deep so that your knees bend a little beyond 90 degrees.

The Week 3 Day 15 Chest/Triceps Workout

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists: 150 reps per side			
Flat Dumbbell Press:			
2 warm-up sets of 8-10 reps			
2 sets to failure in 6-8 reps			
Straight Arm Pullovers:			
1 warm-up set of 8-10 reps			
2 sets to failure 10-12 reps			
Incline Flyes:			
3 sets to failure 10-12 reps			
1 drop set to failure			
Overhead Tricep Extensions:			
1 sets to failure 12-15 reps			
2 drop sets to failure			
Dips:			
3 sets to failure 12-15 reps			
Superset:			
Lying Dumbbell Extensions:			
3 sets to failure 10-12 reps			
Narrow Pushups:			
3 sets to failure			
Bench Dips:			
3 sets to failure 12-15 reps			
Cardio: 20 minutes			
Twists: 150 reps per side			

Tips For The Day

- Incorporate Twists at the end of your cardio sessions.
- Remove a 1/3 of your oats from your breakfast.
- Totally remove all complex carbs (rice, potato) from your last meal and replace with fibrous carbs (broccoli).
- For Dips make sure the bars are as close to shoulder width as possible.
- If your body weight isn't difficult enough you can increase the difficulty of your Dips by using a dip belt.

The Week 3 Day 16 Back/Biceps Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists: 1 set of 150 reps			
Reverse Grip Pulldown:			
1 warm-up set of 8-10 reps			
3 sets to failure in 8-10 reps			
Lat Pulldown:			
3 sets to failure in 12-15 reps			
Dumbbell Row:			
3 sets to failure in 15-17 reps			
Close Grip Pullups With Legs Elevated:			
3 sets to failure in 10-12 reps			
Alternating Dumbbell Curls:			
1 warm-up set of 8-10 reps			
3 sets to failure in 12-14 reps			
Preacher Dumbbell Curls:			
1 warm-up set of 8-10 reps			
3 sets to failure in 12-14 reps			
Spider curls			
3 sets to failure in 20 reps			
Cardio: 20 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

- The weakest link during pulling movements is your grip - utilize weight training straps to transfer the burden from your grip strength to the straps so you can lift more weight or more reps.

Kris prefers the Flexolite straps when he is doing Pulldowns.

- Vary your grip to work different muscles.
- Overhand grip: works more traps and the thickness of the back
- Underhand grip: works more of the lats
- Doing your Dumbbell Rows on a bench will eliminate movement and stress in the lower back.
- Close Grip Pullups With Legs Elevated will not only work you lats but will also hit your abs.
- Nitric Oxide cream can help your mind muscle connection as well as providing a pump to the targeted muscle.
- Try to rotate your wrist out as much as possible during Preacher Curls to really hit the peak of your biceps.

The Week 3 - Day 17 Rest *Fat In Your Diet*

Roles Of Fat

[Fat](#) has many roles in the body:

- It helps to protect your organs
- It helps to absorb [vitamins](#)
- It helps with hormone production

Side Effects Of Reducing Fats

When you remove or lower fat in the body you may notice slower brain function – which may cause you to become a little forgetful. Normal side effects are:

- Forgetfulness
- Can't sleep at night
- Irritability

These minor side effects are normal and you just have to deal with them temporarily to get through the transformation.

Fat In This Diet

- On this diet you should eliminate all saturated fats
- You should take in [Omega Fatty acids](#) in the morning and night
- You will consume small amounts of naturally occurring fats from your [protein](#) sources

You should cut all other fat sources out of your diet because they are extremely calorie dense – every one gram of fat contains nine calories. You should be burning off stored fat, not additional fat that you're consuming throughout the day.

Losing Body Fat

Men and women store fat in different areas of the body:

- Generally for women it is the hips, thighs, buttocks, & back of the arms.
- For guys it is mainly the torso – the mid section and lower back.

You cannot spot reduce a specific area of the body. You just have to keep dieting until the fat on those stubborn areas come off.

Two good ways to determine if you are seeing results or not are:

- A change in your weight from monitoring it on the scale.
- Seeing physical changes in the mirror.
- Myth: You can't feel fat burning off your body.

The Week 3 - Day 18 *Eating While Traveling*

Travel Preparation:

- Always prepare the food you'll need while [traveling](#) the night before.
- Divide your food as you normally would, but place it in Ziploc bags and freeze it - this will allow for easy packing and prevent the food from spoiling.
- Call the hotel in advance to make sure there is a refrigerator in your room and a workout facility available
- If you are scheduled to meet new people or have long meetings, contact someone and let them know about your meal schedules so they can best accomodate you.
- Remember airport security is suspicious of powders and liquids so put your [supplements](#) in your checked bag.

Control Your Environment:

- You can get your [cardio](#) in by going up and down the stairwell of the hotel.
- Work your schedule around your eating times, not vice versa.
 - Eat every 2-3 hours to keep your [metabolism](#) cranking.
 - Eat on time even if you're traveling or in meetings - it may be inconvenient or awkward, but you have to focus on yourself in these situations.
 - Don't give into peer pressure and eat at restaurants. You can go to socialize, just bring your own food.

The Week 3 Day 19 Shoulders/Calves/Abs Workout

DAY:

DATE:

TIME:

am/pm

LENGTH OF WORKOUT: WEIGHT:

LOCATION:

TERMS YOU'LL NEED TO KNOW

Failure - That point in an exercise at which you have so fully fatigued your working muscles that they can no longer complete an additional repetition of a movement with strict biomechanics. You should always take your post-warm-up sets at least to the point of momentary muscular failure, and frequently past that point.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Twists:							
1 set of 150 reps							
Superset:							
Dumbbell Side Raises:							
3 sets to failure in 15-17 reps							
Front Dumbbell Raises:							
3 sets to failure in 15-17 reps							
Machine Shoulder Press:							
1 warm-up set of 8-10 reps							
3 sets to failure in 15-17 reps							
Rear Delt Raises:							
7 sets to failure in 12-15 reps							
Standing Calf Raises:							
1 warm-up set of 8-10 reps							
5 sets to failure in 20 reps							
Sit-Ups:							
3 sets to failure							
Cardio: 20 minutes							
Twists:							
1 set of 150 reps							

Tips For This Workout Day

- If you have to eat your meal in a meeting or bring your own food to a restaurant, then do it. Control your environment.
- The video demonstration for Sit-Ups shows a weight on the feet. You should not be doing this.
- If you're low on motivation, log on to BodySpace for an extra motivational push.

The Week 3 Day 20 Legs Workout

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**
LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

TERMS YOU'LL NEED TO KNOW

Drop Sets - Also known as strip sets, drop sets involve the immediate reduction of weight between sets with no rest. This will thoroughly burn out a muscle.

Rest-Pause - Do a set to failure. Rest for 5 to 10 seconds then do a few more reps with the same weight. Do this once or a few times depending on your energy levels and how far you wish to push. With this technique you can take a weight you can only do for a certain number of reps and increase that amount.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists:			
1 set of 150 reps			
Leg Extensions:			
2 warm-up sets of 8-10 reps			
1 drop set of 100 total reps			
Leg Press:			
2 warm-up sets of 8-10 reps			
3 rest-pause sets of 30 reps			
Standing Hamstring Curls:			
1 warm-up set of 8-10 reps			
3 sets of 20 reps			
Hack Squats:			
2 warm-up sets of 8-10 reps			
3 rest-pause sets of 30 reps			
Cardio: 20 minutes			
Twists:			
1 set of 150 reps			

Tips For This Workout Day

- In this series you'll see Kris using some heavy weight. Don't assume you should to. Pick a weight that is appropriate for you. The intensity is the most important factor not the weight.
- For the Leg Extensions drop set, begin with a weight that will have you reaching failure in 10-20 repetitions, and for each drop pick a weight that will allow you to get another 10-20 before needing to drop again.
- On the Leg Press and Hack Squats, you'll be using the rest-pause technique. Use a weight that will have you reaching failure in 25 reps. When you hit failure. Rest and pause a moment and then get out your remaining 5 reps.

The Week 3 - Day 21 *Clearing Up Carb Confusion*

Carbs Are Good:

- Carbs are your body's preferred source of energy and they help to keep your metabolism firing at all times.
- Keep [carbs](#) in your diet during your entire transformation - cutting them out will result in cravings and energy crashes.
- Carbs replenish glycogen stores which gives you energy you need while exercising.

Carb Types:

- There are two different types of carbs – fast-burning and slow-burning.
 - The majority of the carbs that you'll be eating during your transformation is slow burning carbs like [oatmeal](#), [brown rice](#) and [sweet potatoes](#).
 - Fast burning carbs can be good for post workout, but for the most part you want to stay away from them because they are more likely to be found in sugary substances.

How To Use Your Carbs:

- You should slowly lower the amount of carbs you consume as you go through the transformation, but it should be at specific times.
- If you do not see results for a week straight, then you may want to reduce your carbs by 1/3 for each meal. You may also remove your carbs from the last couple of meals because you won't need them before going to bed.

The Week 4 - Day 22 *Exercising and Eating at the Hotel*

- Your pre-cardio supplements should be [Green Tea](#), [L-Carnitine](#), and [Yohimbe](#).
- After your cardio, take your [multivitamin](#) with your second meal of the day.
- If the continental breakfast doesn't have food that fits in your diet, DON'T eat it.
- Schedule a wake-up call with the hotel and make sure you don't miss your training. You may be busy, but there's no time to take a step backwards.

The Week 4 Day 23 Back/Biceps Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

TERMS YOU'LL NEED TO KNOW

Triple Drop Sets - sets that involve dropping the weights 3 times during 1 set while decreasing the weight after each drop. Try to complete the rep range, but you should be failing (dropping) before completing it.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 20 minutes				
Twists: 1 set of 150 reps				
Reverse Grip Hammer Pulldowns:				
2 warm up sets of 8-10 reps				
3 sets of 10-12 reps				
Bent Over Barbell Rows:				
1 warm up set of 8-10 reps				
3 sets of 10-12 reps				
Single-Arm Rows:				
1 warm up set of 8-10 reps				
2 sets of 10-12 reps				
Reverse Grip Pulldowns:				
1 warm up set of 8-10 reps				
3 sets of 10-12 reps				
Preacher Curls:				
1 warm up set of 8-10 reps				
4 triple drop sets of 12, 12, 12, reps				
EZ Bar Curls:				
4 triple drop sets of 12, 12, 12, reps				
Cardio: 20 minutes				
Twists: 1 set of 150 reps				

Tips For This Workout Day

- Stay away from temptations during your transformation.
- Greater core strength helps increase pulling strength.

Form

- Complete a full range of motion for proper development.
- Stretch between sets.
- Maintain rigid posture to protect your back.

Reverse Grip

- Used to target the lower lats and increase thickness.

Overhand Grip

- Used to isolate and focus on the middle back.

The Week 4 Day 24 Shoulders Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES
NO

EXERCISE

DURATION

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

TERMS YOU'LL NEED TO KNOW

YT3 - Yoda 3 Weeks Training. Neil Hill's training system: 1st week consists of high weight with low reps, 2nd week uses medium weight with medium reps, and the 3rd week uses low weight with high reps.

Partial Reps - half of a full rep. Today, your partial reps will exercise the first half of rear delt raises to focus on muscle activity during the beginning of the rep.

Drop Set - performing 2 sets, aiming to reach failure by the end of your specified rep range. Once you "drop" on the first set, decrease the weight and start your 2nd set with no rest and continue until failure or until you have completed the rep range.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists: 1 set of 150 reps			
Side Lateral Raise:			
2 warm-up sets of 8-10 reps			
3 triple drop sets of 10, 10, 10 reps			
Shoulder Press:			
1 warm-up set of 8-10 reps			
3 triple drop sets of 10, 10, 10 reps			
Rear Delt Raise:			
1 set of 12 reps 20 partial reps			
Cardio: 20 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Form

- Do not let your arms rest at the side during Side Lateral Raise.
- Gradually increase the weight and lower the reps during Shoulder Press and Side Lateral Raise.

The Week 4 Day 25 Chest Workout

DAY: DATE: TIME: am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: WEIGHT:

LOCATION:

MOOD WHEN STARTING:

TERMS YOU'LL NEED TO KNOW

YT3 - Yoda 3 Week Training. Neil Hill's training system: 1st week consists of high weight with low reps, 2nd week uses medium weight with medium reps, and the 3rd week uses low weight with high reps.

Triple Drop Sets - sets that involve dropping the weights 3 times during 1 set while decreasing the weight after each drop. Try to complete the rep range, but you should be failing (dropping) before completing it.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists: 1 set of 150 reps			
Butterfly:			
2 warm-up sets of 8-10 reps			
3 triple drop sets of 12, 12, 12 reps			
Machine Press:			
3 triple drop sets of 12, 12, 12 reps			
Incline Dumbbell Flyes:			
3 triple drop sets of 12, 12, 12 reps			
Cardio: 20 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

- Keep your elbows down during Pec Deck to isolate the inner chest.
- Incline Dumbbell Flyes are good for working your upper chest.

The Week 4 - Day 26 Rest *Staying Accountable*

MOTIVATIONAL TOOLS YOU SHOULD BE USING

BodySpace - Create a BodySpace account for free and track your progress, create workouts, and find motivation - all at your fingertips.

BodyBlog - Get on Bodyspace and go to your BodyBlog to post your goals and thoughts to keep your fitness on track and updated.

Tips For This Rest Day

Training

- Make sure your travel lodgings have a gym or are near a gym so you can exercise while on the road.

Eating

- Don't let time commitments or social pressure influence you.
- Bring your own food or MRP to restaurants.

Accountability

- Log on to BodySpace and your BodyBlog to post your progress and goals.

The Week 4 - Day 27 Rest *Importance Of Protein*

- It isn't a meal unless there's [protein](#)!
- Protein helps repair and build muscle and is necessary for recovery.
- Aim to eat around 1.5 grams of protein per pound of body weight a day.

Taking Your Protein: Best Practices

Morning Meal - Egg Whites

Mid-Day Meals - Chicken and Turkey Breasts

Pre-Workout Meal - Fish

Post-Workout Meal - Protein Powder

Evening Meal – Steak

The Week 4 Day 28 Leg Workout

DAY:

DATE:

TIME:

am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: WEIGHT:

LOCATION:

EXERCISE	Set #1	Set #2	Set #3
Cardio: 20 minutes			
Twists: 1 set of 150 reps			
Superset:			
Leg Press:			
3 sets of 85 reps:			
20 reps with feet at bottom of plate			
20 reps after moving feet 1 inch up			
20 reps after moving feet 1 inch up			
25 reps after moving feet to top of plate			
Squats:			
3 sets of 20 reps			
Leg Extensions:			
3 triple drop sets of 12-15 reps			
1 burnout set with partial reps			
Cardio: 20 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

The Right Partner:

- It's always good to find a partner that will challenge you, not slow you down - find someone who may be more experienced, stronger, or more dedicated than you.

Mind Over Matter:

- During your most difficult sets and reps, make sure to have a mental back-up to help you finish strong. A good mental back-up is unique for every individual - try imagining a loved one will be hurt if you don't finish your last few reps!

Partial Reps:

- During your partial reps for leg extensions, make sure to only move the weight 4-8 inches, never allowing the weight to touch the bottom of the rack to keep your muscles working.
- The speed of partial reps is irrelevant as long as your reps are controlled.

The Week 5 Day 29 Triceps/Calves/Abs Workout

DAY:

DATE:

TIME:

am/pm

TERMS YOU'LL NEED TO KNOW

YT3 - Yoda Training, 3 Weeks. Neil Hill's training system: 1st week consists of high weight with low reps, 2nd week uses medium weight with medium reps, and the 3rd week uses low weight with high reps.

Triple Drop Sets - sets that involve "dropping" the weights 3 times during 1 set while decreasing the weight after each drop. Try to complete your rep range, but you should be failing (dropping) before completing it.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Twists: 1 set of 150 reps							
V-Handle Cable Extensions:							
1 warm up set of 8-10 reps							
3 triple drop sets of 15 reps							
Close Grip Bench Press:							
2 warm up sets of 8-10 reps							
3 triple drop sets of 12 reps							
Triceps Overhead Rope Extensions:							
2 warm up sets of 8-10 reps							
3 triple drop sets of 10 reps							
Standing Calf Raises:							
7 sets of 20 reps							
Weighted Sit-Ups:							
1 warm up set of 8-10 reps							
3 sets of 10-12 reps							
Hanging Leg Raises:							
2 sets of 15-17 reps							
Cardio: 20 minutes							
Twists: 1 set of 150 reps							

Tips For This Workout Day

Keep Yourself Accountable:

- Accountability is a keystone for success. Get on [BodySpace](#), and constantly update your short term and long term progress.

Find Support:

- We all have those days where we need some encouragement. That's why you can post on your [BodyBlog](#) when your motivation is down - the more people you tell your goals and updates to, the more accountable you will be.
- Sign up with a [BodyGroup](#) to stay connected with like-minded people. There IS power in numbers, so tap into a support network full people with the same goal.

The Week 5 - Day 30 Rest *Adapting And Adjusting*

Tips For This Rest Day

Control Your Environment:

- Things come up, road blocks occur, we all know that. However, you still have to try as hard as you can to not let these events dictate your progress. Make the adjustments needed to stay on track - don't let yourself falter!

Keep Your Head Up:

- Dedication to a strict exercise program and diet can be taxing on your mental fortitude, but make sure to keep positive and focus on the end results. You're doing great so far, so don't throw all your progress away!

DON'T FORGET

- Increase your cardio from 20 to 25 minutes.
- From now on, we'll be increasing the intensity of the workouts and lowering rest times.

The Week 5 - Day 31 Rest *Coping With Bland Meals*

Reading While Eating:

- If you're having trouble getting those bigger meals down, grab something to read. Reading is a useful way to occupy your mind, and helps pass the time while eating. Make your meals less of a hassle and learn something at the same time!

Heat Things Up:

- Wearing some heavier clothes or an extra layer such as sweat pants or a sweatshirt is an easy way to get your body temperature up while training. Mix that with the right cardio and weight training, and your body will become a fat furnace. Just remember to stay hydrated!

The Week 5 Day 32 Shoulders Workout**DAY:****DATE:****TIME:****am/pm**

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT: WEIGHT:

LOCATION:

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 20 minutes							
Twists: 1 set of 150 reps							
Smith Machine Shoulder Press:							
2 warm up sets							
3 sets of 10 reps							
Smith Machine Shoulder Press Behind The Neck:							
1 set of 8 reps							
1 drop set of 8, 10 reps							
Machine Side Lateral Raises:							
4 drop sets of 10, 10 reps							
Smith Machine Shrugs:							
1 warm up set							
3 sets of 18-20 reps							
Machine Rear Raises:							
7 sets of 15 reps and partial reps until failure							
Cardio: 25 minutes							
Twists: 1 set of 150 reps							

Tips For This Workout Day

Why Do High Reps?

- Both high AND low reps are good for building toned, full muscle. Using a combination of high and low reps will shock the body most and hit both of your muscle fibers - allowing for the best results. Using diverse styles of reps and weight are the key to a quick transformation!

Smith Machine Shrugs:

- Consider using wrist straps and a lifting belt to help prevent injury and isolate your target muscle - the traps. Take your grip out of the equation!

Machine Rear Raises:

- Try pronating your hands (rotating them inward) to make sure you hit every part of the delts!

The Week 5 Day 33 Chest/Triceps Workout

DAY:

DATE:

TIME:

am/pm

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Flat Dumbbell Press:			
2 warm up sets			
3 sets of 6-8 reps			
Incline Dumbbell Press:			
2 warm up sets			
2 sets of 10 reps			
1 triple drop set of 10, 10, 10 reps			
Peck Deck Flyes:			
2 warm up sets			
3 drop sets of 8, 8 reps			
Tricep Rope Pushdown:			
2 warm up sets			
3 drop sets of 12, 12 reps			
Overhead Tricep Extensions:			
2 warm up sets			
3 drop sets of 12, 12 reps			
Smith Machine Close Grip Bench Press:			
2 warm up sets			
2 sets of 12 reps			
1 set of 12 reps and partial reps until failure			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Quality Over Quantity

- There's no need to spend multiple hours in the gym every day. Results don't just come from gym time - they also come from rest time. This is why it's important to work hard in the gym, then allow yourself the time to recover! Overtraining can result in catabolism, burnout, and unsatisfying results.

Mind Over Matter:

- It's easy to psyche yourself out when you are lifting heavy. Commonly, people don't get in the right mindset when pushing themselves, so make sure to tell yourself you can do it - you'll be surprised by what you can accomplish!

Lifting:

- Try squeezing the muscles you are working at the apex (peak) of your rep - this can help with toned muscle development.

Peck Deck Flyes:

- Drop your elbows at the end of each rep to isolate the center of the chest with the pause and squeeze technique. If you fail, finish with some partial reps!

The Week 5 Day 34 Legs Workout DATE _____ TIME _____ DAY _____

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 25 minutes				

Twists: 1 set of 150 reps				
Single Leg Hamstring Curls:				
2 warm-up sets of 8-10 reps				
4 drop sets of 10, 10 reps				
Stiff-Legged Deadlift:				
2 warm-up sets of 8-10 reps				
2 sets of 16-18 reps				
Leg Press:				
2 warm-up sets of 8-10 reps				
2 sets of 20 reps to failure				
Leg Extensions:				
2 warm-up sets of 8-10 reps				
3 triple drop sets of 20, 20, 20 reps				
Superset:				
Seated Hamstring Curls:				
1 warm-up set of 8-10 reps				
3 drop sets of 16, 16 reps				
Standing Calf Press:				
1 warm-up set of 8-10 reps				
3 drop sets of 20, 20 reps				
Cardio: 25 minutes				
Twists: 1 set of 150 reps				

Tips For This Workout Day

Should I Keep Up With My Cardio?

S YES! Cardiovascular training helps promote blood flow and endurance during exercise. It's important to stick with cardio during the off-season, or even when bulking. Aim to do 20 minutes of cardio 3 times a week.

Single Leg Hamstring Curls:

- Stretch your hamstring between sets to prevent injury.
- Pull your resting/supporting leg forward during exercise to isolate your working hamstring.

Stiff-Legged Deadlift:

- Push back with your hips when performing the exercise.
- Leg Press: Use a narrow stance to maximize the kinetic chain, allowing for isolation of the quads and preventing stress on your joints.
- Superset: The only rest time you should get is while transitioning from one exercise to the other.

The Week 5 Day 35 Workout DAY _____ DATE _____ TIME _____

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Giant Set:			
Chins:			
3 sets of 16-20 reps			
Behind The Neck Pulldowns:			
3 sets of 12 reps			
Cable Rows:			
3 drop sets of 12, 12 reps			
Superset:			
Bent Over Row:			
3 sets of 12 reps			
Hyperextensions:			
3 drop sets of 12, 12 reps			
Superset:			
Alternating Dumbbell Curls:			
1 set of 20 reps			
2 sets of 8 reps			
Crossover Curls:			
3 drop sets of 8, 8 reps			
Lying Bicep Curls:			
3 drop sets of 20, 20 reps			
Weighted Sit-Ups:			
3 sets of 10-15 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

One Program At A Time:

- Should you mix other programs with this one? NO! The training and nutrition in this program are designed to work synergistically. Stick with it to the end, or you could negatively affect your results. Once you are finished, you are welcome to try a new program!

Bent Over Row/Hyperextension Superset:

- Remember to stretch between your working sets!

Weighted Sit-Ups:

- Stretch your abs to prevent cramping.
- Use a weight that will cause you to fail around 10-12 reps - don't lift too heavy or you could risk back injury!

The Week 6 - Day 36 Rest *Overcoming Road Blocks*

Tips For This Rest Day

Assessing Your Progress:

- Don't just be concerned with the numbers on the scale! If you can physically see positive change in the mirror, then you're definitely making progress.
- Remember to focus on your worst body parts, whether it's your abs, thighs, or arms. Seeing positive change in the toughest areas means you're on track!
- Be patient! Often the most visible results aren't seen until the last 4-6 weeks, so stay motivated.

Road Blocks:

- The quickest way to stagnant results is letting your environment control you. Things come up - that's life, but it's YOUR life! Adapt and adjust to control your environment so you can roll through last minute chores, business meetings, or bad weather.

Ramping Up The Results:

- From now on, try and up the intensity of your transformation. This is the prime time for people to see plateaus, so adjust accordingly!
- Start cutting out some more carbs, and keep your training intensity high.
- To stay motivated, check out our Transformations of the Week and see what other people have achieved from sticking to their program and finishing strong!

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Week 6, Day 37 Rest: Free Weight Vs. Machines

Tips For This Rest Day

Free weights and machines are both good for building muscle, so make sure to use both types of weights for the best results!

The Benefits of Free Weights:

- Activates both your primary and stabilizing muscles.
- Supports building muscle and burning fat at the same time!

The Benefits of Machines:

- Good for isolating certain muscles, allowing you to focus on your primary muscle development.
- Selecting different weights is fast and convenient.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 6 Day 38 Shoulders/Calves Workout DAY_____ DATE_____ TIME_____

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Superset:			
Side Raises:			
2 warm-up sets of 8-10 reps			
3 triple drop sets of 10-12 reps			
Front Plate Raises:			
1 warm-up set of 8-10 reps			
3 sets of 10-12 reps			
Superset:			
Military Press:			
2 warm-up sets of 8-10 reps			
3 drop sets of 8 reps			
Rear Raises:			
2 warm-up sets of 8-10 reps			
3 sets of 12 reps			
Dumbbell Shrugs:			
3 sets of 20 reps			
Superset:			
Seated Calf Raises:			
2 triple drop sets of 10-12 reps			
Standing Calf Raises:			
1 set to failure			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Broad Tips:

- Remember to properly warm up to get your joints loose and comfortable for doing a high intensity workout!
- Keep your ego out of the gym! As you target your fat as energy (a lesser energy source), you might experience fatigue in the gym. Keep lifting even if you feel weaker. Maintaining intensity will mean results.

Triple Drop Sets:

- Try getting all your weight ready to go before doing a drop set so you can quickly switch weights and maintain a high intensity.

Front Raises:

- Try turning the weight at the apex of your repetition like a steering wheel to really burn those shoulders.

Dumbbell Shrugs:

- Lean forward and bend your arms slightly at the top of the exercise to isolate those traps.
- Remember to utilize lifting straps when you reach a weight that is hard to hold onto.

Calf Raises:

- You can point your toes inward or outward to isolate your inner or outer calf muscles - use the normal straight leg technique to work both simultaneously!

The Week 6 Day 39 Chest/Triceps/Abs Workout

DAY: DATE: TIME: am/pm

CARDIO TODAY? YES NO EXERCISE DURATION

LENGTH OF WORKOUT: WEIGHT: LOCATION:

MOOD WHEN STARTING:

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Cardio: 25 minutes					
Twists: 1 set of 150 reps					
Dumbbell Press:					
5 warm-up sets of 8-10 reps					
2 sets of 6-8 reps					
Decline Bench Press:					
2 warm-up sets of 8-10 reps					
1 triple drop set of 6-8 reps					
Incline Dumbbell Press:					
2 sets of 8-10 reps					
1 drop set of 8-10 reps					
Cable Crossovers:					
2 sets of 10-12 reps					
1 drop set of 10-12 reps					
Superset:					
Lying Tricep Extensions:					
3 sets of 10-12 reps					
Lying Pullovers:					
3 sets of 8-10 reps					
Overhead Dumbbell Extension:					
2 warm-up sets of 8-10 reps					
3 sets of 10-12 reps					
Bench Dips:					
3 drop sets of 10-12 reps partial reps until failure					
Incline Reverse Crunch:					
3 sets of 15 reps					
Cardio: 25 minutes					
Twists: 1 set of 150 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Broad Tips:

- Remember to properly warm up to get your joints loose and comfortable for doing heavier weight!
- At this point, our goal is to increase the volume of our workouts and keep our heart rate up so we can burn fat and build muscle effectively.
- If you are plateauing, make sure to increase the intensity and adjust your workout to maintain consistent progress. Use drop sets, giant sets, and supersets to keep your routines fresh.
- Remember to follow the Dramatic Transformation Principle (DTP).

Decline Bench Press:

- Considering using the rest-pause technique between your reps to get a good stretch and contraction of the chest.

Incline Dumbbell Press:

- For added intensity, add some incline close-grip push-ups after your working sets.

Cable Crossovers:

- For more torque, use a press technique rather than a fly technique. This will allow you to lift heavier weight.
- Remember to utilize lifting straps when you reach a weight that is hard to hold onto.

Lying Tricep Extensions/Lying Pullovers:

- Mix in some close grip presses to add intensity to the superset!

Overhead Dumbbell Extensions:

- Use a military bench for back support and isolation. Remember; don't let the weight go too far down!

Bench Dips:

- Bench Dips are a compound movement, which will help isolate the middle of the triceps.

Reverse Incline Crunch:

- Keep your legs straight at the bottom of the movement. Make sure to bring your knees to your chest, and elevate your hips at the top of the movement.

TERMS YOU'LL NEED TO KNOW

Drop Set - performing 2 sets, aiming to reach failure by the end of your specified rep range. Once you "drop" on the first set, decrease the weight and start your 2nd set with no rest and continue until failure or until you have completed the rep range.

Triple Drop Set - performing 3 continuous sets that involve dropping the weights (failing) 3 times, and decreasing the weight after each drop. Try to complete each rep range, but you should be dropping before completing them.

The Week 6 Day 40 Workout

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Superset:			
Leg Press:			
3 sets of 22-25 reps			
Squats:			
3 sets of 8-10 reps			
Superset:			
Seated Leg Curl:			
3 sets of 20 reps			
Standing Leg Curl:			
3 sets of 8-10 slow reps followed by 10 quick reps			
Hack Squats:			
3 sets of 20-30 reps			
Superset:			
Unilateral Leg Extension:			
1 set of 20 reps			
1 set of 10 reps			
1 set of 5 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Broad Tips:

- Since today is an intense leg day full of supersets, make sure to properly warm up!
- Keep your ego out of the gym! As you target your fat as energy (a lesser energy source), you might experience fatigue in the gym. Keep lifting even if you feel weaker. Maintaining intensity will mean results.

Supplementation:

- Consider taking 5 grams of BCAAs in the morning, pre-workout, post-workout, and before bed to fight catabolism.
- Because we are focusing on leaning up, try decreasing your post-workout carbohydrate (such as Vitargo) to one scoop.

Leg Press/Squats Superset:

- Mentally prepare yourself before doing high weight reps so you don't psyche yourself out!
- Your hamstrings should be parallel to the floor at the bottom of the repetition. Focus on making a 90 degree angle with your legs.

Standing Leg Curl:

- Remember to do slow, controlled reps until near failure, and then do 10 quick, controlled reps.

Hack Squats:

- Use a lifting belt for added support and safety.

Unilateral Leg Extension:

- Focuses on individual quad development.

TERMS YOU'LL NEED TO KNOW

BCAA's - Branched Chain Amino Acids are essential amino acids. The 3 BCAA's are Leucine, IsoLeucine, and Valine. They are important for protein synthesis and serve as fuel during your workouts.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

Week 6, Day 41: *Burning Fat By Eating*

Tips For This Rest Day

Food = Fat Loss:

- Food acts as a thermogenic - when you eat, your body temperature rises, and your metabolism ignites.

More Meals:

- Eating frequent but smaller meals can help keep your metabolism flame lit all day.
- During your normal diet, eat 5-6 meals a day. If you want to ramp up the fat burn, try eating 8 smaller meals throughout the day!

REMEMBER!

Your body's metabolism is like a fire, it needs fuel to keep going!

The Week 6 Day 42 Workout

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Reverse Grip Hammer Pulldowns:			
2 warm-up sets of 8-10 reps			
3 sets of 8-10 reps			
Single Arm Rows:			
2 warm-up sets of 8-10 reps			
3 sets of 12-15 reps			
Bent Over Rows:			
2 warm-up sets of 8-10 reps			
3 sets of 10-12 reps			
Reverse Grip Pulldowns:			
3 sets of 12-15 reps			
Spider Curls:			
1 warm-up set of 8-10 reps			
3 sets of 8-10 reps			
Concentration Curls:			
1 warm-up set of 8-10 reps			
3 sets of 12-15 reps			
Machine Preacher Curls:			
7 sets of 10-15 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Adjusting Cardio:

- Don't adjust your cardio until your weight plateaus or you notice you're not losing as much as you should.
- If you do adjust your cardio only add around 10 minutes per day. That's only 5 minutes per session.

Reverse Grip Hammer Pulldowns:

- Be sure to check out the video for a demonstration on performing this exercise.
- If your chest is coming off the pad you're using too much weight, and you should remove some.

Single Arm Rows:

- If you're going heavy on this lift make sure you're wearing a lifting belt to protect your back.
- If you start to fail on your last few reps complete the set with partial reps.

Reverse Grip Pulldowns:

- Try using flexsolate straps to really isolate the muscle on this exercise.

Spider Curls:

- Try using a wider grip when you want to add some thickness to your biceps.
- If you don't think you're doing enough work on a particular muscle, throw in a drop set.

Machine Preacher Curls:

- Kris feels his biceps need extra work so this last set is an FST-7 set.
- You will find seven sets on your last exercise can be very intense and almost painful. You need to work through that pain and complete the set.

The Week 7 Day 43 Shoulders/Calves Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES
NO

EXERCISE

DURATION

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

TERMS YOU'LL NEED TO KNOW

Negative Reps - performed by slowly lowering the weight back to the starting position after the apex of the exercise. This works your eccentric muscle contraction. If you can, have a spotter assist your first half of the lift (the positive muscle contraction), so you can focus your strength on the negative muscle contraction.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7
Cardio: 25 minutes							
Twists: 1 set of 150 reps							
Dumbbell Shoulder Press:							
2 warm-up sets of 8-10 reps							
2 sets of 6-10 reps							
Side Raises:							
3 sets of 10-12 reps							
Front Raises:							
3 sets of 10-12 reps							
Cable Side Raises:							
3 sets of 8-10 reps and 3 negative reps							
Wide Grip Upright Row:							
7 sets of 15 reps							
Superset:							
Calf Raises on Leg Press Machine:							
3 sets of 20 reps							
Modified Crunches:							
3 sets of 20-30 reps							
Cardio: 25 minutes							
Twists: 1 set of 150 reps							

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

- If you're feeling strong, you don't necessarily always have to do Giant Sets or Supersets. You can use Straight Sets to focus on building strength - just make sure to push yourself and go for a personal best!

Boosting Your Metabolism:

- If you are experiencing less-than-normal weight loss, you may need to adjust your diet to make sure you maintain consistent results.
- Try decreasing your carb intake per meal by 1/4 cup - this means you will consume 3/4 cup oats for breakfast, 1/2 cup of rice or potato for the next 4 meals, and 3/4 cup of vegetables for your last meal of the day.
- Cayenne Pepper and Ginger are great spices to add to your meals. They are tasty, exciting, and support the body's thermogenesis and metabolism!

Controlled Cheating:

- When lifting heavy or on your last few sets, controlled swinging is permissible ONLY if you make sure to focus on exercising your target muscles.
- Try to avoid controlled cheating as much as possible to prevent injury and maximize your target muscle performance.

Front Raises:

- Use a hammer grip to change up the exercise.
- REMEMBER, your rep range is for BOTH arms. For example, if the rep range is 10-12, this means your total alternating reps will be 20-24.

Upright Row:

- Use a wide grip to target the rear delts.

Calf Raises/Modified Crunches Superset:

- Complete the full contraction and range of motion for calf raises - this will make sure your calves develop a full and toned look.
- Incorporate leg raises into your crunches for increased resistance and a tightened mid section.

Week 7, Day 44: Staying Active And Focused On Off Days

Tips For This Rest Day

Don't Be Bored:

- Rest days don't have to be sedentary. A boring day is a quick way to cravings, cheating, and getting out of your routine.
- Novel (new) activities done outside your normal training are great ways to keep your program fresh. Make sure your physical activity stays fun by doing something new every now and then.
- Regardless of what you decide to fill your time with, make sure to find something to focus on - a lack of focus can be the biggest obstacle to staying on track.

Rest Day Activities:

- Outdoor activities such as mountain biking, road cycling, or hiking are awesome if you're looking to get some fresh air and get away from your busy schedule.
- Activities such as swimming, hot yoga, racquetball, or basketball are often available at your gym - you don't have to go far to try something new!

Flying Solo:

- Participating in activities on your rest day doesn't have to be done by yourself. Go with your children, significant other, or your friends. Your social life and fitness don't have to be separate.

Get Some Shut-Eye:

- Enjoy yourself, but remember to get plenty of sleep!
- This is your day for recovery, and recovery requires proper sleep.

Keep In Mind:

- You may feel tired on your rest days, so don't overdo it on the activities. Your diet is clean, your training is consistent, so it's natural to feel tired on your rest days.
- Your diet and supplementation does not change, so make sure to keep those two things inline with your plan.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 7 Day 45 Chest/Triceps Workout

DAY:

DATE:

TIME:

am/pm

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Incline Flyes:			
2 warm-up sets of 8-10 reps			
2 sets of 10-12 reps			
Flat Machine Press:			
2 sets of 12-15 reps			
Modified Push-Up:			
2 sets of 10 reps			
Machine Dips:			
3 sets of 10-12 reps			
Tricep Overhead Rope Extension:			
3 sets of 12-15 reps			
Cable Pushdowns:			
2 sets of 10-12 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Is Spot Reduction Possible?:

- Yes AND No - When it comes to areas such as the abdominals, spot reduction does not work. Abdominals are usually one of the last areas to shed fat on the body.
- However, spot reduction IS possible in the hips, thighs, and glutes. Make sure to get those areas working to expose that toned muscle!

Incline Flyes Technique:

- Remember to use the stretching technique during your warm up sets to prevent injury.
- Rotate your elbows inward by supinating your wrists at the top of the movement to add resistance and promote full muscle development.

Modified Push-Up:

- Make sure to watch today's episode to see proper technique on performing this exercise - it's designed to work your lower, middle, and upper chest!

Overhead Rope Extension:

- Performing this exercise standing up means lower leverage, so make sure to pick a lighter weight that you can control - this will help prevent injury.
- Concentrate on working your inner triceps.

The Week 7 Day 46 Leg Workout DAY _____ DATE _____ TIME _____

TERMS YOU'LL NEED TO KNOW

"One And A Half" reps - performed by completing a full repetition and the first half of a second repetition continuously, equaling 1.5 reps. This is done to push the muscle harder and differently to promote toned development.

Partial Reps - half of a full rep. Today, your partial reps will be performed during partial leg extensions to focus on muscle activity during the beginning of the rep.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Leg Extensions:			
2 warm-up sets of 8-10 reps			
3 sets of 20 "One And A Half" reps			
Partial Leg Extensions:			
2 sets of 50 reps (dropping weight every 10 reps)			
Leg Press:			
2 sets of 60 reps (adjust feet position every 20 reps)			
Walking Lunges:			
1 warm up set 8-10 reps			
2 sets to failure			
Machine Stiff-Leg Deadlift:			
3 sets of 12-15 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Stretching:

- Stretching is crucial in ensuring muscle elasticity and preventing injury!
- Stretch between sets to promote full muscle contraction and performance.
- Excluding hamstrings (an easy muscle to injure), you DON'T have to stretch your muscles every single day.

Changing Partners:

- It's alright to lift with different partners, as long as they challenge you.
- Pick someone that doesn't talk a lot during training, is stronger than you, or is somewhat competitive.

Partial Leg Extensions:

- Remember to lift the weight between 2-4 inches.
- Decrease the weight after every 10 reps.

Leg Press:

- Change your feet positioning every 20 reps.

- Start with your feet positioned at the bottom of the platform, then move them to the middle, and end with them at the top.

Week 7, Day 47: Common Mistakes In The Gym

Tips For This Rest Day

Warming Up:

- Don't go straight into your working sets, even if you are feeling good or are strapped for time.
- Warming up helps get proper blood flow for increased muscle performance, and is good for preventing serious injuries.

Proper Breathing:

- Don't hold your breath while lifting!
- You need adequate oxygen in your brain and muscles to maintain muscle performance and fight fatigue.
- Breathe IN when you are lowering the weight back to the starting position, and breathe OUT when you are lifting the weight.

Heavy Lifting For Women:

- Lifting heavy won't make you a bulking beast, ladies.
- Lifting heavy increases muscle density, resulting in an increased metabolism and lean muscle.
- Women naturally do not put on mass like men do, so don't worry about lifting heavy and pushing yourself!

Carbohydrates:

- Never cut them out!
- The body needs complex carbohydrates for energy and to keep your metabolism going.

Cardio:

- Don't overdo it - a ton of cardio won't mean faster results. It may work in the short term, but in the long term could hurt your metabolism, so be patient and remember that quality is more important than quantity.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Week 7, Day 48: *Getting Fresh Air For Cardio*

Tips For This Rest Day

Eating Out At Restaurants:

- It's alright to go out to eat and socialize, as long as you stay away from your vices, such as partying and alcohol.
- Make sure to order foods that fall in line with your diet, and make sure the way they are cooked falls inline with your diet as well.

Mixing Up Your Cardio:

- Light hiking is a great way to get your heart rate up - not to mention rewarding, scenic, and refreshing!

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 7 Day 49 Back/Biceps Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Giant Set:			
Chins:			
1 warm up set of 8-10 reps			
3 sets of 15 reps			
Cable Rows:			
1 warm up set of 8-10 reps			
3 sets of 15 reps			
Behind The Neck Pulldowns:			
1 warm up set of 8-10 reps			
3 sets of 15 reps			
Bent-Over Smith Machine Row:			
1 warm-up set of 8-10 reps			
3 sets of 15 reps			
Hammer Curls:			
2 warm-up sets of 8-10 reps			
3 sets of 20 reps			
Barbell Curls:			
2 warm-up sets of 8-10 reps			
3 sets of 10-12 reps			
Hammer Cable Curls:			

3 sets of 20 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Age and Metabolism:

- Many people think that your metabolism is naturally going to perform poorly with increased age, but this isn't entirely true!
- Most of your metabolism is based on your eating habits - though you may not have the resilient metabolism of a teenager, if you maintain a high meal frequency you can be sure to keep your metabolism firing on all cylinders.
- Make sure to eat between 5-6 meals a day, or even 8 meals a day if you really want to heat things up.

Behind-The-Neck Pulldowns:

- Make sure to pinch your shoulder blades together to work the back at the top of the repetition.

Barbell Curls:

- Works the bicep head rather than bicep thickness.

Hammer Cable Curls:

- Keep your knuckles together, and don't pull the ropes apart - you don't want to bring your shoulders into the exercise.

TERMS YOU'LL NEED TO KNOW

Giant Set - performing 3 exercises simultaneously. Complete 1 set for the first exercise, then 1 set for the second exercise, then 1 for the third exercise. Continue alternating exercises with no rest until all sets for all exercises are completed.

Week 8, Day 50: High Octane Recipes

Tips For This Rest Day

Egg Whites and Oats Pancake Recipe:

- All you need is 10-12 egg whites and 1 cup of oats.
- Whisk it together, then cook it in a pan on medium heat for 5-7 minutes.

Spicing Things Up:

- Though your meals during the week need to be strict and may seem bland, you can look forward to spicing your meals up during the weekend.
- Use different herbs, spices, and vegetables to keep your diet healthy and interesting, such as mushrooms, ginger, garlic, peppers, or asparagus.

Ground Meat:

- Make sure the ground meat you eat is lean and healthy.
- Try grinding your own meat whenever possible.

Staying Active:

- Don't let yourself constantly worry about your diet and training.
- Use your rest days to stay active and have fun.

REMEMBER!

You can search for other recipes on Bodybuilding.com, just make sure they fit into your diet.

The Week 8 Day 51 Shoulders/Calves/Abs Workout

DAY: DATE: TIME: am/pm

CARDIO TODAY? YES NO EXERCISE DURATION

LENGTH OF WORKOUT: WEIGHT: LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Cardio: 25 minutes					
Twists: 1 set of 150 reps					
Side Raises:					
Pyramid Set:					
1 set of 50 reps					
1 set of 40 reps					
1 set of 30 reps					
1 set of 20 reps					
1 set of 10 reps					
Drop Set:					
5 sets of 10 reps					
Machine Hammer Press:					
2 warm up sets of 8-10 reps					
1 triple drop sets of 6-10 reps					
Barbell Shrug:					
1 warm up set of 8-10 reps					
2 sets of 8-12 reps					
Superset:					
Seated Calf Raise:					
3 sets of 10-12 reps					

Machine Calf Press:**3 sets of 10-12 reps****Sit Ups With Legs On a Bench:****3 sets of 30 reps (10 full reps, 10 bottom half-reps, 10 top half-reps)****Cardio: 25 minutes****Twists: 1 set of 150 reps**

Tips For This Workout Day

Cutting Calories:

- Do not cut calories!
- Keep up your calorie intake to prevent muscle breakdown and keep your fat metabolism firing.
- Staying consistent with your meal frequency is the best way to keep your body burning fat all day.

Side Raises:

- Do not rest between sets.
- Failing on your last 1-2 reps is good!
- If you can't get that far, decrease the weight.
- If you can easily complete your rep range, increase the weight.

Barbell Shrugs:

- Remember to use straps when lifting heavy.
- If you don't have straps, make sure to use an overhand grip to prevent injury.

Don't Forget:

- Make sure to get your post-workout protein shake in within 30 minutes after your work - use your anabolic window!

TERMS YOU'LL NEED TO KNOW

Pyramid Set - Moving from high rep to low rep sets, while increasing the weight between sets.

Drop Set - performing 2 sets, aiming to reach failure by the end of your specified rep range. Once you "drop" on the first set, decrease the weight and start your 2nd set with no rest and continue until failure or until you have completed the rep range.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

Triple Drop Set - performing 3 continuous sets that involve dropping the weights (failing) 3 times, and decreasing the weight after each drop. Try to complete each rep range, but you should be dropping before completing them.

The Week 8 Day 52 Legs Workout

DAY:

DATE:

TIME:

am/pm

TERMS YOU'LL NEED TO KNOW

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also includes working opposing muscles in a superset fashion.

Pyramid Set - Moving from high rep to low rep sets, while increasing the weight between sets.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2
Cardio: 25 minutes		
Twists: 1 set of 150 reps		
Superset:		
Seated Hamstring Curl:		
1 set of 20 reps		
Leg Extensions:		
1 set of 40 reps		
Squats:		
1 warm up set of 8-10 reps		
Pyramid Set:		
1 set of 40 reps		
1 set of 30 reps		
1 set of 10 reps		
Superset:		
Leg Extensions:		
2 sets of 20 reps		
Seated Hamstring Curl:		
2 sets of 20 reps		
Cardio: 25 minutes		
Twists: 1 set of 150 reps		

Tips For This Workout Day

The Dramatic Transformation Principle (DTP):

- By introducing workouts that exercise opposing muscle groups, we are promoting the DTP - allowing the body to be shocked and build muscle efficiently.

Listen to Your Body:

- If your body is telling you that you have worked enough, or if it is telling you that it isn't tired yet, adjust your workout accordingly.
- Don't just go through the motions, make the most of your workout!

The Week 8 Day 53 Back/Chest Workout

DAY:

DATE:

TIME:

am/pm

TERMS YOU'LL NEED TO KNOW

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

Partial Reps - half of a full rep. Today, your partial reps will be performed during deadlifts to focus on muscle activity during the beginning of the rep.

Drop Set - performing 2 sets, aiming to reach failure by the end of your specified rep range. Once you "drop" on the first set, decrease the weight and start your 2nd set with no rest and continue until failure or until you have completed the rep range.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Superset:			
Pull-Ups:			
3 sets of 16-20 reps			
Dumbbell Press:			
2 sets of 8-10 reps			
Superset:			
Cable Rows:			
3 sets of 12-16 reps			
Incline Dumbbell Press:			
2 sets 8-12 reps			
Superset:			
Reverse Grip Cable Pulldowns:			
2 sets of 8-10 reps			
Incline Flyes:			
2 sets of 8-10 reps			
Partial Deadlift:			
1 warm up set of 8-10 reps			
1 set of 30 reps			
1 drop set of 30 reps			

Cardio: 25 minutes

Twists: 1 set of 150 reps

Tips For This Workout Day

Control Your Environment:

- Making excuses is unacceptable.
- Work through your busy schedule, sicknesses, or any other road block during your transformation - you have more control than you realize.
- Through dedication, hard work, and focus, you can be on the same level playing field as anyone else regardless of age or genetics.
- Don't let anyone tell you you can't build muscle and diet at the same time. Proper diet and muscle repair go hand-in-hand!

Pull-Ups:

- Use wrist straps to alleviate your grip and isolate your target muscles during this exercise.
- Use a wide grip to target the outer lats.

Reverse Cable Pulldowns:

- Try using an angled bar to isolate your target muscles.

Incline Flyes:

- Remember to rotate your elbows inward and supinate your wrists at the top of the movement.

The Week 8 Day 54 Biceps/Triceps Workout DATE _____ TIME _____ DAY _____

Tips For This Workout Day

Abdominal Attention:

- Don't exercise your abs every day, try once a week.
- The biggest secret to exposing your abs is via good nutrition. You get your abs in the kitchen, not the gym!
- Many of us already have great abs, the key is trimming the layer of fat on the top of them.

DTP:

- Rest for 45 seconds to 1 minute between sets.
- During your 3-exercise triceps extensions, make sure to mix it up with each set between the three specified exercises. This will work your triceps from different angles.
- Use the rest-pause technique when you feel burnt out.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
DTP Superset:			
Alternating Dumbbell Curls:			
1 set of 50 reps			
1 set of 40 reps			
1 set of 30 reps			
1 set of 20 reps			
1 set of 10 reps			
1 set of 10 reps			
1 set of 20 reps			
1 set of 30 reps			
1 set of 40 reps			
1 set of 50 reps			
3-Exercise Tricep Extensions:			
Alternate between Skullcrushers, Rockers, and Head Smackers.			
1 set of 50 reps			
1 set of 40 reps			

1 set of 30 reps			
1 set of 20 reps			
1 set of 10 reps			
1 set of 10 reps			
1 set of 20 reps			
1 set of 30 reps			
1 set of 40 reps			
1 set of 50 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Week 8, Day 55 Rest: *Rise & Conquer!* - Tips for Waking Up and Being Energized

Tips For This Rest Day

Getting Up in the Morning:

- Sleeping in can mean a groggy start to the day.
- Getting up earlier allows you to get more done during the day and feel accomplished!
- For late risers, try keeping your alarm clock away from the bed, so you have to get up to shut it off.
- Leave your curtains open so sunlight can help to wake you up.
- Go to bed earlier! Or make sure you relax before hitting the hay.
- Have breakfast or coffee immediately after waking up.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Week 8, Day 56 Rest: *Slow Twitch Vs. Fast Twitch Muscle Fibers*

Tips For This Rest Day

High Reps AND Low Reps :

- You should notice that every week is different than the last - sometimes you will do high reps, and sometimes low reps.
- Low reps are used to hit your slow twitch muscle fibers and high reps are used to hit your fast twitch fibers, but both are equally important.
- By hitting both fibers, your body will not be able to get used to your training, ensuring consistent results.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Week 9, Day 57 Rest: *Making Your Meals Travel-Friendly*

Tips For This Rest Day

Preparing for the Plane:

- Liquids are not allowed on the plane, so make sure to pre-freeze your meals and store them in an insulated cooler bag - don't bring any ice cubes!
- Changing air pressure can suck the moisture out of water-rich foods like vegetables if stored by themselves, so make sure to mix the veggies with your carbs and protein.
- Store your supplemental powders in your checked luggage to minimize the risk of them being seized by airport security.
- If your hotel doesn't have adequate cooking facilities, consider bringing a rice cooker or hot plate so you can stay on track.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 9 Day 58 Shoulders/Calves/Abs Workout

DAY:

DATE:

TIME:

am/pm

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
Cardio: 25 minutes										
Twists: 1 set of 150 reps										
Standing Calf Raises:										
10 sets of 15 reps										
Incline Sit Ups:										
2 warm-up sets of 8-10 reps										
3 sets of 15 reps										
DTP Set:										
Smith Overhead Press:										
1 set of 50 reps										
1 set of 40 reps										
1 set of 30 reps										
1 set of 20 reps										
1 set of 10 reps										
Smith Overhead Press - Behind The Neck:										
1 set of 10 reps										
1 set of 20 reps										
1 set of 30 reps										
1 set of 40 reps										
1 set of 50 reps										
Giant Set:										
Upright Row - Wide Grip:										
1 set of 10 reps										
1 set of 7 reps										
1 set of 5 reps										
1 triple drop set of 6-8 reps										
Upright Row - Medium Grip:										

The Week 9 Day 59 Legs Workout

DAY:

DATE:

TIME:

am/pm

Triple Drop Set - performing 3 continuous sets that involve dropping the weights (failing) 3 times, and decreasing the weight after each drop. Try to complete each rep range, but you should be dropping before completing them.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Leg Press:			
2 warm up sets of 8-10 reps			
1 triple drop set of 20, 10, 10 reps			
Superset:			
Hack Squats:			
2 sets of 30 reps			
Squats:			
2 sets of 10 reps			
Superset:			
Standing Hamstring Curls:			
2 sets of 16-20 reps			
1 triple drop set of 16-20 reps			
Stiff Legged Dumbbell Deadlift:			
3 sets of 10-12 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Stress-Free Travel:

- Prepare all your meals a full day before traveling to minimize last minute cooking rushes and the risk of forgetting something.
- Call ahead to your hotel to make sure your accommodations can and will be provided.

Hack Squats and Squats:

- Focus on technique - these are incredibly important lifts and if done incorrectly, could lead to injury.

Remember to Work:

- Don't breeze through your training.
- Sweat, breathe hard, get tired - you have to push yourself to maintain results.

The Week 9 Day 60 Chest/Back Workout

DAY:

DATE:

TIME:

am/pm

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Superset:			
Machine Pullovers: 3 sets of 10-12 reps			
Flat Dumbbell Press: 3 sets of 6-8 reps			
Superset:			
Incline Flyes: 3 sets of 10-12 reps			
Bent Over Row: 3 sets of 10-12 reps			
Superset:			
Cable Crossovers: 3 sets of 10-12 reps			
Single Arm Dumbbell Row: 3 sets of 10-12 reps			
Superset:			
Underhand Cable Pulldown: 3 sets of 10-12 reps			
Flat Dumbbell Press: 3 sets of 6-8 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Running Low On Sleep:

- There will be days when you didn't get as much sleep as you wanted, but this doesn't mean you get to skip your meals and your training.
- Eat your meals, make the most of your workouts, and remember to make up your sleep as soon as possible!

Bent Over Row:

- Use an overhand grip for this exercise.

Ending With Flat Dumbbell Press:

- For your last exercise, Flat Dumbbell Press, use the rest pause technique.
- On the last rep of every set, do a negative rep.

Go Explore:

- When traveling, take advantage of the sites or a new environment by doing your cardio outside.
- Try checking the city map where you are staying to find an interesting route to use!

Week 9, Day 61 Rest: *Time Management*

Tips For This Rest Day

Take Advantage of Your Time:

- Obstacles are going to come up during your transformation, but time management can help you overcome anything.
- School, work, chores - these are all excuses that can be fixed with time management!

Work:

- Learn to multi-task. Answer e-mails from your phone while you are on the go.

Don't Be Afraid to Cancel:

- If you have to call off plans with friends and family to stay on track with your training and diet, then do it.
- Good time management will help you have a social life and a successful transformation.

Get Up Early:

- Make sure to go to bed early and get up early.
- Sleeping in is a waste of your time, and will lead to skipping meals and workouts!

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 9 Day 62 Biceps/Triceps Workout

DAY:

DATE:

TIME:

am/pm

Drop Set - performing 2 sets, aiming to reach failure by the end of your specified rep range. Once you "drop" on the first set, decrease the weight and start your 2nd set with no rest and continue until failure or until you have completed the rep range.

Triple Drop Set - performing 3 continuous sets that involve dropping the weights (failing) 3 times, and decreasing the weight after each drop. Try to complete each rep range, but you should be dropping before completing them.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2
Cardio: 25 minutes		
Twists: 1 set of 150 reps		
Superset:		
Machine Preacher Curls:		
2 sets of 10-12 reps		
1 triple drop set of 10-12 reps		
Dips:		
2 sets of 10-12 reps		
1 triple drop set of 10-12 reps		
Superset:		
Tricep Rope Pushdowns:		
1 set of 12 reps		
1 drop set of 12 reps		
1 set of 12 reps		
Barbell Curls:		
1 set of 12 reps		
1 drop set of 12 reps		
1 set of 12 reps		

Superset:		
Close Grip Bench Press:		
3 sets of 10-12 reps		
Hammer Curls:		
3 sets of 10-12 reps		
Superset:		
Standing Cable Curls:		
3 sets of 12 reps		
Tricep Cable Extensions:		
3 sets of 12 reps		
Cardio: 25 minutes		
Twists: 1 set of 150 reps		

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

The Right Gym:

- Let's face it, if you don't like the place where you work out, you most likely will have a hard time getting there.
- Find a gym that fits your style - the equipment, atmosphere, and people.
- Whether it's hardcore "meat and potatoes" gyms like Metroflex or squeaky clean, state-of-the-art gyms like Gold's, make sure you find a place that allows you to push yourself and enjoy working out.

Dips:

- If chains are available, you can use them to add resistance to your dips and also look hardcore!
- Your gym may also have dip belts that can be attached to weights, so keep an eye out.

Hammer Curls:

- If you start failing during hammer curls, try bringing the weight across your body to continually work the bicep and allow for a full range of movement.

Tricep Cable Extensions with Bar:

- Use a close grip to really isolate and target the triceps.

The Week 9 Day 63 Shoulders/Calves/Abs Workout

DAY:

DATE:

TIME:

am/pm

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 25 minutes				
Twists: 1 set of 150 reps				
Dumbbell Shoulder Press:				
2 warm up sets of 8-10 reps				
3 sets of 10-12 reps				
Superset:				
Side Lateral Raise:				
2 warm up sets of 8-10 reps				
4 sets of 10-12 reps				
Rear Raises:				
2 warm up sets of 8-10 reps				
4 sets of 10-12 reps				
Dumbbell Shrugs:				
1 warm up set of 8-10 reps				
4 sets of 20 reps				
Superset:				
Seated Calf Press:				
1 warm up set of 8-10 reps				
3 sets of 20 reps				
Weighted Sit Ups:				
3 sets of 15-17 reps				
Superset:				
Calf Machine Press:				

3 sets of 10-12 reps				
Incline Leg Raise:				
1 warm up set of 8-10 reps				
3 sets of 12-15 reps				
Cardio: 25 minutes				
Twists: 1 set of 150 reps				

Tips For This Workout Day

The Home Stretch:

- You're almost at the end of your transformation, so keep up the intensity!
- This is the easiest spot to slack off, so don't let yourself lag behind on your goals.
- Eat every meal, and complete every workout with high intensity

The Week 10 Day 64 Legs Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Leg Extensions:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Seated Leg Curls:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	

1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Standing Lunges:	
1 warm up set of 8-10 reps	
3 sets of 10 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

How Bad Do You Want It?:

- You may be feeling a little lethargic at this point in the transformation - this is expected when your body fat decreases.
- Keep up the motivation, training, and nutrition to finish strong!
- There's only a couple weeks left, so don't quit right before the finish line.

Diet Adjustment:

- Don't fix it if it ain't broke - if your results are staying consistent, then continue with your current diet options!
- From now on, you will be cutting out creatine to minimize water/fluid retention. This may mean you might feel weaker in the gym, but this doesn't matter as long as you get a good workout.

DTP Superset:

- Remember to increase the weight when you are decreasing reps, and decrease the weight when increasing reps.

Staking Your Claim:

- Though hogging machines is not encouraged, try putting a towel or water jug on the equipment you are not currently using but plan to return to - this can prevent people from stealing your equipment or slowing your workout down.

Week 10, Day 65 Rest: *Hot Yoga*

Tips For This Rest Day

The Mind-Body Connection:

- On your rest days, hot yoga can help your muscles become malleable for good stretching and toxin release.
- Your energy is probably low right now, but make sure you are winning the mental battle. If your mind is set on completing this transformation, your body will follow.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 10 Day 66 Chest And Back Workout DAY _____ DATE _____ TIME _____

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Dumbbell Chest Press:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Bent-Over Rows:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	

1 set of 50 reps

Cardio: 25 minutes

Twists: 1 set of 150 reps

Tips For This Workout Day

Kris and Bodybuilding:

- Bodybuilding doesn't only have to be about tanning, competition, and getting rid of all your body hair - it's about setting a goal, making a plan, and being accountable.
- Whether you're into team sports, extreme sports, or individual sports, finding something to dedicate yourself to and enjoy is the best way to keep yourself away from bad eating habits, drinking alcohol, or other unhealthy lifestyle choices.
- Bodybuilding focuses on the individual - at the end of the day or the end of your transformation, the only person responsible for success or failure is yourself.

Week 10, Day 67 Rest: *Inspiration And Post-Workout Adjustment*

Tips For This Rest Day

Sources of Inspiration:

- Finding good sources of inspiration are important for maintaining your motivation.
- Mark Dugdale and Branch Warren are professional bodybuilders, but that isn't the only reason Kris is inspired by them.
- Mark and Branch are both family men, businessmen and incredible athletes - they know how to control their environment inside *and* outside of the gym.
- Find sources of inspiration that are dedicated and know how to control their environment.

Adjusting Your Post-Workout Nutrition:

- Starting this coming Sunday, you should be cutting out protein powder and vitargo from your post-workout nutrition.
- Instead, you'll be eating food for a post-workout meal - food acts better as a thermogenic to focus on burning fat.
- We'll be concentrating on maintaining muscle, not building it.

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

The Week 10 Day 68 Legs/Shoulders Workout

DAY:

DATE:

TIME:

am/pm

Giant Set - performing 3 exercises simultaneously. Complete 1 set for the first exercise, then 1 set for the second exercise, then 1 for the third exercise. Continue alternating exercises with no rest until all sets for all exercises are completed.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Box Squats:			
1 warm up set of 8-10 reps			
3 sets of 6 reps			
Rack Squats:			
3 sets of 6 reps			
Single Arm Shoulder Press:			
1 warm up set of 8-10 reps			
3 sets of 10 reps			
Giant Set:			
Side Dumbbell Raises:			
2 sets of 15-20 reps			
Leaning Dumbbell Raises:			
2 sets of 15-20 reps			
Side Cable Raises:			
2 sets of 15-20 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Lift for You:

- You want to push yourself in the gym, but don't lift so much weight that you could injury yourself or improperly perform the exercises - find a weight that works for you.

Box Squats:

- This exercise is useful for anyone who has or has had back issues - it helps to straighten and strengthen your back, while working those quads!

Rack Squats:

- Place the rack safety bars in a position that allows you to squat for about 6-8 inches.
- Rack squats promote quad strength and torso/core strength.

Single Arm Shoulder Press:

- Hold onto something such as a squat rack, for stability.
- This exercise helps isolate the shoulder and promote the mind-muscle connection.

Today's Giant Set:

- For weight, lift your heaviest during side dumbbell raises, lighter during leaning dumbbell raises, and lightest during side cable raises.

The Week 10 Abs/Calves Workout

DAY:

DATE:

TIME:

am/pm

Circuit Training - performing 4 exercises simultaneously. Complete 1 set for the first, second, third, and fourth exercise with no rest before moving on to your 2nd set. Rest for 1 minute before starting your 2nd set. Continue alternating until all sets for all exercises are completed.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Cardio: 25 minutes				
Twists: 1 set of 150 reps				
Circuit:				
Standing Calf Press:				
4 sets of 20 reps				
45 Degree Calf Press Machine:				
4 sets of 20 reps				
Hanging Leg Raises:				
4 sets of 20 reps				
Incline Crunches:				
4 sets of 20 reps				
Standing Twists:				
1 set of 1 minute				
Cardio: 25 minutes				
Twists: 1 set of 150 reps				

Tips For This Workout Day

Scheduling Around Your Training:

- When traveling, you'll usually want to see the sights, go to unique places, and experience a new city, but this has to happen along with staying true to your diet and training.
- 45 minutes to an hour in the gym plus 40 minutes of cardio is easy to work around.
- Try using your cardio to see the city!

Calf Exercises:

- The two calf exercises you are doing today are designed to work your calves continuously, but from different angles to ensure a good calf workout and full muscle development.

Hanging Leg Raises:

- Keep your core tight to prevent swinging during this exercise.

The Week 10 Day 70 Back/Biceps/Triceps Workout DAY _____ DATE _____ TIME _____

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

Giant Set - performing 3 exercises simultaneously. Complete 1 set for the first exercise, then 1 set for the second exercise, then 1 for the third exercise. Continue alternating exercises with no rest until all sets for all exercises are completed.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
Reverse Grip Bent Over Rows:			
3 sets of 6-10 reps			
Superset:			
Rack Deadlifts:			
3 sets of 4-6 reps			
Straight Arm Pullovers:			
3 sets of 10-12 reps			
Single Arm Rows:			
3 sets of 10-12 reps			
Giant Set:			
Incline Biceps Curls:			
3 sets of 8-12 reps			
Rope Curls:			
3 sets of 10-12 reps			
Reverse Grip Pullups:			
3 sets of 8-12 reps			

Giant Set:			
Tricep Cable Extensions:			
3 sets of 20 reps			
Overhead Tricep Extensions:			
3 sets of 12 reps			
Dips:			
3 sets of 10 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

Tips For This Workout Day

Rack Deadlift/Straight Arm Pullover Superset:

- Rack Deadlifts target the back with a partial movement without doing too much glutes and hamstring work.
- Position the safety bar just below your knees for rack deadlifts.
- Don't overload during straight arm pullover. If your feet come off the ground slightly when performing a rep, that's ok. Be careful lifting heavier from this point on.

Competition:

- A bit of competition mixed with encouragement will go far in helping you get a worthwhile workout!

Week 11: Day 71 Cooking With Christina Recipes

Appetizer: Shrimp Ceviche

1 pound Baby Shrimp

1 cup Avocado

1 cup tomato

1 cup Onion

Lime to taste

Hot Sauce to taste

Salt to taste

Tips:

Spices are key to keeping meals interesting.

Avocado is a healthy fat but still fat. Reduce the amount of Avocado according to your diet.

Entree: Ground Buffalo

2 pounds Ground Buffalo

Spices: Turmeric Powder Cumin Seed Garam Masala Curry Powder

Tips:

Use a non-stick cooking pan

Add water to the pan to keep meat moist while cooking

Start cooking on high until your pan heats up then reduce temperature to medium so it simmers.

Side Dish: Cauliflower Mash

10 cups of cauliflower

Imitation butter to taste

Sea Salt to taste

Pepper to taste

Garlic to taste

Tips:

Add water to just above cauliflower level and bring to boil.

When it starts to break apart, drain it and then mash it.

Week 11, Day 72:

Maintaining Your Physique

- Enjoy a cheat meal at the end of your transformation, but avoid binge eating.
- Only have one cheat meal per week. Don't make a habit of cheating, or you'll reverse all of your hard work.
- Slowly reintroduce certain foods such as fruits and nuts back into your diet.
- Start with one palm size portion per day for the first week, then increase to two portions per day for the second week and maintain two portions every day after.
- Always maintain portion control and meal frequency. You should continue to eat 5-6 small meals per day.
- Cut carbohydrates out after 6 pm or 4 hours before you go to bed.
- Eliminate complex carbs in the evening and only eat fibrous carbs (vegetables).
- Reincorporate healthy fats back into your diet to help regulate normal hormone function.

The Week 11 Day 73 Legs Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Triple Drop Set - performing 3 continuous sets that involve dropping the weights (failing) 3 times, and decreasing the weight after each drop. Try to complete each rep range, but you should be dropping before completing them.

Giant Set - performing 3 exercises simultaneously. Complete 1 set for the first exercise, then 1 set for the second exercise, then 1 for the third exercise. Continue alternating exercises with no rest until all sets for all exercises are completed.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
Leg Press:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	

1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

Tips For This Workout Day

Goals and Moving Forward:

- Write down some goals of what you'd like to achieve at the end of the transformation and what you want to move onto next.
- Write them down on your [BodyBlog](#) to help with transparency and to keep you accountable.

The Week 11 Day 74 Chest/Back Workout

DAY: _____ DATE: _____ TIME: _____ am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Reverse Grip Cable Pulldowns:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	

Incline Dumbbell Press:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Music for your Muscles:

- Good music is a great motivational tool when you work out, and helps keep you from worrying about reps and heavy weight.
- If you get bothered at the gym, or always see somebody who wants to chat your ear off, then have some music to listen to so everyone knows you mean business.
- Music is great for timing your repetitions during weight training, or for pace and tempo during your cardio sessions.

DTP Superset:

- During reverse grip pulldown, make sure not to do a full range of movement to prevent overstraining your biceps. Remember to lean back when performing the exercise to contract the lats, and lean forward when releasing the weight to stretch the lats.
- If you reach failure before your specified rep range, try using the rest-pause technique to crank out some more reps. You may also try decreasing the weight a little more to allow you to finish the set.

The Week 11 Day 75 Shoulders/Calves/Abs Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Giant Set - performing 3 exercises simultaneously. Complete 1 set for the first exercise, then 1 set for the second exercise, then 1 for the third exercise. Continue alternating exercises with no rest until all sets for all exercises are completed.

EXERCISE	Set #1	Set #2	Set #3
Cardio: 25 minutes			
Twists: 1 set of 150 reps			
DTP Set:			
Seated Military Press Behind the Head:			
1 set of 50 reps			
1 set of 40 reps			
1 set of 30 reps			
1 set of 20 reps			
1 set of 10 reps			
Seated Military Press:			
1 set of 10 reps			

1 set of 20 reps			
1 set of 30 reps			
1 set of 40 reps			
1 set of 50 reps			
Giant Set:			
Upright Barbell Row:			
3 sets of 15-20 reps			
Seated Calf Press:			
3 sets of 15-20 reps			
Weighted Sit-Ups:			
3 sets of 15-20 reps			
Cardio: 25 minutes			
Twists: 1 set of 150 reps			

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Make sure to lift more weight than you have been lifting previously in order to push yourself!

Keeping Up With Your Cardio:

- Do cardio year-round to maintain consistent cardiovascular health and a healthy physique.
- You can cut your cardio in half when you are done with your transformation to maintain your new body!
- Make sure to do at least (4) 25 minute cardio sessions a week.
- Get outside the box - try cycling, racquetball, or any other cardio-intensive activity to keep your cardio from becoming boring and monotonous.

Upright Rows:

- Upright rows are a great "pull" movement for the lats and shoulders.

Seated Calf Press:

- After your sets, you can do some burnout sets of standing calf raises with no weight to hit those calves extra-hard.

Week 11, Day 76 Rest: *Post-Transformation Planning*

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Tips For This Rest Day

The Buck *Doesn't* Stop Here:

- The body you've spent 12 weeks earning can be lost with as little as 3 weeks of bad eating and lack of exercise.
- By now, you should know that this is a lifestyle commitment - you can try different workout programs and diets, but your dedication to good nutrition and training must not be compromised.
- Sure, you can simply restart this program at Day 1 and push your boundaries even harder this time around. You can also try the [Find A Plan](#) or [Bulking Trainer Series](#) if you are looking to push your body in a different direction.
- Try some [circuit training](#) or [plyometrics](#) to liven up your training!
- You can still use the DTP, but make sure only to do it once a week, picking one body part to use it on.

Week 11, Day 77 Rest: Cutting Out Supplements

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Tips For This Rest Day

Detoxification:

- Get off all your supplements for 2-4 weeks towards the end of your transformation.
- This helps clear your body, and allows it to react better to supplements when you start supplementing later on.
- You can still supplement with protein powders in order to fulfill your base nutrient requirements.

The Week 12 Day 78 Legs Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Cardio: 25 minutes					
Twists: 1 set of 150 reps					
1/2 DTP set:					
Leg Press:					
2 warm up sets of 8-10 reps					
1 set of 50 reps					
1 set of 40 reps					
1 set of 30 reps					
1 set of 20 reps					
1 set of 10 reps					
Superset:					
Seated Hamstring Curls:					

5 sets of 15-20 reps					
Seated Leg Extensions:					
5 sets of 15-20 reps					
Cardio: 25 minutes					
Twists: 1 set of 150 reps					

Tips For This Workout Day

Fitness is Infectious:

- When you first started this program, you were the person asking questions and finding out what you were doing right and wrong along the way.
- Now it's your turn to be the mentor - feel free to give advice to others outside the gym and encourage people to get on [BodySpace](#) to find others like you.
- People will be looking at you - your body is a noticeable one, so it's natural that eyes will follow you in the gym. This means you need to set a good example with proper gym etiquette. Re-rack your weights, lift properly, and show people how it's done.

Accidents:

- They happen. If you feel like maybe you overdid it on an exercise or might have injured yourself, do a different exercise that doesn't use the injured area as a substitute for your current exercise. Always listen to your body.

The Week 12 Day 79 Chest/Back Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Dumbbell Press:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	

1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Bent-Over Dumbbell Row:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

The Week 12 Day 80 Shoulders/Calves/Abs Workout

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Cardio: 25 minutes					
Twists: 1 set of 150 reps					
1/2 DTP Set:					
Dumbbell Shoulder Press:					
1 set of 50 reps					
1 set of 40 reps					
1 set of 30 reps					
1 set of 20 reps					
1 set of 10 reps					

1/2 DTP Superset:					
Dumbbell Shoulder Press:					
1 set of 10 reps					
1 set of 20 reps					
1 set of 30 reps					
1 set of 40 reps					
1 set of 50 reps					
Dumbbell Shrugs:					
5 sets of 20-25 reps					
Superset:					
Incline Lying Leg Raises:					
3 sets of 15-20 reps					
Seated Calf Raises:					
3 sets of 15-20 reps					
Cardio: 25 minutes					
Twists: 1 set of 150 reps					

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Goals to Keep Moving Forward:

- Try training someone yourself to keep your fitness moving forward.
- Try a new diet, such as vegetarian, to keep yourself healthy.
- Put your goals on [BodySpace](#) and stay accountable to them.

DTP:

- During your DTP sets, make sure to psyche yourself up for heavy weight before you lift.
- Transition fast on your DTP Superset between Dumbbell Shrugs and Shoulder Press!
- Focus on form - when you reach your last sets, your body may want to cheat, so don't let it by focusing on proper lifting.

Incline Leg Raises and Seated Calf Press:

- During Incline Leg Raises, make sure to extend your legs at the top of the movement.

Week 12, Day 81 Rest: *From Apprentice to Mentor*

DON'T FORGET!

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Tips For This Rest Day

Become the Trainer:

- When you complete this transformation, people will look to you for advice.
- Let them know anyone can do this, it just takes dedication and determination.
- Tons of people have made a successful transformation, then gone on to become a personal trainer.

Week 12, Day 82 Rest: *Live By Example***DON'T FORGET!**

Cardio - 25 minutes. Try the elliptical, treadmill, or stationary bike!

Twists - 150 reps.

Tips For This Rest Day**Show Don't Tell:**

- If you are mentoring someone, go with them to the gym. Watch how their form and how they train, then physically show them how it is done properly. Lifting technique cannot just be spoken.
- Share your healthy recipes for a tasty diet to people. You'd be amazed how fast healthy recipes and spread, often influencing more people than you originally anticipated.
- If people can clearly see what you do inside and outside the gym and your results, their motivation levels will skyrocket.

The Week 12 Day 83 Biceps/Triceps Workout**DAY:****DATE:****TIME:**

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Triceps Pushdown With V-Bar:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	

1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Standing Cable Curls:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Tips For This Workout Day

Balance:

- After carb depleting, you may want to carb load to replenish your muscle glycogen levels.
- When carb loading, Kris ate 14-15 rice cakes every meal, which in total is about 90 rice cakes per day. You don't have to eat this much, but rice cakes are a good option for carb loading.
- Being meticulous and strict with your diet produces results. However, it's all about balance - after your transformation, make sure to spend time with loved ones and eat more fruit per day. You've made plenty of sacrifices, so add in some healthy fats into your diet as well!
-

DTP Superset:

- During Triceps Pushdown, keep your elbows in to isolate the triceps.
- Use a cable tower to make transition between exercises easy.
- Do some bicep flexes between sets to get your blood flowing.
- If you realize you didn't pick the right weight for a given set when lifting, you can stop and make the necessary adjustments.

The Week 12 Day 84 Legs Workout

DAY:

DATE:

TIME:

am/pm

Dramatic Transformation Principle (DTP) - A total of ten sets with a rep range of 50, 40, 30, 20, and 10 for the first five. You then complete a second set of 10 and continue on with 20, 30, 40 and 50. Also, includes working opposing muscles in a superset fashion.

Superset - performing 2 exercises simultaneously. Complete 1 set for the first exercise, then complete 1 set for the second exercise. Continue alternating with no rest until all sets for both exercises are completed.

EXERCISE	Set #1
Cardio: 25 minutes	
Twists: 1 set of 150 reps	
DTP Superset:	
Seated Hamstring Curls:	
1 set of 50 reps	
1 set of 40 reps	

1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Leg Extensions:	
1 set of 50 reps	
1 set of 40 reps	
1 set of 30 reps	
1 set of 20 reps	
1 set of 10 reps	
1 set of 10 reps	
1 set of 20 reps	
1 set of 30 reps	
1 set of 40 reps	
1 set of 50 reps	
Cardio: 25 minutes	
Twists: 1 set of 150 reps	

Tips For This Workout Day

Post-Transformation Period:

- Try training for an additional 4 weeks to put on some lean muscle quickly and effectively.

DTP Superset:

- Remember to go to failure, push hard until the end. This is your last workout, so make it count!
- Stop and stretch between sets if necessary, and keep your head in the game.

Week 12, Day 85 Finale: *A Job Well Done*

Tips For This Workout Day

Congratulations:

- Celebrate by doing something fun and active!
- You've learned how to inspire and be inspired, eat and train properly, and how to shock your body to ensure consistent results!
- What's your next goal? Share it on BodySpace and your BodyGroup.
- Share your "after" pictures and show off your results!
- Meaningful goals are never easy, but always the most satisfying.
- Use the tools on BodySpace, The Exercise Database, or the thousands of articles we have to achieve your next goal!
- You can find Kris on BodySpace and ask him for advice, his BodySpace name is Kaged Muscle!

