

# MP45

**45 DAYS: CHANGE YOUR LIFE**



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# THE ROUTINE

## THE ROUTINE

The next 6 weeks needs to consist of a solid foundation of proper nutrition, cardiovascular training, and resistance training. These three principles need to be implemented properly and you must understand that this plan does not work if one of these fundamentals is taken away. They are mutually exclusive and only work in conjunction with each other. Don't slack off on any one aspect and make sure you follow this plan to the minor most detail in order to see results.

Most people try to convince themselves that they're doing all they can when in reality they are not. Have you ever been to the doctor after you injured something and he told you to ice it every night for 20 minutes, stretch it every morning, and wear a brace on that ankle throughout the whole day? And then when it didn't heal properly because of a lack of effort on your part, at the end of the 6 weeks you told the doctor that his regimen or the brace didn't help? Well, maybe if you wore it like you were supposed to, it would have. The same principle and level of thinking can be applied here. Do what is depicted in the plan and the results will surely come, and don't convince yourself you've done the work unless you've actually done it.

More importantly though, you need to begin with what will be a complete lifestyle change. Your behavioral tendencies and actions need to change for the better, and it needs to change forever...far past these 6 weeks, but for life in general if you want to maintain a healthy lifestyle and reap all the benefits that come with it.

Remember to read the whole plan because every part of this program is crucial to obtain the results you desire. I hope that you took the time to read everything depicted in the nutritional and training aspects of this program. If you skipped down to this part without reading the principles, you will be at a severe disadvantage. Understanding the why behind what you are doing is more important than the actual process. Clarity is power, because when you reach obstacles you need to have the emotional strength and the brevity to break through those obstacles. It is imperative that you understand the theory behind

HIST, HICT, and eating at the proper times in order to be successful during these 45 days.

Good luck guys and I wish you the best on this journey for the next 6 and a half weeks, where you not only will transform your body, but your mind; your level of thinking will change to allow you to achieve everything you want in this world and more!

**Nutrition:** You need to get out of these temporary diets and fads and begin with what will be a complete lifestyle change. The way you eat needs to change for the better. Every trivial action you do has direct consequences and nothing can be truer than in your diet. You need to eat well-balanced meals all day long and not just on some days, but throughout the next 6 weeks. You are not to miss a beat. It begins with consistency and a solid foundation that needs to be followed through on a daily basis. You need to follow these nutritional guidelines whenever you enter the kitchen or the restaurant. What you put into your body is paramount. Eat for fuel not for taste! Follow the guide below as a sample to give you ideas. Obviously, it will not be feasible for you to eat those exact foods, but keep it close. Make sure to switch it up according to your schedule, but make sure that the main tenets of the philosophy are kept intact.

**Cardiovascular Training:** You need to perform cardio often and at the proper times. It is a necessary part of this equation. It burns a ton of calories and makes your heart more efficient at pumping blood to the muscles and receiving oxygen. Your strength training will go up as a result and you will burn even more fat in the weight room because you'll be able to go harder and longer during your sets. You'll be able to perform a tremendous amount of work. You'll be able to do more than you're used to now and you'll be able to do things like supersets, drop sets and giant sets because your wind will be there. You will be doing a lot of running because it burns far more calories than any other cardio exercise as your whole body is in motion while using your core to stabilize your body. Weight training and diet are not enough to get you ripped, so in order to expedite the process, you need to put yourself in a fat burning frenzy mode. Follow the plan below exactly.

**Resistance Training:** Just like you can't burn much fat without cardio and diet, you can't burn much fat without strength training. It is so important and vital to attaining a lean physique. The more muscle you have, the more maintenance

your body requires, meaning that it requires more calories to run efficiently. When your muscle fibers tear, your body uses calories to repair those muscles to make them grow back and then puts on added muscle as part of continually improving itself to adapt to the trauma you presented it with. I can't begin to describe how important super-setting and drop setting is for muscle growth and fat burning in one simultaneous movement. Make sure you follow the appropriate days of when to weight train and what to do in the gym exactly. Also, always keep a balanced, proper stance while performing the exercises. Refer to [www.MuscleProdigy.com](http://www.MuscleProdigy.com) in the Exercise-How To Section of the Training portion of the site and also on our YouTube page if you are unsure on how to properly perform a given exercise that we have depicted in the program below. Basic Training Principles to refer to:

**\*\*Keep All Workouts under an hour as anything more than this will actually decrease testosterone, a hormone responsible for muscle-building and fat burning and will increase cortisol, a stress-induced hormone responsible for muscle-wasting, or catabolism, and fat storage\*\***

**\*\*Make sure that from weight training session to weight training session, you increase the weight or rep amount from your previous session; and when running you increase your speed from last run. Log your performance in a book, so you keep track of how much weight you are lifting and how fast you are running.\*\***

**\*\*Warm-Up Sets- These are sets at a light weight and do not come close to failure. They are not a struggle to complete, but instead, are merely to produce flushing. For each successive warm up set make sure you increase the weight. Warm-up sets are necessary to loosen up the muscles and joints and are used to prevent injury. \*\***

**\*\*Supersets- These are 2 sets done one after the other without any break or rest in between.\*\***

**\*\*Circuit- These are 3 or more sets done one after another in succession without any rest or break in between.\*\***

**\*\*Intensity set- These are your working sets that you will perform after you have warmed it up properly. During an intensity set, you will choose a weight that you**

are practically struggling throughout each rep (making grimacing faces) all the way to get to the desired rep range you want and reaching failure on the last rep depicted. The last rep should be one that equates to complete failure, meaning you can't lift that desired weight for another rep immediately after the previous rep. An intensity set will usually also require a form of an all-out set such as a drop set, strip set, forced reps, negatives, rest-pause theory, 5 5 5, giant set, slow and controlled reps, pause contraction reps, peak contraction reps, rep overload, 21s, 10 to 1, and running the rack.\*\*

\*\*When performing a cardio session, adjust speeds according to your fitness level based on the RPE (Perceived exertion rate as depicted in the training section; 1-10) level we have given you, but it should be one that necessitates you pushing yourself to the upper echelons of those limits.\*\*



# MP45 - 45 DAY PLAN

The following program is split up into 7 phases. It is a gradual progressive approach that will ease you into the program and gradually work your way up to handle extreme, intense workouts that will ultimately provide the most benefit for you. Phase 1 starts out by working the major muscle groups through the use of full body workouts and steady state cardio to provide you with a basic foundation. While I don't normally recommend this type of cardio, it is important to build your aerobic capacity and to prepare your heart appropriately before handling any heavy duty training, especially if you have never experienced an intense regimen before. You will eventually work up to Phase XXX with a very intense program that will require heavy resistance training and High Intensity Interval Training for cardio to provide you with the best results out of any training program on the planet.

The main assumption that lies within this training program, however, is that you work a job from 9 AM to 5 PM, and so we have dictated the schedule around that. Please shift the times to adjust to your schedule if necessary, but the basic tenets, concept, and underlying principles should remain the same.

Training is addicting and while you think that you may not be able to handle the two-a-days towards the end of the program, you'll be yearning to get in the gym to train towards the end because of the great results you'll be seeing with this program. Please note that the body is an amazing thing and can be pushed to extraordinary limits (farther than you can imagine). It is up to your mind to propel your body to reach the extraordinary. Unlock your potential through the proper mindset by telling yourself that you can do anything; because in reality, you can. So just keep your mind focused on the task at hand, which is a very rewarding prize at the end of the program- a ripped physique and a more improved you!



# PHASE 1 - GET ACCLIMATED

This phase concentrates on activating your major muscle groups by introducing basic resistance training principles through full-body workouts by using machines.

While it is important to build each individual body part, you need to create a proper foundation for yourself first; building the muscles from the ground up and getting your body acclimated to the resistance training that you will be performing within the next 45 days. The next month and a half will consist of a gradual progressive approach, shocking your muscles day by day so that they experience the utmost growth all while torching the fat cells during the process. Since you are new to this program, your body needs to experience full body workouts at first to strengthen the base of the muscles before gradually progressing into an individualized body part structured workout that requires the use of stabilizer muscles. Beginning this program, you need to work on the fundamental strength of the muscles before you get into the exercises that require stabilizer muscles, and thus, more advanced strength, in order to prevent injury. This approach will prime your muscles to handle such movements that require stabilization by working with *machines only*. Even if you are an advanced lifter and you really want to see results you need to start with this phase. Often times, people favor certain muscle groups over others and develop imbalances as a result. The machines guide you through the motion and will strengthen the foundation of your body before we get into the more advanced stuff. There will be only one intensity set per body part during this phase since we are just getting your body used to weight resistance training during this first week in which we will prepare your body and central nervous system to handle more. Also, we don't want to push you too hard in the beginning to the point where you will quit.

The same body part should never, under any circumstances, be worked out twice within 48 hours. The length of time necessary for recovery increases with the amount of intensity, and while this first phase isn't incredibly intense within your workout sessions, you can get away with practically the bare minimum of rest at first. You cannot bypass the system and go into the gym sooner than recommended though. If you do, you will just try to tear already-torn-fibers further, which is counterproductive, rather than stimulating them and priming them for growth. Therefore, ample rest is required to recover properly. Don't take this lightly and think you're speeding up your results by hastening the program.

Moreover, cardiovascular training is very important to incorporate into any training routine. Not only will it shred the body fat, but it trains your heart to act more efficiently. For now, you will be getting yourself acclimated into heavy duty high resistance training by performing some steady state cardio (with some added features to it) to increase your VO<sub>2</sub> intake and cardiovascular efficiency gradually, before we take you into the next part of this program where the intensity will increase.

As far as nutrition, this regimen is going to be very strict and if you're going to get in the best shape of your life, your nutrition has to be spot on. As I usually recommend cheat meals and carb cycling days, you will be having none of those for 3 weeks. Remember, how I said 21 days is habit, well you have to earn them by making it through the first 3 weeks, because we don't want any slip-ups. You'll be just fine and after these 3 weeks you'll wonder how you ever survived off of potato chips and French Fries ever before. You're going to enjoy the new you...A LOT.

# DAY-1

## DAY-1

### *Monday (Afternoon Lift with Cardio after)*

#### *Nutrition*

---

8:00 AM: Wake-up - 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs)  
+ 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Low Sodium Turkey on Whole Wheat Toast with Mustard, Lettuce and Tomato;  
Side of Steamed Broccoli with Garlic

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + Banana  
+ 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine +  
40 g sugar from raisins

7:30 PM: Grilled Salmon + Brown Rice + Mixed Vegetables in Extra Virgin Olive Oil

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of  
Ice Cold Water with 2 Squeezed Lemons

#### *Training - Full Body Routine*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 1 minute between sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Bodyweight Squats- 20 Reps
3. Push-Ups- As many as you can do (if <5, then do them from your knees)
4. Machine Chest Press- 3 Warm-Up Sets x 15 Reps
5. Rest 2 Minutes
6. Chest Press Machine- Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)

7. Machine Back Row- 3 Warm-Up Sets x 15 Reps
8. Rest 2 Minutes
9. Machine Back Row- Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
10. Machine Shoulder Overhead Press- 3 Warm-Up Sets x 15 Reps
11. Rest 2 Minutes
12. Machine Shoulder Overhead Press- Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
13. Machine Leg Press- 3 Warm-Up Sets x 15 Reps
14. Rest 2 Minutes
15. Machine Leg Press- Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
16. Machine Crunch- 3 Warm-Up Sets x 20 Reps
17. Rest 2 Minutes
18. Machine Crunch- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)  
Rest 4 Minutes
19. 10 Minute Steady Paced Run at RPE (Perceived Exertion) of 5 out of 10
20. 10 Minute Stretch of Quads, Hamstrings, Chest, Shoulders, and Back

## DAY-2

## DAY-5

### *Tuesday (AM Cardio)*

#### *Nutrition*

---

8:00 AM: Wake-up (pre-cardio) - 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio) - 20g Whey Protein + 1 WASA fiber Crispbread

10:30 AM: 3 Egg Whites + 1 Whole Egg + 2 slices Whole Wheat Toast (not buttered)

1:00 PM: Spinach Leaf Salad with Black Beans, Kidney Beans, and Chickpeas mixed with Olive Oil and Balsamic Vinegar

4:00 PM: Small Handful of Almonds + Apple

6:30 PM: Grilled Salmon + Small Portion of Brown Rice + Steamed Mixed Vegetables

8:30 PM: Small Handful of Walnuts + Side of Steamed Broccoli

11:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein)

#### *Training - AM Cardio*

---

1. 5 Minute Warm-Up Jog- RPE of 3 out of 10
2. 15 Minute Run- RPE of 5
3. 2 Minutes Rest
4. 30 Seconds Very Fast Run- RPE of 7; 2 Minutes Rest- Repeat this 3 times
5. 10 Minute Run- RPE of 5
6. 5 Minute Cool-Down Jog- RPE of 2
7. 5 Minute Stretch- Quads and Hamstrings

## DAY-3

## DAY-3

*Wednesday (Afternoon Lift with Cardio after)*

### *Nutrition*

---

8:00 AM: Wake-up - 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + Cup of Blueberries

1:00 PM: Low Sodium Turkey on Whole Wheat Bread with Mustard, Lettuce and Tomato; Side of Spinach

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Crisbread + 1 Banana + 1 Cup of Black Coffee (no added sugar)

6:30 PM Post: Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 40 g sugar from apricots

7:30 PM: Grilled Chicken Breast + Baked Potato + Mixed Vegetables in Extra Virgin Olive Oil

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training - Full Body Routine*

---

1. 10 Minute Jog at RPE of 3 out of 10

(Rest 45 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Push-Ups- As many as you can do (if <5, then do them from your knees)
3. Machine Chest Press- 3 Warm-Up Sets x 15, 12, 10 Reps
4. Rest 2 Minutes
5. Machine Chest Press- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
6. Machine Back Row- 3 Warm-Up Sets x 20, 15, 12 Reps

7. Rest 2 Minutes
8. Machine Back Row- Strip Set-10 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
9. Machine Shoulder Overhead Press- 3 Warm-Up Sets x 15, 12, 10 Reps
10. Rest 2 Minutes
11. Machine Shoulder Overhead Press- Strip Set-15 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
12. Machine Leg Press- 3 Warm-Up Sets x 25, 20, 15 Reps
13. Rest 2 Minutes
14. Machine Leg Press- Strip Set-15 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
15. Machine Lying Leg Curl- 2 Warm-Up Sets x 20, 15 Reps
16. Machine Triceps Pressdown- 1 Warm-Up Set- 10 Reps
17. Rest 2 Minutes
18. Machine Triceps Pressdown - Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
19. Machine Preacher Curl- 1 Warm-Up Set x 10 Reps
20. Rest 2 Minutes
21. Machine Preacher Curl - Strip Set-6 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
22. Machine Standing Calf Raise- 2 Sets x 25 Reps
23. Machine Crunch- 3 Warm-Up Sets x 15 Reps
24. Rest 2 Minutes
25. Machine Crunch- Strip Set-15 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
26. Rest 3 Minutes
27. 15 Minute Steady Paced Run at RPE (Perceived Exertion) of 5 out of 10
28. 10 Minute Stretch of Quads, Hamstrings, Chest, Back, and Shoulders



## DAY - 4

## DAY - 4

*Thursday (OFF)*

### *Nutrition*

---

8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal with Fiber One in it

10:30 AM: 1 Tbsp Natural Peanut Butter + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Grilled Chicken, Roasted Peppers, Avocado on a 100% Whole Wheat Wrap (No Dressing)

4:00 PM: ½ cup Black Beans, ½ Cup Red Beans, 1 Cup Broccoli Florets

7:00 PM: Grilled Swordfish, Baked Sweet Potato, Mixed Steamed Vegetables

10:00 PM: 20 g Casein Protein mixed with Water

### *Training- REST*

---

Enjoy your day off! You deserve it...You're almost through the first week!

# DAY-5

## DAY-5

### *Friday (Afternoon Lift with Cardio after)*

#### *Nutrition*

---

8:00 AM: Wake-up - 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) in water + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Walnuts + 1 Red Apple

1:00 PM: Grilled Chicken on Whole Wheat Bread with Lettuce, Tomato, Onion, and 1 Slice Low-fat Mozzarella Cheese; Side of Steamed Spinach

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Crispbread + 1 tbsp. honey + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 40 g sugar from agave nectar

7:30 PM: Grilled London Broil (fat stripped) + 1 Cup baked beans + 1 Cup Brussels sprouts

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

#### *Training - Full Body Routine*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Push-Ups- As many as you can do (if <5, then do them from your knees)
3. Machine Chest Press- 3 Warm-Up Sets- 15, 12, 10 Reps
4. Rest 2 Minutes
5. Machine Chest Press- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
6. Machine Back Row- 3 Warm-Up Sets x 20, 15, 12 Reps

7. Rest 2 Minutes
8. Machine Back Row- Strip Set-10 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
9. Rest 2 Minutes
10. Machine Shoulder Overhead Press- 3 Warm-Up Sets x 15, 12, 10 Reps
11. Rest 2 Minutes
12. Machine Shoulder Overhead Press- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
13. Rest 2 Minutes  
Machine Leg Press- 3 Warm-Up Sets x 25, 20, 15, 12 Reps
14. Rest 2 Minutes
15. Machine Leg Press- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
16. Rest 2 Minutes
17. Machine Lying Leg Curl- 3 Warm-Up Sets x 15, 12, 10 Reps
18. Rest 2 Minutes
19. Machine Lying Leg Curl- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
20. Rest 2 Minutes
21. Machine Crunch- 3 Warm-Up Sets x 20, 15, 12 Reps
22. Rest 2 Minutes
23. Machine Shoulder Overhead Press- Strip Set-8 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
24. Rest 2 Minutes
25. 20 Minute Steady Paced Run at RPE (Perceived Exertion) of 4 out of 10
26. 10 Minute Stretch of Quads, Hamstrings, Chest, and Shoulders

## DAY - 6

## DAY - 6

### *Saturday (AM Cardio)*

#### *Nutrition*

---

8:00 AM: Wake-up (pre-cardio) - 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM (post-cardio): 20g Whey Protein + 1 WASA fiber Crispbread

10:30 AM: 3 Egg Whites + 1 Whole Egg + 2 Packages Instant Oatmeal in Water (no sugar)

1:00 PM: Low Sodium Turkey on Whole Wheat Bread with Mustard, Lettuce and Tomato; Side of Spinach

4:00 PM: Small cup of Low-fat Greek Yogurt mixed with fresh Strawberries

6:30 PM: Whole Grilled Tilapia + Peas + Carrots + Corn on Cob

9:30 PM: 1 oz. peanuts + Side of Steamed Peppers + Glass of Iced Water with 2 Squeezed Lemons

#### *Training- AM Cardio*

---

1. 5 Minute Warm-Up Jog- RPE of 3
2. 5 Minute Run- RPE of 6
3. 2 Minutes Rest
4. 10 Minutes Jump Rope (try to go nonstop)
5. 2 Minutes Rest
6. 1:30 Minute Very Fast Run- RPE of 7; 2 Minutes Rest; Repeat 3 Times
7. 10 Minute Run- RPE of 5
8. 5 Minute Cool-Down Jog- RPE of 5
9. 5 Minute Stretch- Quads and Hamstrings

## DAY - 7

## DAY - 7

*Sunday (OFF)*

### *Nutrition*

---

8:00 AM Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Cheddar Jack Cheese + 1 Grapefruit + 1 Package of Instant Oatmeal (20g carbs) with Fiber One in it

10:30 AM: V8 Vegetable Juice (Low-Sodium) + 1 Red Apple

1:00 PM: 4 oz. Ground Beef (95% lean) hamburger with 1 slice low fat American cheese on a Toasted Whole Wheat Bun with Lettuce, Tomato, and Onion (no ketchup or mayonnaise) + Side of Steamed Cauliflower

4:00 PM: 8 oz. 1% glass of milk

7:00 PM: Can of Tuna Fish mixed with Lemon Juice and E.V. Olive Oil + Mixed Steamed Vegetables + 1 Grapefruit

10:00 PM: 20 g Casein Protein mixed with Water

### *Training- REST*

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Enjoy your day off! You deserve it...You're almost through the first week!

## PHASE 2 - BUILD THE BASE

## PHASE 2 - BUILD THE BASE

During this phase, you will do what's called an upper body/lower body split two times a week for each. Last week you hit the weights 3 times, so instead, this time you will hit it 4 times. You will still just use machines and prime your muscles to get prepared for the free weights. Your body still needs time to adjust to lifting weights and especially taxing the muscles with heavy resistance before we can get you into the advanced stuff.

We eased you into the program during the first week by setting the base for a proper foundation by introducing full body workouts, however, now you will be spending significantly more time on each muscle group. Since you are relatively new to this program though, your body needs to experience full body workouts at first to strengthen the base of the muscles before gradually progressing into an individualized body part structured workout that requires the use of stabilizer muscles.

This takes time for your body to get used to. The amount of weight you should be using should be increased from last week, however. The next month and a half will consist of a gradual progressive approach, shocking your muscles day by day so that they experience the utmost growth all while torching the fat cells during the process. Since you are new to this program, your body needs to experience full body workouts at first to strengthen the base of the muscles before gradually progressing into an individualized body part structured workout that requires the use of stabilizer muscles.

By splitting up your gym sessions into an upper body/lower body split, you will be working on the fundamental functional strength of the muscles before you get into the free weights, which are coming very shortly. You will go to complete failure on the last set of each exercise. You should gradually increase the amount of weights you are performing during each successive set before your one

working intensity set, which will require you to put in as much effort as possible to go to failure through the use of a strip set or some other form of intensity set. Moreover, you will be concentrating a little more on the smaller body parts as well compared to last week, isolating them towards the end of your workout. This will help build the base so you will be strong enough to handle the free weights.

Furthermore, this phase implements the first start of High Intensity Interval Training during your cardio sessions. Now that you got your lungs back by performing the steady state cardio, we're going to get into the meat of the principles of HIIT here. As the intensity increases with your cardio, the better shape you will be in to handle the intensity sets that will come throughout the upcoming weeks.

Again, your nutrition has to be spot on to the finest detail. Any slip up and you are seriously setting yourself back. You did great during the first week and now the ball is rolling to continue. You're almost halfway there until this becomes a habitual process for you, so keep on pushing forward.



## DAY - 8

## DAY - 8

*Monday (Afternoon Lift with Cardio after)*

### *Nutrition*

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8:00 AM: Wake-up- 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) mixed with 1 tbsp. cinnamon + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Grilled Chicken in a Whole Wheat Pita with Lettuce, Tomato, Onion, Peppers with Yogurt Tzatziki Sauce

4:00 PM: Pre-workout (60 mins before lifting) 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:00 PM: Post-Workout (20 minutes after completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Grilled Chicken Marinara over a ½ cup Whole Wheat Pasta + Side of Steamed Spinach with Garlic and Cayenne Pepper

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- Upper Body Routine*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 45 seconds between sets unless noted otherwise, Increase weight gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Push-Ups- As many as you can do (if <5, then do them from your knees)
3. Smith Machine Flat Bench Barbell Press- 3 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
4. Smith Machine Flat Bench Barbell Press- 1 Strip Set of 8 Reps x 4 Sets
5. Recline Pull- 1 Set as many as you can do
6. Machine Lateral Raise- 1 Set of 8 Peak Contraction Reps (Hold at top for 5 seconds)

7. Machine Back Row- 3 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
8. Machine Back Row- 1 Set of 8 Peak Contraction Reps (Hold at top for 5 seconds)
9. Machine Shoulder Overhead Press- 3 Sets x 15 Reps
10. Machine Lateral Raise- 2 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
11. Machine Lateral Raise- 1 Set of 8 Peak Contraction Reps (Hold at top for 5 seconds)
12. Machine Pushdown Dip- 2 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
13. Machine Pushdown Dip- 1 Set of 8 Peak Contraction Reps (Hold at top for 5 seconds)
14. Machine Preacher Curl- 2 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
15. Machine Preacher Curl- 1 Set of 21s (7 halfway up, 7 halfway down, 7 full reps)

**Intervals on Treadmill (Use the sample speeds as a guide & adjust appropriately):**

1. 5 Minute Run at RPE (Perceived Exertion) of 5 at 7 mph
2. 1 Minute Run at RPE of 6 at 8 mph; 1 Minute at RPE of 5 at 7 mph- Repeat 5 times
3. 30 Seconds Run at RPE of 8 at 9 mph; 1 Minute at RPE of 5 at 7 mph- Repeat 4 times
4. 5 Minute Cool down Run at RPE of 4 at 6 mph  
10 Minute Stretch of Quads, Hamstrings, Chest, and Shoulders

## DAY - 9

## DAY - 9

*Tuesday (Afternoon Lift with Cardio after)*

### *Nutrition*

---

8:00 AM: Wake-up - 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs)  
+ 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Grilled Chicken over Greek Salad with Olive Oil and Balsamic Vinegar; Side of Baked Potato

4:00 PM: Pre-workout (60 mins before lifting)- Bowl of Low-fat Greek Yogurt + 6 Pitted Prunes  
+ 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Grilled Chicken Marinara over a bed of Steamed Spinach + Side of ½ cup Whole Wheat Pasta

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training - Lower Body Routine (with abs)*

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1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 45 seconds between sets unless noted otherwise, Increase weight gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Bodyweight Squats- 50 Reps
3. Jump as High As You Can (Bring your knees to your chest) 10 Times x 3 Sets
4. Smith Machine Back Squats- 3 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
5. Smith Machine Back Squats - 1 Drop Set (12 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps)

6. Leg Press- 3 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
7. Leg Press- 1 Set of 12 Slow and Controlled Reps (5 seconds on way up and 5 seconds on way down)
8. Leg Extension- 2 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
9. Leg Extension- 1 Set of 10 Peak Contraction Reps (Hold at top for 5 seconds)
10. Lying Leg Curl- 2 Warm-Up Sets x 15 Reps; Rest 1:30 Minutes
11. Lying Leg Curl- 1 Set of 10 Peak Contraction Reps (Hold at top for 5 seconds)
12. Bodyweight Squats- 50 Reps
13. Bodyweight Stepback Lunges- 50 Reps
14. Crunch on Floor- 2 Sets x 20 Reps
15. Leg Lifts- 2 Sets x 12 Reps (Hold 5 seconds on each lift)
16. Rest 3 Minutes

**Intervals on Bike (Use the sample speeds as a guide & adjust appropriately):**

1. 5 Minute Bike at RPE (Perceived Exertion) of 5
2. 30 Second Sprint at RPE of 8; 1 Minute at RPE of 4- Repeat 4 times
3. 15 Second Sprint at RPE of 9; 1 Minute at RPE of 4- Repeat 2 times
4. 5 Minute Cool Down Bike at RPE of 4  
10 Minute Stretch of Quads, Hamstrings

**\*\*Most stationary bikes, have levels of resistance, so make sure to use an appropriate level (do not start out at level 1, but perhaps a RPE of 5 would have you start out at a level of 5/20 to begin with. In the above bike sprints, make sure to increase the speed of your pedaling rate (RPM) as well as the level resistance (i.e.- an example would be to increase it from level 5 to 10). The better cardiovascular shape you get into, the higher the level you should strive to be pedaling at. Always push yourself mentally to get as much out of your workouts as possible.\*\***

## DAY - 10

## DAY - 10

*Wednesday (OFF)*

### *Nutrition*

---

8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal (20g carbs) with Fiber One in it

10:30 AM: 1 oz. English walnuts + 1 Red Apple

1:00 PM: Quinoa Mixed with Grilled Chicken and Hot Sauce

4:00 PM: 2 Cups mixed green salad chopped with 3 Eggs, Chickpeas, Tomatoes, and Olive Oil and Vinegar

7:00 PM: Grilled Scallops over Brown Rice + Steamed Broccoli and Grilled Eggplant

10:00 PM: 20 g Casein Protein mixed with Water

### *Training - REST*

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Enjoy your day off! You deserve it...You're almost through the first week!

## DAY - 11

## DAY - 11

*Thursday (Afternoon Lift with Cardio after)*

### *Nutrition*

---

8:00 AM: Wake-up - 3 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Grilled Chicken and Anchovies over Greek Salad with 4 Grape Leaves

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Grilled Octopus with Steamed Asparagus and 1 slice of rye bread

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training - Upper Body Routine*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Push-Ups- As many as you can do (if <5, then do them from your knees)
3. Machine Chest Press- 3 Warm-Up Sets x 15, 12, 10 Reps
4. Smith Machine Incline Barbell Press- 2 Warm-Up Sets x 15, 12 Reps; Rest 1:30 Minutes;
5. Smith Machine Incline Barbell Press - 1 Drop Set (10 Peak Contraction Reps- Hold at top for 5 seconds without locking out your arms and squeezing your chest; Then Drop Weight 50% and complete 30 Reps)
6. Seated Cable Row- 2 Warm-Up Sets x 15, 12 Reps

7. Seated Cable Row- 1 Drop Set (10 Peak Contraction Reps- Hold at top for 5 seconds without locking out your arms and squeezing your chest; Then Drop Weight 50% and complete 30 Reps)
8. T-Bar Row- 3 Warm-Up Sets x 15, 12, 10 Reps; Rest 1:30 Minutes;
9. T-Bar Row- 1 Set of 12 Slow and Controlled Reps (5 seconds on way up and 5 seconds on way down); Rest 1 Minute
10. Smith Machine Barbell Shoulder Press- 2 Sets x 12, 10 Reps; Rest 1:30 Minutes;
11. Smith Machine Barbell Shoulder Press- 1 Strip Set x 6 Reps Dropping Weight 4 times
12. Machine Lateral Raise- 1 Warm-Up Set of 15 Reps; Rest 1 Minute
13. Machine Lateral Raise- 1 Set of 12 Peak Contraction Reps (Hold at the top for 3 seconds);
14. Rest 1 Minute
15. Superset Triceps Dip in Between 2 Benches- 1 Set for as many as you can do; with Cable Triceps V-Bar Pressdown- 1 Strip Set x 6 Reps Dropping Weight 4 times
16. Rest 1 Minute
17. Superset Chin-Ups- As many as you can do (if <5, then do a different biceps exercise); with Cable Biceps Cambered Bar Curl- 1 Strip Set x 6 Reps Dropping Weight 4 times  
Rest 1 Minute

**Intervals on Treadmill (Use the sample speeds as a guide & adjust appropriately):**

1. 5 Minute Run at RPE (Perceived Exertion) of 5 at 7 mph
2. Increase Incline to Grade 3.0; 1 Minute Run at RPE of 6 at 7 mph;
3. Decrease Incline to Grade 0.0; 1 Minute at RPE of 5 at 7 mph-
4. Repeat Incline/Decline Process 5 times
5. 20 Seconds Run at RPE of 9 at 10 mph; 1 Minute at RPE of 5 at 7 mph- Repeat 4 times
6. 5 Minute Cool down Run at RPE of 4 at 6 mph  
10 Minute Stretch of Quads, Hamstrings, Chest, and Shoulders



## DAY - 12

## DAY - 15

### *Friday (Afternoon Lift with Cardio after)*

#### *Nutrition*

---

8:00 AM: Wake-up- Egg White Omelet Mixed with Salsa + 2 Packages of Instant Oatmeal (40 g carbs) mixed with cinnamon + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Smoked Turkey on Whole Wheat Toast with Lettuce, Tomato, Onion and 1 Slice Low-Fat Cheddar Cheese

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread + 1 cup Sliced Pineapple + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (20 minutes after completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 1 cup watermelon

7:30 PM: 8 oz. roast beef on whole wheat toast with all natural barbeque sauce; Side of celery + Cup of low-sodium tomato soup

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

#### *Training- Lower Body Routine (with abs)*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Bodyweight Squats- 100 Reps
3. Jump as High As You Can (Bring Your Knees to Your Chest) 15 Times x 3 Sets
4. Machine Hack Squats- 3 Warm-Up Sets x 20, 15, 12 Reps; Rest 2 Minutes
5. Machine Hack Squats - 1 Drop Set (10 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps)
6. Leg Press- 3 Warm-Up Sets x 25, 20, 15 Reps; Rest 2 Minutes

7. Leg Press- 1 Strip Set of 8 Reps Dropping Weight 4 Times
8. Bodyweight Stepback Lunges- 25 reps each leg
9. Giant Set- 3 Sets with no rest at all between any exercise, but 1 minute rest between sets (First 2 sets are warm up sets and the third set will be a working intensity set in which you will do slow and controlled reps of 3 seconds on the way up and 3 seconds on the way down for all 3 exercises):
  - a. Leg Extension
  - b. Lying Leg Curl
  - c. Standing Calf Raise Machine
10. Rest 1 Minute
11. Superset Bodyweight Stepback Lunges- 25 reps each leg; with Bodyweight Squat Jumps- Squat down and Jump as high as you can 25 times
12. Rest 1 Minute
13. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set in which you will do slow and controlled reps of 3 seconds on the way up and 3 seconds on the way down for all 3 exercises):
  - a. Machine Rope Crunch
  - b. Hanging Knee Raise
  - c. Jackknifes
  - d. Leg Lifts

**Intervals on Bike (Use the sample speeds as a guide & adjust appropriately):**

1. 2 Minute Bike at RPE (Perceived Exertion) of 5
2. 15 Second Sprint at RPE of 9; 30 Seconds Active Rest at RPE of 4;
3. 30 Second Sprint at RPE of 8; 1 Minute Active Rest at RPE of 4;
4. 45 Second Sprint at RPE of 7; 1 Minute Active Rest at RPE of 4;
5. 1 Minute Sprint at RPE of 6; 1 Minute Active Rest at RPE of 4;
6. Repeat Sprint Process 3 Times
7. Rest 30 seconds
8. Jump Rope- 5 Minutes
9. Rest 30 Seconds
10. Jump as High As You Can (Knees to Chest)- 20 Times x 2 Sets (
11. 10 Minute Stretch of Quads and Hamstrings

## DAY-13

## DAY-13

### *Saturday (AM Cardio)*

#### *Nutrition*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein

10:30 AM: Egg White Omelet with Spinach, Mushrooms, and Onions + 2 Slices of Whole Wheat Toast (No Butter) + Cup of Raspberries

1:00 PM: 1 Cup Chickpeas

4:00 PM: 1 Cup Quinoa + 4 celery stalks

7:00 PM: Tossed Salad with Olive Oil and Balsamic Vinegar + 9 oz Scallops + Side of Steamed Broccoli

11:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) + 1 Glass of Ice Water with 2 Squeezed Lemons

#### *Training- AM Cardio on Track*

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1. Half Mile Warm-Up Jog- RPE of 4
2. 1 Mile Run- RPE of 6
3. 2 Minutes Rest
4. Quarter Mile Hard Run at RPE of 7
5. 2 Minutes Rest
6. 200 m Hard Run at RPE of 8
7. 1 Minute Rest
8. 100 m Hard Run at RPE of 9
9. 1 Minute Rest
10. 100 m Sprint at RPE of 10
11. 1 Minute Rest
12. Quarter Mile Hard Run at RPE of 7
13. 2 Minutes Rest

14. Half Mile Cooldown Jog at RPE of 4
15. 10 Minute Stretch- Quads and Hamstrings
16. Quarter Mile Hard Run at RPE of 7
17. 2 Minutes Rest
18. Half Mile Cooldown Jog at RPE of 4
19. 10 Minute Stretch- Quads and Hamstrings

## DAY - 14

## DAY - 14

*Sunday (AM Cardio)*

### *Nutrition*

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8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal (20 g carbs) with Fiber One in it

10:30 AM: 1 Tbsp Natural Peanut Butter + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Grilled Chicken, Roasted Peppers, Avocado on a 100% Whole Wheat Wrap (No Dressing)

4:00 PM: ½ cup Black Beans, ½ Cup Red Beans, 1 Cup Broccoli Florets

7:00 PM: Grilled Tuna, Baked Sweet Potato, Mixed Steamed Vegetables

10:00 PM: 20 g Casein Protein mixed with Water

### *Training- REST*

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Enjoy your day off! You deserve it...You're almost done with Week Two! You're doing fantastic!

## PHASE 3 - RISE OF THE FREE WEIGHTS

During this phase, you will now start implementing free weights, performing a 3 day a week free weight split. Now that you've built up the base and given your major muscle groups the strength they needed from the machines, free weights should constitute the bulk of your workout throughout the rest of your fitness career. During this phase, each body part will be under a great deal of stress, since more time will be dedicated to each body part and thus, you will need more time to recover from the stress implemented. Now that you prepared yourself by building the proper base and gradually increasing the workload, now you're ready to attack the free weights and work on your stabilizer muscles effectively to build some serious muscle. Your body has certainly adjusted to the moderately heavy resistance that the lifting up until this point has introduced and now it's time to really stress the muscles and stimulate them to respond with superior growth by providing your muscles with multiple intensity sets for each body part.

We eased you into the program during the first two weeks by setting the base for a proper foundation by introducing full body workouts and a upper body/lower body split, and now it is time to spend significantly more time on each muscle group with free weights. Your body has experienced what it takes to lift weights on consecutive days and has strengthened its core to progress into a more individualized body part structured workout that requires the use of stabilizer muscles. However, our goal here is to work you up before we ultimately work to ramp up the level of growth hormone and testosterone flowing throughout your body in the next couple of phases, where we will implement several circuits.

Remember, the amount of weight you should be using during this process should increase from week to week since you should be getting much stronger as a result of the resistance training. You've gone through a series of progressively harder workouts up until this point and that trend will certainly continue. The

purpose of the gradual progressive approach is to present overload to your muscles in order to present hypertrophy, shocking your muscles day by day so that they are forced to grow. If you provide your muscles with the same resistance, they will not have any impetus to respond by getting stronger. You need to stress them with something different. Furthermore, with each successive workout, you will be noticing that you are getting in much better cardiovascular shape and are much better able to handle the stress placed on you with a little more ease. Therefore, you have to continue to work harder than you did previously in order to see new changes in your overall development.

So now that you gained some ground and have your muscles established and primed; now they are ready to experience some serious stimulation that will allow you to follow the principles of H.I.S.T. You will perform an intensity set in practically every exercise so your body can experience what forces it to grow- an intensity set to complete failure.

It is very important that you are still gradually increasing your weights during the warm up sets before your one working set, which will require you to put in as much effort as possible to go to failure. Moreover, you will be concentrating even more on the smaller body parts than the previous 2 week, isolating them towards the end of your workout. This will help you develop a balanced physique.

Furthermore, now that you got your lungs back and experienced some High Intensity Interval Training during your cardio sessions, we're going to up the intensity here a little. There will be some gut wrenching cardio routines that will have you bending over at the knees, but you will only be performing this cardio two times during the week. We want you to give it your all during these cardio sessions, so you are going to get a little break from performing a lot of cardio after your weight routine. You will just be performing a little cardio after to help you cool down, but we want you to get used to the intensity of going as hard as possible three days a week. Just stay strong and push your hardest. It's up to you



to set the tone mentally to give it your all and your body will follow. The harder you work, the better results you will see.

Again, your nutrition is the most important part of all this. Training will be for naught if you don't feed your body the proper nutrients at the right times. Remember, we want that metabolism to be firing on all cylinders and for the fire to be stoked, never dissipating or being smothered. You did great during your first two weeks and I'm sure you're starting to see and feel some changes already. Those changes will be even greater in the next few weeks so stay focused. The power of compounding dictates that small changes in input (such as your diet) will result in drastic differences in output (such as your physique) in greater proportions as time moves forward. You've got one week left until this becomes a habitual process for you, so stay motivated to get through here because you'll be enthusiastic about making fitness a lifestyle for the long haul very shortly, which is exactly what you want.

# DAY-15

## DAY-12

### *Monday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-up- 5 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 2 Packages of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Almonds + 1 Red Apple

1:00 PM: Grilled Chicken Souvlaki in a Whole Wheat Pita with Tomato, Onion and Peppers

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 WASA Fiber Crispbread + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 3 tbsp. honey

7:30 PM: 1 can Sardines in oil drained with Cayenne Pepper sprinkled over it + Side of Steamed Spinach + Roasted Pepper Stuffed with Brown Rice, 95% Lean Beef, and Marinara Sauce

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

#### *Training: Back/Biceps/Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Low Cable Rope Pull Into Chest- 3 Warm-Up Sets x 15 Reps
3. Seated Cable Row- 2 Warm-Up Sets x 15 Reps; Rest 1 Minute
4. Seated Cable Row- 10 Peak Contraction Reps (5 second holds when you pull it in to your stomach- pull with your back, not your biceps)
5. Bent-Over Barbell Row- 2 Warm-Up Sets x 15, 12; Rest 2 Minutes
6. Bent-Over Barbell Row- 1 Strip Set-8 Reps x Drop the weight 4 times

7. Deadlift- 2 Warm-Up Sets x 10 Reps; Rest 2 Minutes
8. Deadlift- 5, 5, 5 Set- (5 Fast Reps, 5 Slow reps of 5 seconds up and 5 seconds down, and then 5 normal reps of 2 seconds up and 2 seconds down)
9. Wide Grip Lat Pulldown- 2 Warm-Up Sets x 15 Reps; Rest 2 Minutes
10. Wide Grip Lat Pulldown- 1 Drop Set (12 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps); Rest 2 Minutes
11. Standing Barbell Curl- 1 Warm-Up Set x 15 Reps; Rest 2 Minutes
12. Machine Preacher Curl- 1 Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
13. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up sets where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set in which you will do slow and controlled reps of 3 seconds on the way up and 3 seconds on the way down for all 3 exercises):
  - a. Machine Rope Crunch
  - b. Hanging Knee Raise
  - c. Cable Baseball Swings
  - d. Crunch on Floor
14. 5 Minute Bike Ride at RPE of 5
15. 10 Minute Stretch of Back, Hamstrings, and Shoulders

## DAY-16

## DAY-16

*Tuesday (AM Cardio)*

### *Nutrition*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 5 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Bowl of Low-fat Chili

4:00 PM: Handful of Macadamia Nuts + 1 Red Apple

7:30 PM: Seared Pork Chop (trimmed of fat) marinated in lemon juice, olive oil, oregano, and curry with cranberry, carrot, and onion shavings + Sautéed asparagus

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- AM Cardio on Stairs*

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Go to a local University or apartment building with a set of stairs that has at least 2 flights of steps (about 25 steps). Use your judgment in accordance with the routine below, but you will do a series of sprints up stairs followed by some rest or a walk/jog down the steps to recover before you sprint back up. If it has more than 2 flights of steps, then rest 20 seconds between the sprints instead of jogging back down. You can either touch each individual step, but to gain more explosiveness try to skip one step on the way up.

1. 10 Minute Jog at RPE (Perceived Exertion) of 4 out of 10
2. You will sprint up 25 steps of stairs (PE of 9). Run down (PE of 5), and sprint up again. Repeat 6 times. As soon as you come down sprint back up without any rest at the bottom.
3. Rest 2 Minutes. Repeat Sprint Process 3 times.
4. Sprint up 25 steps. Walk Down. Repeat 10 times. Be really explosive on the way up- PE of 10.
5. Rest 2 minutes.

6. Sprint up 25 steps of stairs (PE of 9). Jog down (PE of 5) and sprint up again. Repeat 4 times. Rest 2 minutes. Repeat Sprint Process 2 times.
7. 10 minute jog at RPE of 4 out of 10.

# DAY - 17

## DAY - 17

### *Day 17: Wednesday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-Up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal with Fiber One in it

10:30 AM: 1 Tbsp Natural Peanut Butter + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Grilled Chicken, Roasted Peppers, Avocado on a 100% Whole Wheat Wrap (with Olive Oil + Balsamic Vinegar)

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread

+ 1/3 cup apricots + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 3 tbsp. honey

7:30 PM: Roasted Cornish Hen + 1 cup Couscous + 1 Can Green Beans

10:00 PM: 20 g Casein Protein mixed with Water

#### *Training- Chest/Shoulders/Triceps*

---

1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between sets unless noted otherwise, Increase weight gradually after each successive set so you are going to complete failure on the last set)

2. Push-Ups- 2 Sets of 25 reps
3. Chest Press Machine- 3 Warm-Up Sets x 15 Reps; Rest 1 Minute
4. Chest Press Machine- Strip Set-10 Reps x Drop the weight 4 times; Rest 2 Minutes
5. Flat Bench Barbell Press- 3 Warm-Up Sets x 15, 12, 10; Rest 2 Minutes
6. Flat Bench Barbell Press- 1 Set Pause Contraction Reps Theory of 8 Reps (Pause the weight halfway down at about a foot from your chest for 2 seconds, then pause it at the bottom for 2 seconds when it is 2" from your chest, then pause it halfway for 2 second, then come back up to the top for 1 rep- Repeat for 8 reps)

7. Rest 2 Minutes
8. Cable Crossover- 3 Warm-Up Sets x 15 Reps; Rest 1 Minute
9. Superset- 3 Sets of 15 reps with no rest in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set in which you will do slow and controlled reps of 4 seconds on the way up and 4 seconds on the way down and peak contraction reps holding the dumbbell at the top of the movement for 3 seconds):
  - a. Side Dumbbell Lateral Raises
  - b. Dumbbell Front Raise
10. Barbell Snatch and Press- 2 Sets x 8, 3 Reps (1<sup>st</sup> is a warm-up and 2<sup>nd</sup> Set will include a drop set to 50% of your weight completing 15 reps)
11. Superset- 3 Sets of 8 reps with no rest in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set in which you will do a 5, 5, 5 set for the Arnold Presses and peak contraction reps holding the dumbbell at the top of the movement for 5 seconds for the shrugs):
  - a. Dumbbell Shoulder Arnold Press
  - b. Barbell Shoulder Shrugs
12. Rest 2 Minutes
13. Machine Shoulder Press- Strip Set-10 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
14. Rest 2 Minutes
15. Superset Triceps Dip on Bar- 1 Set for as Many as you can do; with
16. Triceps V-Bar Pressdown- Strip Set-10 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
17. Rest 2 Minutes
18. As many close-grip pushups as you can do
19. 10 Minute Stretch of Chest and Shoulders

# DAY - 18

## DAY - 18

### *Thursday (AM Cardio)*

#### *Nutrition*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 5 Egg Whites + 1 Egg Yolk + 1 Package of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Grilled Chicken, Roasted Peppers, Avocado on a 100% Whole Wheat Wrap (with Olive Oil + Balsamic Vinegar)

4:00 PM: 1 oz. Unsalted Almonds + 1 Red Apple + 1 Cup Steamed Carrots

7:30 PM: Grilled Chicken Breast in Lemon Juice over a bed of Steamed Spinach + Side of 1 cup Canned Corn + 1 Cup Low Sodium Minestrone Soup

10:00 PM: 20 g Casein Protein mixed with Water

#### *Training- AM Cardio on Track*

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1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10
2. Half Mile Warm-Up Jog- RPE of 4
3. 1 Minute Rest
4. 100 m Sprint- RPE of 10; Rest 30 seconds. Repeat 10 times
5. 4 Minutes Rest
6. 50 m Sprint at RPE of 10; Rest 15 seconds. Repeat 10 times.
7. 4 Minutes Rest
8. 400 m Quarter Mile Hard Run at RPE of 8
9. 2 Minutes Rest
10. High Knees 100 m. Lunges 100 m. Skips 100 m. Frog Leaps 100 m. (No rest between sets around the track)
11. 2 Minutes Rest
12. 1 Mile Cooldown Jog at RPE of 4
13. 10 Minute Stretch of Quads and Hamstrings



# DAY - 19

# DAY - 19

## *Friday (Afternoon Lift)*

### *Nutrition*

---

8:00 AM: Wake-up - 5 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs)  
+ 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

10:30 AM: Small Handful of Walnuts + 1 Red Apple

1:00 PM: Low Sodium Turkey on Whole Wheat Toast with Lettuce, Tomato, Onion and 1  
Slice Low-Fat Swiss Cheese; Side of Steamed Broccoli

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes  
+ 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1  
banana + 1 orange + 2 tbsp. honey

7:30 PM: Lean Steak (93% fat trimmed) Pizzaiola mixed with Peppers, Onions, and Marinara  
Sauce + Baked Sweet Potato with Cinnamon

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of  
Ice Cold Water with 2 Squeezed Lemons

### *Training- Legs/Abs*

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1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 45 Seconds between Sets unless noted otherwise, Increase weight gradually by around  
20% each set so that during the last set only, you are reaching failure at the designated rep  
range)

2. Bodyweight Squats- 100 Reps; 30 seconds rest
3. 24" Box Jumps- 10 Times x 3 Sets (30 Seconds Rest between sets)
4. Barbell Back Squats- 4 Warm-Up Sets x 20, 15, 12, 10 Reps (Make sure to go parallel  
and to go as heavy as you can to go to failure on the last set); Rest 2 Minutes
5. Barbell Back Squat- 1 Set Pause Contraction Reps of 8 Reps (Pause at halfway for 2  
seconds, then go down and pause at parallel for 2 seconds, then come up and pause at

halfway for 2 seconds, then no pause at the top, then repeat the process) and then do as many normal reps as possible without the pause

6. Rest 2 Minutes
7. Leg Press- 2 Warm-Up Sets x 15 Reps; Rest 2 Minutes
8. Leg Press- Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
9. Rest 2 Minutes
10. Walking Dumbbell Lunges- 2 Warm-Up Sets x 8, 6 Reps Each Leg (2<sup>nd</sup> set will be slow reps of 3 seconds on the way down and 3 seconds on the way up); Rest 2 Minutes
11. Superset of Leg Extension and Lying Leg Curl- 15 Reps each x 2 Sets (No rest at all between going back and forth)
12. Standing Calf Raise- 2 Warm-Up Sets x 25 Reps;
13. Seated Calf Raise- 1 Set of 50 Peak Contraction Reps (Hold at the top for 5 seconds) to Failure
14. 25 Standing Cherry Pickers
15. Crunches on Floor- 1 Set x 20 Slow Reps (hold at the top for 3 Seconds)
16. 1 Giant Set (No rest in between exercises):
  - a. Machine Cable Rope Crunch- 1 Strip Set- 10 Reps x 4 times dropping weight until failure;
  - b. Cable Baseball Swings- 1 Strip Set- 10 Reps x 4 times dropping the weight until failure each side
  - c. Hanging Leg Raise (Rocky Style)- To Failure
  - d. Bench Sit-ups with weighted barbell on chest- 6 Reps to Failure
  - e. Twisting Decline Sit-ups with a 25 pound plate- To Failure
17. Rest 4 Minutes
18. 10 Minute Cooldown on Bike at RPE (Perceived Exertion) of 5 doing 15 second mini-sprints (PE of 8) every minute
19. 10 Minute Stretch of Quads and Hamstrings

# DAY - 20

## DAY - 20

### *Saturday (AM Cardio)*

#### *Nutrition*

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8:00 AM: Wake-up (pre-cardio) - 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: Egg White Omelet with Spinach, Mushrooms, and Onions + 2 Slices of Whole Wheat Toast (No Butter) + Cup of Raspberries

1:00 PM:  $\frac{3}{4}$  Pound Chickpeas + 1 Avocado + 4 celery stalks

4:00 PM: Cucumber, Tomato, and Grilled Chicken Salad mixed in Olive Oil and Red Wine Vinegar

7:00 PM: Scallops with Mixed Vegetables and Brown Rice; Side of Steamed Bok Choy

11:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) + 1 Glass of Ice Water with 2 Squeezed Lemons

#### *Training- AM Cardio at Gym*

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##### *Warm Up Routine:*

1. 5 Minutes Treadmill on Incline 2%, at PE of 5 Rest 1 Minute
2. 3 Minutes Jump Rope- Rest 1 Minute

**Working Routine:** *Complete the following circuit routine with no rest in between each exercise:*  
**Circuit #1:**

3. Treadmill- Sprint for 45 Seconds on a 8% Incline at Your Fastest Speed
4. Jump Rope- 30 Seconds
5. Slalom Jumps over a Bench- 15 Reps Each Side (30 Total Reps) as Fast as Possible- [Set up a bench and stand next to it so your hip is facing the long side; Jump over the bench side to side with no rest in between jumps]
6. 36" Plyo-Box Jumps- 15 Reps as Fast as You Can
7. Rest 1 Minute; Repeat this Circuit 2 more times

8. Rest 3 Minutes after your 3rd Circuit

*Circuit #2:*

9. Treadmill- Sprint for 1 minute on flat incline 0% at your fastest speed
10. 25 Burpees
11. Plyo Jumps Over 2 Benches- 10 Total Reps (Back and Forth is one rep)- [Set up two benches three feet apart from each other; Jump over one and as soon as you come down jump over the other one; Turn around and repeat the process for 1 rep]
12. Rest 1 Minute; Repeat this Circuit 2 more times
13. Rest 2 Minutes after the 2nd Circuit is Complete

*Cool Down Routine:*

14. 5 Minutes Treadmill Flat Surface 6 mph
15. 5 Minutes Treadmill Brisk Walk
16. Stretch Out Your Legs for 10 minutes Doing the Sit-And Reach and Quad Pulls

## DAY - 21

## DAY - 21

*Sunday (OFF)*

### *Nutrition*

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8:00 AM Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal (20g carbs) with Fiber One in it

10:30 AM: 1 Tbsp Natural Peanut Butter + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: 2 cups navy beans + Ice Cold Water with 2 Squeezed Lemons

4:00 PM: 1 Cup Split Pea Soup with Ham

7:00 PM: Lettuce Wrapped Fish Tacos- Marinated flounder in olive oil, lemon juice, pepper, chili powder, cayenne pepper, and freshly grated ginger seared on high heat. Fill iceberg lettuce cups with above mixture and add tomato, coriander, red onion, avocado, and diced mango. Drizzle on a light vinaigrette on top.

10:00 PM: 20 g Hemp Protein mixed with Water + Ice Cold Water with 2 Squeezed Lemons

### *Training- REST*

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Enjoy your day off! You deserve it. You are completely done with three weeks of this program! Congratulations! Fitness is probably going to be a part of your daily routine for the rest of your life and you're already proud of it! Keep pushing hard, because you are almost halfway done with this entire program already.

## PHASE 4 - THINGS START HEATING UP!

You're practically halfway through the program and since you've been in a routine for 21 days, I am willing to bet that going to the gym and healthy eating habits are a part of your life now. As I preached throughout this program, if you do something for 21 days it becomes habit, and now I am certain that if you followed every detail of this program, you have seen some great progress in your body already and fitness and nutrition are a mainstay in your general thinking throughout the day. Leading a healthy lifestyle is addicting and something infectious. Your familial members are probably already fed up with you having to eat every few hours, but you are transforming your body and your mind one meal at a time.

I must say that completing the first 3 weeks is the biggest challenge. Most of the people who aren't mentally tough who are going to quit always quit within the first couple of weeks, so making it through that part has set you up for success already. You're doing great so far and you have certainly experienced some hard work already, working out 6 days last week at a very intense pace. Now things are going to heat up a little bit because we will be introducing what is called two-a-days. Two-a-days is where you perform multiple exercise sessions in one day. This can be exhausting but it jolts your metabolism through another level to torch body fat, yet the proper protein and carbohydrate intake will allow you to still build muscle mass in the process. This will also get you in some serious cardiovascular shape to be able to get through the next phase which will revolve around circuit training.

During this phase, you will be taking on a typical bodybuilder's approach, training 5 days for the week on specific individual body parts and doing AM cardio three times during the week. Each body part will be under a great deal of stress, since significantly time will be dedicated to each body part. You will have

to take two days off for the week from lifting and one day off from doing any physical activity. Our goal here is to stimulate the muscles and ramp up the level of growth hormone and testosterone within the next couple of phases through the high intensity nature

Your body has experienced what it takes to go through the basic principles of H.I.S.T. training, but we are going to ramp that up this week by implementing more free weight exercises and essentially eliminating machine work. This will activate more muscle fibers and burn a tremendous amount of calories in the process.

Always keep in mind that the amount of weight you should be using during this process should increase from week to week since you should be getting much stronger as a result of the resistance training. You've gone through a series of progressively harder workouts up until this point and that trend will certainly continue. The purpose of the gradual progressive approach is to present overload to your muscles in order to present hypertrophy, shocking your muscles day by day so that they are forced to grow. Furthermore, with each successive workout, you will be noticing that you are getting in much better shape and are much better able to handle the stress placed on you with a little more ease. Therefore, you have to continue to work harder than you did previously in order to see new changes in your overall development.

You are going to experience some incredible intensity sets on the free weight exercises. Keep in mind though that you should always be warming your muscles up during the first few sets before your one intensity set, not going to failure on any set other than your last intensity set per exercise. You should still gradually increase your weights during the warm up sets before your one working set though. I do not know how strong you are so you need to go by feel and stimulate the muscle with tension not going too light in the process, but making sure you do not break out of form and you do not go to failure while prepping your muscles to handle the one extreme intense set, which will require you to put in as much effort as possible to go to failure.

Furthermore, now that you've experienced some High Intensity Interval Training during your cardio sessions, we're going to up the intensity here still. There will be some gut wrenching cardio routines that will have you bending over at the knees, and you will only be performing this cardio three times during the week, and only in the morning. We want you to give it your all during these cardio sessions, so you are going to get a little break from performing cardio after your weight routine. You will just be performing a little cardio after to help you cool down, but we want you to push as absolutely hard as you can in the morning three days a week. Just stay strong mentally and push your hardest. It's up to you to set the tone mentally to give it your all and your body will follow. The harder you work, the better results you will see.

Again, your nutrition is the most important part of all this and it is up to you stay strict to the regimen. We want that metabolism to be firing on all cylinders and for the fire to be stoked, never dissipating or being smothered. You did great during your first three weeks and I'm sure you're starting to see some serious progress already. Those changes will be even greater in the next few weeks so stay focused, because the best is yet to come. Now that nutrition has become a habitual process for you, we are going to implement carb cycling and cheat meals during the next upcoming weeks, so you definitely have something to look forward to each and every week. Let the fun begin!



## DAY - 22

## DAY - 22

*Monday (AM Cardio + Afternoon Lift)*

### *Nutrition (Carb-Cycling)*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Grilled Chicken Marinara over Whole Wheat Pasta, and Sautéed Eggplant

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 10 Pitted Prunes + 6 apricots + 2 WASA Fiber Crispbreads + 2 tbsp. honey + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 5 tbsp. honey

7:30 PM: Whole Grilled Tilapia with Basmati Rice, Peas, and Carrots + Side of Steamed Spinach + Whole Wheat Pita in Tzatziki Sauce

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- AM Cardio + Back and Abs*

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#### *AM Cardio- Hill Sprints Running*

Find a hilly area in your town that has at least one hill that is around a quarter mile long. Use your judgment in accordance with the routine below, but you will do a series of sprints up hills followed by some rest or a walk/jog down the hill to recover before you sprint back up. Ideally, if it has multiple hills, you will sprint up one hill then jog/run to the next hill and sprint up the next one, but if you can only find one long hill in your area then that will suffice as well.

1. 5 Minute Run at RPE (Perceived Exertion) of 5 out of 10
2. Warm-up your body with Ankle/Foot Circles, 25 Bodyweight Squats, Alternating
3. Walking Lunges, Hip Rotations, Spine Twisters, Shoulder Circles, and 20 Standing Jumps in Place
4. Flat Surface Preparatory Sprints: Do a series of 5 50 yard sprints at about 50% of what you feel would be your maximum speed for that day, resting 20 seconds between each sprint. With each successive sprint, go about 10% faster so the final warm-up is about 90% of your max speed.
5. Rest 1 Minute
6. Sprint up the hill (PE of 10) for about 50 yards. Jog down the hill (PE of 3). As soon as you come down, you will sprint back up until you've repeated the process for a total of 5 hill sprints.
7. Rest 2 Minutes.
8. Sprint up the hill (PE of 7) for a quarter mile. Run down the hill (PE of 5).
9. Rest 1 Minute
10. Sprint up the hill (PE of 10) for about 100 yards. Jog down the hill (PE of 3). As soon as you come down, you will sprint back up until you've repeated the process for a total of 4 hill sprints.
11. Rest 2 Minutes.

(You should be able to do this next series of sprints in one shot up the hill)

12. Sprint 10 yards x 5 Sprints, Resting 5 Seconds in between sprints.
  13. Sprint 20 yards x 4 Sprints, Resting 10 Seconds in between sprints.
  14. Sprint 30 yards x 3 Sprints, Resting 15 Seconds in between sprints.
  15. Sprint 40 yards x 2 Sprints, Resting 20 Seconds in between sprints.
  16. Sprint 50 yards. Jog down the hill.
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17. 10 minute Cooldown jog at RPE of 4 out of 10.
  18. 5 minute Stretch of Quads and Hamstrings

## Afternoon Lift- Back and Abs

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Low Cable Rope Pull Into Chest- 3 Warm-Up Sets x 15 Reps
3. Deadlift- 3 Warm-Up Sets x 10 Reps; Rest 2 Minutes
4. Deadlift- 1 Strip Set- 6 Reps x Drop the weight 3 times (On last set of this, do slow and controlled reps of 5 seconds up and 5 seconds down)

5. Pull-Ups- 1 Warm-Up Set to about 2 reps before failure; Rest 1 Minute
6. Weighted Pull-ups- Have 2 plates strapped to your waist and complete as many reps as possible; then drop 1 plate, and complete as many reps as possible; then drop the last weight and complete as many reps as possible; Rest 1 Minute
7. Bent-Over Barbell Row- 2 Warm-Up Sets x 20, 15; Rest 2 Minutes
8. Bent-Over Barbell Row- 1 Strip Set x 10 Reps (On last set, perform peak contraction reps- 5 second holds when you pull it in to your stomach- pull with your back, not your biceps by keeping your thumbs on the outside)
9. Bent Over 1 Arm Dumbbell Row- 1 Warm-Up Set x 15 Reps each arm; Rest 2 Minutes
10. Bent Over 1 Arm Dumbbell Row- Run the rack x 12 reps (go down the rack going down 5 pounds at a time, alternating arms in the process)
11. Wide Grip Lat Pulldown- 2 Warm-Up Sets x 15 Reps; Rest 1 Minutes
12. Wide Grip Lat Pulldown- 1 Drop Set (12 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps); Rest 2 Minutes
13. Low Cable Jockey Pull- 1 Cooldown Set of 100 Reps
14. 10 Minute Stretch of Back, Hamstrings, and Shoulders

DAY-23

DAY-23

### *Tuesday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Cheddar Cheese, and Tabasco Sauce + 1 Grapefruit + 2 Packages of Instant Oatmeal (40 g carbs) with Fiber One in it

10:30 AM: Handful of Almonds + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Low Sodium Turkey and 1 Slice Low-Fat Alpine Lace Swiss on Whole Wheat Toast with Lettuce, Tomato, Onion, and Mustard

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread  
+ 1/3 cup apricots + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Seared Pork Tenderloin (fat trimmed) + 1 cup Black Bean Soup + Baked Sweet Potato with Cinnamon + Grilled Vegetables

10:00 PM: 20 g Casein Protein mixed with Water + Glass of Ice cold water with 2 squeezed lemons

#### *Training- Chest, Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between sets unless noted otherwise, Increase weight gradually after each successive set so you are going to complete failure on the last set)

2. Push-Ups- 2 Warm-Up Sets of 30, 50 reps
3. Chest Press Machine- 3 Warm-Up Sets x 15 Reps; Rest 1 Minute
4. Chest Press Machine- Strip Set-10 Reps x Drop the weight 4 times (Peak Contraction Reps on every rep holding at the top of the movement for 2 seconds- make sure not to

lock your elbows out, but to keep tension in your chest rather than your triceps and elbows)

5. Incline Dumbbell Press- 2 Warm-Up Sets x 12, 10 Reps; Rest 2 Minutes
6. Incline Dumbbell Press- Run the rack x 8 reps (go down the rack going down 5 pounds at a time, alternating arms in the process)
7. Flat Bench Barbell Press- 3 Warm-Up Sets x 8, 6, 4; Rest 2 Minutes
8. Flat Bench Barbell Press- Power of 50- Get 50 Reps with the last 10 being Forced Reps from help of a spotter
9. Rest 2 Minutes
10. Superset of Incline Dumbbell Flyes; with Incline Hammer Press (Do an incline dumbbell fly and then bring the dumbbells close to your chest and press them up for a hammer press as one rep) with Incline Pushups- 1 Warm-Up Set of 15 Reps- And then on 2<sup>nd</sup> set, go to complete failure on each
11. Superset of Cable Crossover; with Pec Deck Machine- 2 Cooldown Sets x 20 Reps Each;
12. Rest 2 Minutes
13. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Machine Rope Crunch- go as heavy as you can for 8+ reps
  - b. Floor Wipers- (bring your legs to the left side of the bar, middle, right side, middle for 1 rep- choose a weight that you can get 5+ reps for)
  - c. Cable Woodchoppers- go as heavy as you can for 8+ reps
  - d. Double Crunch (Standard crunch combined with a reverse crunch- touch your toes and squeeze on each rep)
  - e. Hip Thrusts with Weighted Barbell on Hips- 10 reps
  - f. Plank
14. 10 Minute Stretch of Chest and Shoulders

# DAY - 24

## DAY - 24

*Wednesday (AM Cardio)*

### *Nutrition*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 5 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Mixed Greens Salad with Lima Beans, Navy Beans, Chickpeas, Black Beans, Peas, Carrots, Tomato, and Cucumber with Olive Oil and Balsamic Vinegar

4:00 PM: Carrots and Celery with Hummus + 1 Red Apple

7:30 PM: Grilled Chicken Primavera (trimmed of fat) marinated in lemon juice, olive oil, and oregano

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- AM Cardio on Stairs*

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Go to a local University or apartment building with a set of stairs that has at least 4 flights of steps (about 50 steps). Use your judgment in accordance with the routine below, but you will do a series of sprints up stairs followed by some rest or a walk/jog down the steps to recover before you sprint back up. If it has more than 2 flights of steps, then rest 20 seconds between the sprints instead of jogging back down. You can either touch each individual step, but to gain more explosiveness try to skip one step on the way up.

1. 10 Minute Jog at RPE (Perceived Exertion) of 5 out of 10
2. You will sprint up 50 steps of stairs (PE of 8). Run down (PE of 5), and sprint up again. Repeat 6 times. As soon as you come down sprint back up without any rest at the bottom.
3. Rest 2 Minutes. Repeat Sprint Process 3 times.
4. Sprint up 25 steps. Walk Down. Repeat 10 times. Be really explosive on the way up- PE of 10.

5. Rest 2 minutes.
6. Sprint up 50 steps of stairs (PE of 8). Jog down (PE of 5) and sprint up again. Repeat 4 times.
7. Sprint up 12 steps (PE of 10). Run Down (PE of 6). Repeat 5 times. Be really explosive on the way up- PE of 10.
8. Rest 1 minute. Repeat Sprint Process 2 times.
9. 10 minute Cooldown jog at RPE of 4 out of 10.

DAY - 25

DAY - 25

### *Thursday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-up: 5 Egg Whites + 1 Egg Yolk + 1 Package of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

10:30 AM: Cup of Cantaloupe and Honeydew Melon + Handful of Unsalted Sunflower Seeds

1:00 PM: Grilled Chicken, Peppers, Arugula, and Tomato on a Whole Wheat Baguette

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Grilled Salmon with Brown Rice + Side of Steamed Broccoli

10:00 PM: 20 g Casein Protein mixed with Water

#### *Training- Shoulders/Abs*

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1. Cable Side Lateral Raises- 2 Warm-Up Sets of 20 reps each arm
2. Superset- 4 Sets of 15 reps with no rest in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set in which you will do slow and controlled reps of 4 seconds on the way up and 4 seconds on the way down and peak contraction reps holding the dumbbell at the top of the movement for 3 seconds):
  - a. Side Dumbbell Lateral Raises
  - b. Dumbbell Front Raises
3. Seated Military Dumbbell Press- 3 Warm-Up Sets x 15, 12, 10 Reps;
4. Rest 1 Minute
5. Seated Military Dumbbell Press- Run the rack x 8 reps (go down the rack going down 5 pounds at a time)



6. Barbell Snatch and Press- 2 Warm-Up Sets x 8, 6 Reps;
7. Rest 2 Minutes
8. Barbell Snatch and Press- Drop Set of 4 Reps (2<sup>nd</sup> Set will be a drop set to 50% of your weight completing 20 reps);
9. Rest 1 Minute
10. Superset- 3 Sets with no rest for 15 reps in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set):
  - a. Upright Barbell Row- Pause Contraction Reps x 15 Reps- (Make sure your elbows stay above your wrists on this movement- Pause the weight halfway up for 2 seconds, then pause it at the top for 2 seconds when it is 2" above your clavicle, then pause it halfway for 2 seconds, then come back down to the bottom for 1 rep)
  - b. Dumbbell Shoulder Shrugs- Run the Rack x 15 reps- (go down the rack going down 5 pounds at a time)
11. Rest 2 Minutes
12. Superset- 3 Sets with no rest for 10 reps in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set):
  - a. Bent Over Dumbbell Lateral Raises- Peak Contraction Reps x 15 Reps- (Pause at the top of the movement for 4 seconds)
  - b. Reverse Pec Deck- Drop Set x 15 Reps (2<sup>nd</sup> Set will be a drop set to 50% of your weight completing 20 reps)
13. Rest 2 Minutes
14. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Machine Rope Crunch- go as heavy as you can for 15+ reps pausing at the bottom for 3 seconds
  - b. Floor Wipers- (bring your legs to the side of the bar, middle, side, middle for 1 rep- choose a weight that you can get 10+ reps for)
  - c. Twisting Oblique Machine- 10 Reps each side
  - d. Machine Combo Crunch- 10 Reps
  - e. Ab Sit-ups with Barbell on Chest- 6 Reps
  - f. Decline Twisting Sit-ups - 8 Reps Each Side

DAY - 26

DAY - 26

*Friday (AM Cardio + Afternoon Lift)*

*Nutrition (Carb-Cycling)*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Sushi- 10 Salmon Handrolls (no spicy mayo sauce and no soy sauce)

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 10 Pitted Prunes + ½ cup apricots + 2 WASA Fiber Crispbreads + 2 tbsp. honey + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 5 tbsp. honey

7:30 PM: Grilled Chicken Breast with Red Beans and Lots of Rice + Kernel Corn + 2 slices of cornbread

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

*Training- AM Cardio + Biceps/Triceps*

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*AM Cardio on Track*

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10
2. Half Mile Warm-Up Jog- RPE of 5  
1 Minute Rest
3. Dynamic Warm-Up of Lunges, Skips, and Cherry Pickers for 5 minutes
4. 1 Minute Rest
5. 40 m Sprint- RPE of 10; Rest 10 seconds. Repeat 10 times
6. 3 Minutes Rest
7. 50 m Sprint at RPE of 10; Rest 15 seconds. Repeat 8 times.

8. 3 Minutes Rest
9. 100 m Sprint at RPE of 10; Rest 25 seconds. Repeat 6 times.
10. 3 Minutes Rest
11. 200 m Sprint at RPE of 9; Rest 1 Minute. Repeat 2 times.
12. 1 Minute Rest
13. High Knees 100 m. Lunges 100 m. Skips 100 m. Frog Leaps 100 m. (No rest between sets around the track)
14. 2 Minutes Rest
15. 1 Mile Cooldown Jog at RPE of 4
16. 10 Minute Stretch of Quads and Hamstrings

### *Training - Biceps and Triceps Workout*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between sets unless noted otherwise)

2. Superset 25 Close-Grip Pushups; with 20 reps of 25 lb. plate hammer curls (Grab a 25 lb. plate and curl it up towards your chin)
3. Rest 30 Seconds, Repeat Once More
4. Superset Triceps Dip on Bar- 1 Set for as many as you can do; with Triceps V-Bar Pressdown- Strip Set-10 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
5. Rest 1 Minute
6. Superset Standing Barbell Cable Curl- 1 Set x 15 Reps; with Barbell Preacher Curl- 1 Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
7. Rest 1 Minute
8. Close-Grip Pushups to Failure Superset (no rest) with Close-Grip Chin-ups to Failure
9. Rest 1 Minute
10. Close-Grip Bench Press- 6 Reps + 6 Forced Reps Superset with 8 Reps of Arnold Curl- Peak Contraction Reps (Hold at top for 3 seconds)
11. Rest 2 Minutes
12. 15 Reps Triceps Rope Pushdown Strip Set x 4 Times Superset with 12 Reps of Hammer Curls Running the Rack (drop 5 pounds at a time)
13. Rest 1 Minute
14. Cooldown Superset of Dumbbell Kickbacks of 25 reps each arm; with 25 lb. plate hammer curls for 50 reps
15. Rest 4 Minutes
16. Go to Rowing Machine and Set on the Highest Level

- a. Sprint as fast as you can for 20 seconds. Rest for 10 seconds. Repeat 8 times.

17. 10 Minute Stretch of Arms, Back and Shoulders

DAY - 26

DAY - 26

### *Saturday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: Egg White Omelet with Spinach, Mushrooms, and Onions + 2 Slices of Whole Wheat Toast (No Butter) + Cup of Raspberries

1:00 PM: Grilled Chicken and White Bean Salad + Side of Whole Wheat Tuscan Bread Dipped in Olive Oil

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 3 tbsp. honey

7:30 PM: Sautéed Scallops with Mixed Vegetables and Brown Rice; Side of Steamed Bok Choy

11:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) + 1 Glass of Ice Water with 2 Squeezed Lemons

#### *Training- Legs/Abs*

---

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10

(Rest 45 Seconds between Sets unless noted otherwise, Increase weight gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Bodyweight Squats- 100 Reps; 30 seconds rest
3. 36" Box Jumps- 10 Times x 3 Sets (30 Seconds Rest between sets)
4. Barbell Back Squats- 5 Sets x 15, 12, 10, 6, 4 Reps (Make sure to go parallel and to go as heavy as you can to go to failure on the last set); Rest 3 Minutes

5. Barbell Back Squat- 1 Set Rest-Pause Theory of 4 Reps x 5 Sets (Pick a weight where you can only get about 10 Reps max and perform 4 Reps, Rest for 15 seconds and repeat the process 5 times to get a total of 20 reps with that weight) and then drop the weight by 50% and get as many reps as possible
6. Rest 3 Minutes
7. Stiff Legged Deadlift- 2 Warm-Up Sets x 15, 12 Reps; Rest 2 Minutes
8. Stiff Legged Deadlift - Strip Set-12 Reps x 4 (Go to failure until you can't complete another rep on each set and drop the weight...with no rest in between sets, perform again until failure- repeat the process until you've dropped the weight 4 times)
9. Rest 2 Minutes
10. Giant Set (No rest between exercises):
  - a. Barbell Stepback Lunges- 8 Reps to Failure
  - b. Dumbbell Step Ups- 10 Reps Each Leg to Failure
  - c. 36" Box Jumps- 20 Reps
11. Rest 3 Minutes
12. Leg Extension- 15 Peak Contraction Reps holding at the top for 2 seconds- Drop the weight 50% and complete 30 Reps
13. Rest 1 Minute
14. Lying Leg Curl- 15 Peak Contraction Reps holding at the top for 2 seconds- Drop the weight 50% and complete 30 Reps
15. Standing Calf Raise- 2 Sets x 25 Reps
16. Seated Calf Raise- 2 Warm-Up Sets of 30 Reps;
17. Standing Calf Raise Machine –Running the Rack x 10 Reps (Drop the weight one plate at a time until you complete the whole stack)
18. Bodyweight Squats- 25 Reps
19. Rest 3 Minutes
20. Crunches on Floor- 1 Set x 20 Slow Reps (hold at the top for 3 Seconds)
21. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Machine Rope Crunch- go as heavy as you can for 8+ reps
  - b. Hanging Leg Raises- To Failure
  - c. Weighted Foot Drivers- 15 Reps
  - d. Cable Baseball Swing- 8 Reps Each Side
22. Rest 1 Minute
23. Reverse Crunch- Slow and Controlled Reps (3 Seconds on the way up and 3 seconds on the way down) to Failure
24. Rest 4 Minutes

25. 10 Minute Cooldown on Bike at RPE of 5 doing 10 second mini-sprints (PE of 10)  
every minute
26. 10 Minute Stretch of Quads and Hamstrings

DAY - 27

DAY - 27

*Sunday (OFF)*

### *Nutrition*

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8:00 AM Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese, Grapefruit, 1 Package of Instant Oatmeal (20g carbs) with Fiber One in it

10:30 AM: 1 Tbsp Natural Peanut Butter + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Smoked Salmon on Whole Wheat Toast with Fat-Free Cream Cheese

4:00 PM: Handful of Almonds + V8 Vegetable Juice (Low Sodium)

7:00 PM: 3 pound lobster + Corn on the cob + Steamed spinach

10:00 PM: 20 g Hemp Protein mixed with Water + Ice Cold Water with 2 Squeezed Lemons

### *Training- REST*

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Enjoy your day off! You deserve it. You are completely done with four weeks of this program! Congratulations! You have made it through with such poise. Just to think, you will have the best body of your dreams in only 2 1/2 weeks from now. I'm sure you're impressed already with the changes your body has responded to in the past month and there's more great stuff to come including tremendous variance that will spice up your workouts. Look good! Feel good!



## PHASE 5 - H.I.S.T. CIRCUITS

## PHASE 5 - H.I.S.T. CIRCUITS

Last week was the toughest week of this entire program. You did an individualized body part routine with full intensity practically every day of the week. Congratulations, you're nearly through this entire program...just keep pushing now because the results you will see during these next 3 phases are going to be something out of this world; and if you have followed the routine properly, you should have begun to see some development in your physique in both gaining muscle and especially, burning fat.

You're doing great so far and you have certainly experienced some hard work already, working out 6 days last week at a very intense pace. Now, we will be taking it a little easier on you in the terms of the amount of days lifting, but the sessions will be even more intense because we are implementing what's called H.I.S.T. Circuit Training. You will only be working out with weights three days during this phase, however, I'm going to be honest with you...these three workout sessions will be absolutely brutal.

This is not your typical circuit training routine. You will be using limited machine work and will mainly consist of heavy, compound movements done one after another. Generally, a heavy squat taken to failure is enough to take you completely out of breath for several minutes, however, now you will be doing heavy compound movements directly after that with no rest in between sets. It's incredibly exhausting, but nothing will stimulate hormonal production to build muscle and burn fat like this kind of training will. However, in order to get the most out of this type of workout, you need to go as heavy as you possibly can from one exercise to the next. Going through the motions is the most disadvantageous thing you could ever do. Done properly, powerful circuit training working two body parts at a time jolts your metabolism through another level to torch body fat.

Last week you took on a typical bodybuilder's approach, training 5 days for the week on specific individual body parts and doing AM cardio three times during the week. This week you will be doing 3 days of circuit training and 2 days of H.I.I.T. cardio only. Your circuit training sessions are basically hardcore cardio workouts; you'll notice how out of breath they take you. You will have to take two whole days off for the week from doing any physical activity because of the stress the activity will place on your body. Our goal here is to stimulate the muscles and ramp up the level of growth hormone and testosterone within the next couple of phases throughout the high intensity nature.

Your body has experienced what it takes to go through H.I.S.T. training and we will continue that principle here; however since the high intensity nature of circuit training, there will be less intensity sets than you experienced last week, because going from exercise to exercise takes you to complete failure on its own. Just push yourself as hard as you can and you're going to notice the developmental changes in your body from doing this just in one week. However, you must be careful not to fall into the trap of doing this kind of training every single week, because there is just so much your central nervous system can take from doing this high intense of activity for prolonged periods of time. Like anything else, just be smart about what you are doing and be careful not to be excessive in anything in you do in life.

Always keep in mind that the amount of weight you should be using during this process should increase from week to week since you should be getting much stronger as a result of the heavy-duty resistance training. You've gone through a series of progressively harder workouts up until this point and that trend will certainly continue. The purpose of the gradual progressive approach is to present overload to your muscles in order to present hypertrophy, shocking your muscles day by day so that they are forced to grow. Therefore, you have to continue to work harder than you did previously in order to see new changes in your overall development.

The key to this type of training is to push yourself throughout the entire hour. You need to push your absolute hardest using as much weight as you can possibly handle with strict form on each rep. It's up to your mind to set the pace and the limit for how much you are willing to push yourself. Keep in mind though that you should always be warming your muscles up properly; this will require you to do several warm-up sets and to do a complete circuit with light weights just to produce flushing and your body ready to handle maximum tension. I do not know how strong you are so you need to go by feel and stimulate the muscle with tension not going too light in the process, but making sure you do not break out of form and you do not go to failure. The warm ups are there to prep your muscles to handle the intense circuits. Good luck! You can do anything you put your mind to!

# DAY - 29

## DAY - 29

### *Monday (AM Cardio)*

#### *Nutrition*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Grilled Chicken, Fresh Mozzarella, Roasted Peppers, Avocado, Olive Oil and Balsamic Vinegar

4:00 PM: Handful of almonds + Vegetable Crudit  (no dressing)

7:00 PM: Whole Grilled Branzini with Peas, and Carrots + Side of Steamed Spinach

10:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

#### *Training- AM Cardio*

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##### *AM Cardio- Hill Sprints Running*

Find a hilly area in your town that has at least one hill that is around a quarter mile long. Use your judgment in accordance with the routine below, but you will do a series of sprints up hills followed by some rest or a walk/jog down the hill to recover before you sprint back up. Ideally, if it has multiple hills, you will sprint up one hill then jog/run to the next hill and sprint up the next one, but if you can only find one long hill in your area then that will suffice as well.

1. 5 Minute Run at RPE (Perceived Exertion) of 5 out of 10

2. Warm-up your body with Ankle/Foot Circles, 50 Bodyweight Squats, Alternating Walking Lunges, Hip Rotations, Spine Twisters, Shoulder Circles, and 30 Standing Jumps in Place
3. Flat Surface Preparatory Sprints: Do a series of 5- 50 yard sprints at about 50% of what you feel would be your maximum speed for that day, resting 20 seconds between each sprint. With each successive sprint, go about 10% faster so the final warm-up is about 90% of your max speed.
4. Rest 1 Minute
5. Sprint up the hill (PE of 10) for 50 yards. Jog down the hill (PE of 4). As soon as you come down, you will sprint back up until you've repeated the process for a total of 8 hill sprints.
6. Rest 2 Minutes.

(You should be able to do this next series of sprints in one shot up the quarter mile hill)

7. Sprint up the hill (PE of 7) for 200 yards (or halfway up the quarter mile hill). Rest 1 minute. Repeat once more.
8. Rest 2 Minutes
9. Sprint up the hill (PE of 10) for 100 yards. Jog down the hill (PE of 3). As soon as you come down, you will sprint back up until you've repeated the process for a total of 8 hill sprints.
10. Rest 2 Minutes.

(You should be able to do this next series of sprints in one shot up the hill)

11. Sprint 100 yards x 4 Sprints, Resting 30 Seconds in between sprints.
12. 10 minute Cooldown jog at RPE of 4 out of 10.
13. 5 minute Stretch of Quads and Hamstrings

# DAY-30

# DAY-30

## *Tuesday (Afternoon Lift)*

### *Nutrition (Carb-Cycling)*

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8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Cheddar Cheese, and Tabasco Sauce + 1 Grapefruit + 4 Packages of Instant Oatmeal (80 g carbs) with Fiber One in it

10:30 AM: Handful of Almonds + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Low Sodium Turkey and 1 Slice Low-Fat Alpine Lace Swiss on Whole Wheat Toast with Lettuce, Tomato, Onion, and Mustard; Side of Whole Wheat Pasta (50g carbs) with Mixed Vegetables

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread  
+ 1/3 cup apricots + 10 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 4 tbsp. honey

7:30 PM: Grilled Shrimp Skewers over Brown Rice + Corn on the Cob

10:00 PM: 20 g Casein Protein mixed with Water + Glass of Ice cold water with 2 squeezed lemons

### *Training- Back/Shoulders*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Perform the following as a circuit for 2 warm-up sets in which you are not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise and Increase the amount of weight used during your 2<sup>nd</sup> circuit):

2. Recline Pull
3. Side Dumbbell Lateral Raise
4. Seated Cable Row
5. Front Dumbbell Lateral Raise

6. Cable Rope Pull in to Chest
7. Machine Shoulder Press
8. T-Bar Row
9. Barbell Upright Shoulder Rows
10. Rest 2 Minutes Between Circuits.

*(The following is a working set in which you will select a weight that will take you to complete failure on the following number of reps- This consists of absolutely no rest in between exercises so set up your barbell weights beforehand):*

11. Wide Grip Pull-Ups to Failure
12. Clean and Jerk- 6 Reps
13. Reverse Chin Ups to Failure
14. Arnold Dumbbell Press- 6 Reps
15. Deadlift- 6 Reps
16. Seated Dumbbell Military Press- 8 Reps
17. Bent Over Barbell Row- 12 Reps
18. Side Dumbbell Lateral Raises- 20 reps
19. Dumbbell Shrugs- Run the Rack (drop 10 pounds at a time) x 12 Reps
20. Rest 2 Minutes
21. T-Bar Row- Strip Set of 6 reps, 8 reps, 15 Reps
22. Dumbbell Front Raise- 12 Reps each arm
23. Bent Over Dumbbell Row- Run the Rack (drop 10 pounds at a time) x 12 Reps
24. Incline Dumbbell Front Raises- 15 reps
25. Bent Over Rear Delt Raises- Peak Contraction Reps x 15 reps (Hold at top for 3 seconds)
26. Recline Pulls- To Absolute Failure
27. Hold your hands as high as you can- To Absolute Failure
28. Rest 4 Minutes

*(Perform this circuit as a Cooldown not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise):*

29. Cable Rope Pull in to Chest
30. Bent Over Dumbbell Lateral Raise
31. Seated Cable Row
32. Front Dumbbell Lateral Raise
33. Cable Rope Pull in to Chest
34. Machine Shoulder Press
35. T-Bar Row
36. Barbell Upright Shoulder Rows

- 37. 5 minute Treadmill Run At PE of 5
- 38. 10 Minute Stretch of Back, Hamstrings, and Shoulders



## DAY - 31

## DAY - 31

*Day 31: Wednesday (Off)*

### *Nutrition*

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8:00 AM: wake-up- 5 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

10:30 AM: Handful of Almonds + 1 Red Apple

1:00 PM: Mixed Greens Salad with Lima Beans, Navy Beans, Chickpeas, Black Beans, Tomato, and Cucumber with Olive Oil and Balsamic Vinegar

4:00 PM: Carrots and Celery with Hummus + 1 Red Apple

7:30 PM: Chicken Primavera (trimmed of fat) marinated in lemon juice, olive oil, and oregano

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- REST*

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Enjoy your day off! You're 2/3 the way through so congratulations. You only got a little more to go before transforming into an entirely different person both physically and mentally.

## DAY - 32

DAY - 32

### *Thursday (Afternoon Lift)*

#### *Nutrition (Cheat Meal)*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 5 Egg Whites + 1 Egg Yolk + 1 Package of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Grilled Chicken with Arugula and Tomato; Side of Wheatberry Salad

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Cheat Meal (Have whatever you want, just no fried foods, and make sure it has a protein source)

10:00 PM: 20 g Casein Protein mixed with Water

#### *Training- Legs/Chest*

---

1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10

(Perform the following as a circuit for 2 warm-up sets in which you are not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise and Increase the amount of weight used during your 2<sup>nd</sup> circuit):

2. Bodyweight Squat Jumps
3. Pushups
4. Burpees
5. Leg Press
6. Chest Press Machine

7. Walking Dumbbell Lunges
8. Pec Fly Machine
9. Rest 2 Minutes Between Circuits.

*(The following is a working set in which you will select a weight that will take you to complete failure on the following number of reps- This consists of absolutely no rest in between exercises so set up your barbell weights beforehand):*

10. Back Squats- Strip Set of 10 Reps x 3 Times
11. Flat Bench Press- Strip Set of 6, 8, 10 Reps
12. Back Squats- Rest Pause Theory for 16 Reps (Choose a weight you can only perform for 12 reps and complete 8 reps, rest for 20 seconds and complete another 8 reps)
13. Flat Bench Press- Rest Pause Theory for 16 Reps (Choose a weight you can only perform for 12 reps and complete 8 reps, rest for 20 seconds and complete another 8 reps)
14. Stiff Legged Deadlifts - Strip Set of 6, 8, 10 Reps
15. Incline Dumbbell Press- Strip Set x 4 Sets of 4, 6, 8, 10 Reps
16. Barbell Lunges- 10 Reps
17. Seated Calf Raises- 100 Reps
18. Rest 2 Minutes.
19. Weighted Incline Push-Ups- Strip Set- 2 Plates on your back to failure, 1 plate on your back to failure, Unweighted to failure
20. Dumbbell Lunges- 6 Reps each leg
21. Incline Hammer Press- 8 Reps
22. Leg Press- Strip Set of 5 Reps x 4 Times
23. Incline Dumbbell Flyes- 15 Reps
24. Leg Extension- 15 Peak Contraction Reps (Hold at top for 3 seconds)
25. Cable Crossover- 15 Peak Contraction Reps (Hold at top for 3 seconds)
26. Lying Leg Curl- 12 Negative Forced Reps (Pick a weight that's too heavy for you to complete more than 4 reps and have a partner lift it for you while you slowly bring the weight down for 5 seconds)
27. Push-Ups- To Failure
28. Wall Sit- To Failure
29. Standing Calf Raises- Strip Set of 10 Reps for 10 Times
30. Rest 4 Minutes

*(Perform this circuit as a Cooldown not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise):*

31. Leg Press
32. Chest Press Machine
33. Walking Dumbbell Lunges

- 34. Pec Fly Machine
- 35. Burpees
- 36. 10 minute bike ride at PE of 5 with 10 second min-sprints (PE of 10) every 30 seconds.
- 37. 10 Minute Stretch of Chest, Hamstrings, Quads, and Shoulders

## DAY - 33

## DAY - 33

*Friday (Off)*

### *Nutrition*

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8:00 AM: Wake-up- 5 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 2 Packages of Instant Oatmeal (40 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

10:30 AM: Handful of Almonds + 1 Red Apple

1:00 PM: Mixed Greens Salad with Grilled Chicken, Chickpeas, Tomato, Carrots, and Corn with Olive Oil and Balsamic Vinegar

4:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) + Side of Steamed String Beans

7:00 PM: Can of Sardines (oil drained) mixed with Cayenne Pepper and Oregano + Side of Grilled Asparagus + Can of Corn

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

*Training- REST*

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Enjoy your day off! Get your rest! You're going to need it!

# DAY - 34

# DAY - 34

## *Saturday (AM Cardio)*

### *Nutrition*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Cheddar Cheese, and Hot Sauce + 1 Grapefruit + 2 Packages of Instant Oatmeal (40 g carbs) with Fiber One in it

1:00 PM: Low Sodium Turkey and 1 Slice Low-Fat Alpine Lace Swiss on Whole Wheat Toast with Lettuce, Tomato, Onion, and Mustard; Side of Cauliflower

4:00 PM: Handful of Cashews + Side of Chili Peppers

7:00 PM: Mixed Seafood Salad + Slice of Whole Wheat Bread in Olive Oil

10:00 PM: 20 g Casein Protein Mixed with Water + Glass of Ice cold water with 2 squeezed lemons

### *Training- AM Cardio on Track*

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1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10
2. Half Mile Warm-Up Jog- RPE of 5
3. 1 Minute Rest
4. Dynamic Warm-Up of Lunges, Skips, and Cherry Pickers for 5 minutes
5. 1 Minute Rest
6. 40 m Sprint- RPE of 10; Rest 5 seconds. Repeat 10 times
7. 2 Minutes Rest
8. 50 m Sprint at RPE of 10; Rest 10 seconds. Repeat 8 times.
9. 2 Minutes Rest
10. 100 m Sprint at RPE of 10; Rest 20 seconds. Repeat 6 times.
11. 2 Minutes Rest
12. 200 m Sprint at RPE of 9; Rest 40 Seconds. Repeat 2 times.
13. 1 Minute Rest
14. 400 m Sprint at RPE of 8
15. Rest 2 Minutes

16. High Knees 100 m. Lunges 100 m. Skips 100 m. Frog Leaps 100 m. (No rest between sets around the track)
17. 1 Minute Rest
18. 1/2 Mile Cooldown Jog at RPE of 4
19. 10 Minute Stretch of Quads and Hamstrings

## DAY - 35

## DAY - 32

### *Sunday (Afternoon Lift)*

#### *Nutrition (Carb-Cycling)*

---

8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Grilled Chicken Marinara over Whole Wheat Pasta and Sautéed Eggplant

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 10 Pitted Prunes + 6 apricots + 2 WASA Fiber Crispbreads + 2 tbsp. honey + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 5 tbsp. honey

7:30 PM: Sushi- As much sushi as you can eat (no fried tempura, no soy sauce, no spicy mayo sauce)

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

#### *Training- Arms/Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10

(Perform the following as a circuit for 2 warm-up sets in which you are not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise and Increase the amount of weight used during your 2<sup>nd</sup> circuit):

2. Close-Grip Pushups
3. 45 lb. plate curls



4. Crunches on Floor
5. Triceps Pushdown
6. Standing Cable Curl
7. Machine Rope Crunch
8. Machine Triceps Extension
9. Machine Preacher Curl
10. Jackknife Toe-Touches
11. Rest 2 Minutes Between Circuits.

*(The following is a working set in which you will select a weight that will take you to complete failure on the following number of reps- This consists of absolutely no rest in between exercises so set up your barbell weights beforehand):*

12. Weighted Dips- Strip Set with 2 plates to failure, 1 plate to failure, no plates to failure
13. Standing Barbell Curl- Strip Set of 6 Reps x 3 Times
14. Weighted Foot Drivers- 20 Reps
15. Close-Grip Bench Press- Strip Set of 6 Reps x 3 Times
16. Standing Dumbbell Curl- Strip Set of 6 Reps x 3 Times
17. Cable Baseball Swings- 8 Reps Each Side
18. Cambered Bar Skull Crushers- 12 Reps
19. Cambered Bar Preacher Curl- 6 Reps
20. Hanging Leg Raise- To Failure
21. Rest 4 Minutes.
22. Weighted Incline Close Grip Push-Ups- Strip Set- 2 Plates on your back to failure, 1 plate on your back to failure, Unweighted to failure
23. Arnold Curl- 10 Reps each arm
24. Ab Rollout- 12 Reps
25. V-Bar Triceps Pushdown- Rest-Pause Theory for 20 reps (Pick a weight where you can only get about 10 Reps max and perform 5 Reps, Rest for 15 seconds and repeat the process 4 times to get a total of 20 reps with that weight) and then drop the weight by 50% and get as many reps as possible
26. Cable Double Bicep Curls- 15 Reps
27. Machine Combo Crunch- 15 Reps
28. Dumbbell Kickbacks- 12 Reps Each Arm
29. Dumbbell Concentration Curl- 12 Reps Each Arm
30. Floor Wipers- 10 Reps
31. Rest 2 Minutes

*(Perform this circuit as a Cooldown not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise):*

32. Triceps Pushdown
33. Standing Cable Curl
34. Machine Crunch
35. Machine Triceps Extension
36. Machine Preacher Curl
37. Hanging Knee Raise
38. 10 minute jog at PE of 5 with 10 second mini-sprints (PE of 10) every 30 seconds.
39. 10 Minute Stretch of Hamstrings, Quads, and Shoulders

## PHASE 6 - SUPER H.I.S.T.

## PHASE 6 - SUPER H.I.S.T.

You've made it through 5 weeks and you've only got this phase to go plus three days. How does it feel to know that you're doing something that 90% of the population can't handle. You're in better shape and you're a better person with a certain mental fortitude that can't be bought...It has to be earned and you've earned it already. Now it's just time to push through this last little bit to get the extra emphasis that will bring out the detail in your musculature.

You've gone through the gradual progression of improving yourself and this phase is what you have worked up to. Now you are ready to handle H.I.S.T. training for life. What you did in Week 4 is very similar to what you'll be doing during this week and this is the main phase that you should follow throughout your training career. While it's always good to add variance and throw in circuit training to boost fat burning, elevate your metabolism, and stimulate new growth, this phase constitutes what should be the bulk of your training program. You're doing great and now you should be a seasoned veteran to the intensity that is necessary to building bulging muscles and creating a metabolism that burns fat at lightning speeds! Keep up the good work and just remember you're almost at the finish line!

## DAY - 36

## DAY - 36

*Monday (Off)*

### *Nutrition*

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8:00 AM: Wake-up Egg White Omelet with Spinach, Tomato and Tabasco Sauce + 1 Grapefruit + 2 Packages of Instant Oatmeal (40 g carbs) with Fiber One in it + 2 cups Black Coffee (no added sugar)

10:30 AM: Cup of Chickpeas, Onions, and Tomato

1:00 PM: Mixed Greens Salad with Lima Beans, Navy Beans, Chickpeas, Black Beans, Tomato, and Cucumber with Olive Oil and Balsamic Vinegar

4:00 PM: Handful of Almonds + 1 Cup Celery Sticks

7:00 PM: Grilled Chicken Primavera (trimmed of fat) marinated in lemon juice, olive oil, and oregano; Side of Baked Sweet Potato

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- REST*

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You worked very hard last week, so enjoy today off and let your muscles and central nervous system recuperate.

## DAY - 37

## DAY - 37

*Tuesday (AM Cardio and Afternoon Lift)*

*Nutrition (Cheat Meal)*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: Handful of Almonds + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Cheat Meal (Have whatever you want, just no fried foods, and make sure it has a protein source)

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread

+ 1/3 cup apricots + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Seared Pork Tenderloin (fat trimmed) + 1 cup Black Bean Soup + Baked Sweet Potato with Cinnamon + Grilled Vegetables

10:00 PM: 20 g Casein Protein mixed with Water + Glass of Ice cold water with 2 squeezed lemons

*Training- AM Cardio + Shoulders and Abs*

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*AM Cardio- Hill Sprints Running*

Find a hilly area in your town that has at least one hill that is around a quarter mile long. Use your judgment in accordance with the routine below, but you will do a series of sprints up hills followed by some rest or a walk/jog down the hill to recover before you sprint back up. Ideally, if it has multiple hills, you will sprint up one hill then jog/run to the next hill and sprint up the next one, but if you can only find one long hill in your area then that will suffice as well.

1. 5 Minute Run at RPE (Perceived Exertion) of 5 out of 10
2. Warm-up your body with Ankle/Foot Circles, 50 Bodyweight Squats, Alternating Walking Lunges, Hip Rotations, Spine Twisters, Shoulder Circles, and 30 Standing Jumps in Place
3. Flat Surface Preparatory Sprints: Do a series of 5- 50 yard sprints at about 50% of what you feel would be your maximum speed for that day, resting 20 seconds between each sprint. With each successive sprint, go about 10% faster so the final warm-up is about 90% of your max speed.
4. Rest 1 Minute
5. Sprint up the hill (PE of 8) for a quarter mile. Jog down the hill (PE of 4). As soon as you come down, sprint 100 yards (PE of 10). Jog down the hill (PE of 4). Repeat once more to do another quarter mile sprint and another 100-yard sprint.
6. Rest 2 Minutes

**(You should be able to do this next series of sprints in one shot up the quarter mile hill)**

7. Sprint up the hill (PE of 10) for 50 yards. Rest 10 Seconds. Repeat 8 times.
8. Rest 2 Minutes.
9. Sprint up the hill (PE of 10) for 100 yards. Jog down the hill (PE of 4). As soon as you come down, you will sprint back up until you've repeated the process for a total of 4 hill sprints.
10. Rest 2 Minutes.

**(You should be able to do this next series of sprints in one shot up the hill)**

11. Sprint 100 yards x 4 Sprints, Resting 30 Seconds in between sprints.
12. 10 minute Cooldown jog at RPE of 4 out of 10.
13. 5 minute Stretch of Quads and Hamstrings

### *Training- Shoulders and Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10

**(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)**

2. Cable Side Lateral Raises- 2 Warm-Up Sets of 20 Reps each arm
3. Cable Side Front Raises- 2 Warm-Up Sets of 20 Reps each arm
4. Superset- 3 Sets of 15 reps with no rest in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly

stimulating the muscle and the third set will be a working intensity set in which you will do slow and controlled reps of 4 seconds on the way up and 4 seconds on the way down and peak contraction reps holding the dumbbell at the top of the movement for 3 seconds):

- a. Side Dumbbell Lateral Raises; with
  - b. Dumbbell Front Raises
5. Barbell Snatch and Press- 1 Warm-Up Set of 8 Reps
6. Superset Barbell Snatch and Press- 4 Reps; with Standing Dumbbell Military Press- Drop Set of 8 Reps (2<sup>nd</sup> Set will be a drop set to 50% of your weight completing 20 reps)
7. Rest 1 Minute
8. Seated Arnold Dumbbell Press- 3 Warm-Up Sets x 15, 12, 10 Reps; Rest 1 Minute
9. Seated Arnold Dumbbell Press- Run the rack x 8 reps (go down the rack going down 5 pounds at a time); Rest 1 Minute
10. Superset- 3 Sets with no rest for 15 reps in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set):
  - a. Upright Dumbbell Rows- Peak Contraction Reps x 15 Reps- (Hold at the top of the movement for 3 seconds)
  - b. Barbell Shoulder Shrugs- Strip Set x 12 Reps for 4 Times
11. Rest 2 Minutes
12. Superset- 3 Sets with no rest for 10 reps in between exercises, but 30 seconds in between sets (First 2 sets are warm up sets where you are going close to failure but mainly stimulating the muscle and the third set will be a working intensity set):
  - a. Bent Over Dumbbell Lateral Raises- Peak Contraction Reps x 15 Reps- (Pause at the top of the movement for 4 seconds)
  - b. Reverse Pec Deck- Strip Set x 10 Reps (2<sup>nd</sup> Set will be a drop set to 50% of your weight completing 20 reps)
13. Rest 2 Minutes
14. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Machine Combo Crunch- 10 Reps
  - b. Hanging Wipers (Hold yourself on a pull up bar with your chin above the bar and bring your legs up to your waist and extended out; rotate your legs side to side using your core)

- c. Floor Wipers- (bring your legs to the side of the bar, middle, side, middle for 1 rep- choose a weight that you can get 10+ reps for)
- d. Twisting Oblique Machine- 10 Reps each side
- e. Machine Rope Crunch- Go as heavy as you can for 15+ reps pausing at the bottom for 3 seconds and do a Strip Set for 3 Times
- f. Hanging Leg Raise
- g. Decline Twisting Sit-ups with Bar Behind Back- 8 Reps Each Side



# DAY-38

# DAY-38

*Wednesday (Afternoon Lift)*

## *Nutrition*

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8:00 AM: Wake-up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Cheddar Cheese, and Tabasco Sauce + 1 Grapefruit + 2 Packages of Instant Oatmeal (40 g carbs) with Fiber One in it

10:30 AM: - 5 Egg Whites + 1 Egg Yolk + 2 Packages of Instant Oatmeal (40 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Mixed Greens Salad with Lima Beans, Navy Beans, Chickpeas, Black Beans, Tomato, and Cucumber with Olive Oil and Balsamic Vinegar

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 WASA Fiber Crispbread  
+ 1/3 cup apricots + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 2 tbsp. honey

7:30 PM: Chicken Primavera (trimmed of fat) marinated in lemon juice, olive oil, and oregano

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

## *Training- Back and Biceps*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between Sets unless noted otherwise, Increase Weight Gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. Low Cable Rope Pull Into Chest- 2 Warm-Up Sets x 15 Reps
3. Recline Pull- To Failure

4. Deadlift- 4 Sets x 10 Reps
5. Rest 2 Minutes
6. Deadlift- 1 Strip Set- 6 Reps x Drop the weight 3 times (On last set of this, do slow and controlled reps of 5 seconds up and 5 seconds down)
7. Pull-Ups- 1 Warm-Up Set to about 2 reps before failure; Rest 1 Minute
8. Weighted Pull-ups- Have 2 plates strapped to your waist and complete as many reps as possible; then drop 1 plate, and complete as many reps as possible; then drop the last weight and complete as many reps as possible; Rest 1 Minute
9. Bent Over 1 Arm Dumbbell Row- 1 Warm-Up Set x 12 Reps each arm
10. Rest 2 Minutes
11. Bent Over 1 Arm Dumbbell Row- Run the Rack x 10 Reps (go down the rack going down 5 pounds at a time, alternating arms in the process); Rest 2 Minutes
12. Seated Cable Row- 1 Warm-Up Set x 15 Reps; Rest 2 Minutes
13. Superset Seated Cable Row- 12 Reps; with Bent Over T-Bar Row- Strip Set- 6, 8, 10 Reps; Rest 1 Minute
14. Wide Grip Lat Pulldown- 2 Warm-Up Sets x 15 Reps
15. Rest 1 Minute
16. Superset Wide Grip Lat Pulldown- 1 Drop Set (12 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps); with Close Grip Pulldown- 1 Drop Set (12 Peak Contraction Reps- Hold at bottom for 5 seconds; Then Drop Weight 50% and complete 30 Reps)
17. Rest 2 Minutes
18. Low Cable Jockey Pull- 1 Cooldown Set of 100 Reps
19. Rest 2 Minutes
20. Close-Grip Reverse Chin-Ups to Failure
21. Standing Barbell Curl- 1 Strip Set with 21s x 4 Times
22. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10
23. 10 Minute Stretch of Back, Hamstrings, and Shoulders

# DAY-39

## DAY-39

### *Thursday (AM Cardio)*

#### *Nutrition*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 5 Egg Whites + 1 Egg Yolk + 1 Package of Instant Oatmeal (20 g carbs) + 1 Whole Grapefruit + 2 Cups Black Coffee (no added sugar)

1:00 PM: Quinoa mixed with Grilled Chicken, Peppers, Olives, and Hot Sauce

4:00 PM: Handful of Almonds + Side of Vegetable Crudité (no dressing)

7:30 PM: Grilled Salmon with Brown Rice + Side of Steamed Broccoli

10:00 PM: 20 g Casein Protein mixed with Water

#### *Training- AM Cardio at Stairs*

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Go to a local University or apartment building with a set of stairs that has at least 8 flights of steps (about 100 steps). Use your judgment in accordance with the routine below, but you will do a series of sprints up stairs followed by some rest or a walk/jog down the steps to recover before you sprint back up. If it has more than 2 flights of steps, then rest 20 seconds between the sprints instead of jogging back down. You can either touch each individual step, but to gain more explosiveness try to skip one step on the way up.

1. 10 Minute Jog at RPE (Perceived Exertion) of 5 out of 10
2. You will sprint up 100 steps of stairs (PE of 7). Run down (PE of 5), and sprint up again.
3. Rest 2 Minutes.
4. Sprint up 50 steps (PE of 8). Rest 20 seconds. Sprint up 50 steps (PE of 8). Jog Down (PE of 4). Repeat Once more.
5. Sprint up 25 steps (PE of 10). Jog Down (PE of 3). Repeat 20 times.
6. Rest 2 minutes.
7. Sprint up 50 steps of stairs (PE of 8). Jog down (PE of 5) and sprint up again. Repeat 6 times.

8. Rest 1 minute.
9. 10 minute Cooldown jog at RPE of 4 out of 10.

# DAY - 40

## DAY - 40

*Friday (AM Cardio + Afternoon Lift)*

*Nutrition (Carb-Cycling)*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Sushi- Eat as much sushi as you want (no tempura, no spicy mayo sauce and no soy sauce)

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 10 Pitted Prunes + ½ cup apricots + 2 WASA Fiber Crispbreads + 2 tbsp. honey + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 5 tbsp. honey

7:30 PM: Chicken Breast with Red Beans and Lots of Brown Rice + Kernel Corn + 2 slices of cornbread

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

*Training- AM Cardio + Chest/Triceps/Abs*

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*AM Cardio Outside- Tabata Training*

1. 10 Minute Jog at RPE (Perceived Exertion) of 3 out of 10
2. Dynamic Warm-Up of Lunges, Skips, and Cherry Pickers for 5 minutes
3. 1 Minute Rest
4. 4 Minute Tabata Training- Sprint for 20 Seconds (PE of 9). Jog for 10 Seconds (PE of 3). Repeat this for 8 times without resting in between.
5. 4 Minutes Walk

6. Sprint for 10 Seconds (PE of 10). Jog for 20 seconds (PE of 4). Repeat this for 8 times without resting in between.
7. 1 mile cooldown run (PE of 4).
8. 10 Minute Stretch of Quads and Hamstrings

### *Training- Chest, Triceps, and Abs Workout*

---

1. 5 Minute Jog at RPE (Perceived Exertion) of 4 out of 10

(Rest 30 Seconds between sets unless noted otherwise, Increase weight gradually after each successive set so you are going to complete failure on the last set)

2. Push-Ups- 2 Warm-Up Sets of 30, 50 reps
3. Chest Press Machine- 2 Warm-Up Sets x 15 Reps
4. Incline Dumbbell Press- 2 Warm-Up Sets x 12, 10 Reps; Rest 2 Minutes
5. Incline Dumbbell Press- 8 Reps + 4 Forced Reps + Drop Set dropping the weight 30% and completing until failure + 4 Forced Reps
6. Rest 2 Minutes
7. Flat Bench Barbell Press- 3 Warm-Up Sets x 8, 6, 4; Rest 2 Minutes
8. Flat Bench Barbell Press- 8 Reps and 4 Forced Reps + Drop Set dropping the weight 30% and completing until failure and 4 Forced Reps, 4 Negative Reps, and hold it in the top position until you can't hold the weight anymore
9. Rest 2 Minutes
10. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Incline Dumbbell Flyes- 15 reps
  - b. Pec Deck- 50 reps
  - c. Cable Crossover- 20 reps
  - d. Pushups- To Failure
11. Rest 2 Minutes
12. V-Bar Pushdowns of 15 Reps to Failure
13. Triceps Rope Extensions- 1 Strip Set with 21s x 4 Times
14. 10 Minute Cooldown on Bike at RPE of 5 doing 10 second mini-sprints (PE of 10) every 30 seconds
15. 10 Minute Stretch of Chest and Shoulders

# DAY - 41

## DAY - 41

### *Saturday (Afternoon Lift)*

#### *Nutrition*

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8:00 AM: Wake-up- Egg White Omelet with Spinach, Mushrooms, and Onions + 2 Slices of Whole Wheat Toast (No Butter) + Cup of Raspberries + 2 Cups Black Coffee (no added sugar)

10:30 AM: 1 Tbsp. Natural Peanut Butter + 1 Red Apple + 1 Cup of Steamed Carrots

1:00 PM: Grilled Chicken over a Mixed Greens Salad + Side of White Beans, Peas, and Carrots + 1 slice of whole wheat bread dipped in olive oil

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 6 Pitted Prunes + 1 Cup of Black Coffee (no added sugar)

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 3 tbsp. honey

7:30 PM: Sautéed Scallops with Mixed Vegetables and Brown Rice; Side of Steamed Bok Choy

11:00 PM: Bowl of Low-fat Greek Yogurt (20 g protein) + 1 Glass of Ice Water with 2 Squeezed Lemons

#### *Training- Legs/Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10

(Rest 45 Seconds between Sets unless noted otherwise, Increase weight gradually by around 20% each set so that during the last set only, you are reaching failure at the designated rep range)

2. 40" Box Jumps- 5 Times x 3 Sets (30 Seconds Rest between sets)
3. Barbell Back Squats- 5 Sets x 15, 12, 10, 6, 4 Reps (Make sure to go parallel and to go as heavy as you can to go to failure on the last set); Rest 3 Minutes
4. Superset Barbell Back Squat- 1 Strip Set of 7 Reps x 3 Times Set; with Dumbbell Step Ups- 10 Reps Each Leg

5. Rest 3 Minutes
6. Dumbbell Jump Squats- 1 Warm-Up Set x 15 Reps; Rest 1 Minute
7. Dumbbell Jump Squats- 8 Reps, Drop the weight 50% for 8 reps, No weight for 8 reps; Rest 1 Minute
8. Stiff Legged Deadlift- 1 Warm-Up Set x 15 Reps; Rest 1 Minute
9. Stiff Legged Deadlift - 12 Reps for Slow and Controlled Reps for 5 Seconds on the way up and 5 seconds on the way down  
Rest 2 Minutes
10. Giant Set (No rest between exercises):
  - a. Barbell Stepback Lunges- 8 Reps to Failure
  - b. Leg Extension- 15 Peak Contraction Reps holding at the top for 2 seconds- Drop the weight 50% and complete 30 Reps
  - c. Donkey Calf Raise- 25 Reps
  - d. Lying Leg Curl- 15 Peak Contraction Reps holding at the top for 2 seconds- Drop the weight 50% and complete 30 Reps
  - e. Standing Calf Raise Machine –Running the Rack x 10 Reps (Drop the weight one plate at a time until you complete the whole stack)
11. Rest 2 Minutes
12. Bodyweight Squats- 50 Reps
13. Rest 2 Minutes
14. Giant Set- 2 Sets with no rest at all between any exercise, but 1 minute rest between sets (First set is a warm up set where you are going close to failure but mainly stimulating the muscle and the second set will be a working intensity set going to complete failure on each exercise):
  - a. Machine Rope Crunch- go as heavy as you can for 15+ reps pausing at the bottom for 3 seconds
  - b. Floor Wipers- (bring your legs to the side of the bar, middle, side, middle for 1 rep- choose a weight that you can get 10+ reps for)
  - c. Twisting Oblique Machine- 10 Reps each side
  - d. Machine Combo Crunch- 10 Reps
  - e. Cable Woodchoppers- 6 reps
  - f. Ab Sit-ups with Barbell on Chest- 6 Reps
  - g. Decline Twisting Sit-ups- 8 Reps Each Side
15. Rest 4 Minutes
16. 10 Minute Cooldown on Bike at RPE of 5 doing 10 second mini-sprints (PE of 10) every minute
17. 10 Minute Stretch of Quads and Hamstrings



## DAY - 42

## DAY - 43

*Sunday (OFF)*

### *Nutrition*

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8:00 AM: Wake-Up: Egg White Omelet with Spinach, Tomato, 1 Slice Low-Fat Swiss Cheese + 1 Whole Grapefruit + 1 Package of Instant Oatmeal (20g carbs) with Fiber One in it

10:30 AM: 1 Handful of Walnuts + 1 Red Apple + 1 Cup Steamed Carrots

1:00 PM: Whitefish + Side of Chopped Celery and Carrots

4:00 PM: V8 Vegetable Juice (Low Sodium)

7:00 PM: 3 pound lobster + Corn on the cob + Steamed broccoli

10:00 PM: 20 g Hemp Protein mixed with Water + Ice Cold Water with 2 Squeezed Lemons

### *Training- REST*

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Enjoy your day off! You deserve it. You are completely done with six weeks of this program and you only have one more phase to go! Congratulations! 3 more days and you get to call yourself a true Muscle Prodigy!

## PHASE XXX - BEACH READY

Phase XXX- Beach Ready – You’ve got some guts and are as mentally tough as they get. This is the grand finale: three days of kicking your butt to get your body looking absolutely ridiculous.

During this phase, you will be performing two-a-days all 3 days. You’ve got your day off yesterday and now it’s time to put the pedal to the metal before you can take your week off of training and appreciate how far you’ve come. You will be performing a gut-wrenching cardio session in the morning followed by a H.I.S.T. Powerlifting Circuit routine two days a week and two cardio sessions in one day. Again, as far as the lifting goes, this is not your typical circuit training routine and you will have to push it to the absolute limit here.

Always keep in mind that the amount of weight you should be using during this process should progress from week to week. You need to push weights that absolutely push yourself to the limit. If you’re comfortable, you’re not trying hard enough. The key to this type of training is to push yourself throughout the entire hour taking as minimal rest as possible. You’ve got three days to go! Good luck! You’re going to do great!

## DAY-43

*Monday (AM Cardio + Afternoon Lift)*

### *Nutrition (Carb-Cycling)*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein + 2 tbsp. honey

9:00 AM: (post-cardio)- 20g Whey Protein + 2 WASA Fiber Crispbreads

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 4 Packages of Instant Oatmeal (80 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Grilled Chicken Marinara over Whole Wheat Pasta, and Sautéed Eggplant

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 Cup of Black Coffee (no added sugar) + 2 WASA Fiber Crispbreads + 10 Pitted Prunes + 1 Cup Apricots + 2 tbsp. honey

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 WASA Fiber Crispbread + 1 banana + 1 orange + 6 tbsp. honey

7:30 PM: Grilled Flank Steak on Whole Wheat Bread with Balsamic Glaze, Peppers, and Arugula + Baked Potato + Side of Baked Beans + Side of Broccoli

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed and Mixed Fruit + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- AM Cardio + Back/Shoulders/Biceps/Abs*

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#### *AM Cardio on Stairs*

Go to a local University or apartment building with a set of stairs that has at least 8 flights of steps (about 100 steps). Use your judgment in accordance with the routine below, but you will do a series of sprints up stairs followed by some rest or a walk/jog down the steps to recover before you sprint back up. If it has more than 2 flights of steps, then rest 20 seconds between the sprints instead of jogging back down. You can either touch each individual step, but to gain more explosiveness try to skip one step on the way up.

1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10
2. Sprints on Flat Surface:
  - a. Sprint 10 yards x 5 Sprints, Resting 5 Seconds in between sprints.
  - b. Sprint 20 yards x 4 Sprints, Resting 10 Seconds in between sprints.
  - c. Sprint 30 yards x 3 Sprints, Resting 15 Seconds in between sprints.
  - d. Sprint 40 yards x 2 Sprints, Resting 20 Seconds in between sprints.
  - e. Sprint 50 yards.
3. Rest 2 Minutes.
4. You will sprint up 100 steps of stairs (PE of 7). Run down (PE of 5), and sprint up again.
5. Rest 2 Minutes.
6. Sprint up 50 steps (PE of 8). Rest 20 seconds. Sprint up 50 steps (PE of 8). Jog Down (PE of 4). Repeat Once more.
7. Sprint up 25 steps (PE of 10). Jog Down (PE of 3). Repeat 20 times.
8. Rest 2 minutes.
9. Sprint up 50 steps of stairs (PE of 8). Jog down (PE of 5) and sprint up again. Repeat 6 times.
10. Rest 1 minute.
11. 10 minute Cooldown jog at RPE of 4 out of 10.

### *Training- Back, Shoulders, Biceps, and Abs*

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1. 5 Minute Jog at RPE (Perceived Exertion) of 5 out of 10

(Perform the following as a circuit for 2 warm-up sets in which you are not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise and increase the amount of weight used during your 2<sup>nd</sup> circuit):

2. Cable Rope Pull in to Chest
3. Side Dumbbell Lateral Raise
4. Crunch on Floor
5. Seated Cable Row
6. Front Dumbbell Lateral Raise
7. Machine Crunch
8. Recline Pull
9. Machine Shoulder Press
10. Hanging Knee Raise
11. Rest 2 Minutes Between Circuits

*(The following is a working set in which you will select a weight that will take you to complete failure on the following number of reps- This consists of absolutely no rest in between exercises so set up your barbell weights beforehand):*

12. Weighted Wide Grip Pull-Ups- Strip Set- 2 Plates strapped on to failure, 1 plate strapped on to failure, Unweighted to Failure
13. Side Dumbbell Lateral Raises Superset with Front Dumbbell Lateral Raises- 20 Reps Each
14. Hanging Leg Raise
15. Deadlift- Rest-Pause Theory (Pick a weight you can only do for a max of 15 reps, and do it for 25 reps in as little time as possible)
16. Snatch and Press- Rest-Pause Theory (Pick a weight you can only do for a max of 4 reps, and do it for 6 reps in as little time as possible)
17. Floor Wipers- 10 Reps
18. Bent Over Dumbbell Rows- Run the Rack dropping 10 pounds at a time and doing 8 Peak Contraction Reps each rep (Hold at top for 3 seconds)
19. Arnold Dumbbell Press- Rest-Pause Theory (Pick a weight you can only do for a max of 8 reps, and do it for 15 reps in as little time as possible)
20. Sit-ups with a Weighted Barbell on Chest- Drop Set- 6 Reps; (Drop weight 20% and complete another 6 Reps)
21. Standing Cable Cambered Bar Curl- Drop Set- 8 Reps each arm; (Drop weight 40% and complete another 20 Reps)
22. Rest 2 Minute
23. Alternating Renegade Row- 10 Peak Contraction Reps Each Arm (Hold at top for 3 seconds)
24. Bent Over Dumbbell Lateral Raises- 15 reps
25. Twisting Cable Baseball Swings- 12 Reps Each Side
26. T-Bar Row- Strip Set of 6 reps, 8 reps, 15 Reps
27. Dumbbell Front Raise- Drop Set of 6 Reps each arm; (Drop weight 30% and complete 8 Reps)
28. Hip Thrusts with Weighted Barbell on Hips- 6 Reps
29. Bent Over Barbell Row- Strip-Set of 12 Reps x 3 Times
30. Incline Dumbbell Front Raises- 15 reps
31. Dumbbell Shrugs- Run the Rack (drop 10 pounds at a time) x 12 Reps
32. Standing Barbell Curl- Strip Set x 6 Reps for 4 Times
33. Bent Over Rear Delt Raises- Peak Contraction Reps x 12 reps (Hold at top for 3 seconds)
34. Ab Rollout- To Absolute Failure
35. Recline Pull- To Absolute Failure
36. Hold your hands as high as you can- To Absolute Failure
37. Rest 4 Minutes

(Perform this circuit as a Cooldown not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise):

- 38. Cable Rope Pull in to Chest
- 39. Bent Over Dumbbell Lateral Raise
- 40. Lying Combo Crunch
- 41. Cable Back Rhomboid Squeeze
- 42. Smith Machine Barbell Shoulder Press
- 43. Twisting Oblique Machine
- 44. 5 minute Treadmill Run At PE of 5
- 45. 10 Minute Stretch of Back, Hamstrings, and Shoulders

## DAY - 44

## DAY - 44

*Tuesday (AM Cardio + Afternoon Lift)*

*Nutrition (Cheat Meal)*

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8:00 AM: Wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 2 Packages of Instant Oatmeal (40 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Cheat Meal (Eat whatever you want except no fried foods, and make sure you have a protein source)

4:00 PM: (60 minutes pre-cardio)- 10 g Whey Protein + 1 Cup of Black Coffee (no added sugar)

6:30 PM: (After completion of cardio)- 20g Whey protein + 5g glutamine + 1 WASA Fiber Crispbread

7:30 PM: Chilean Sea Bass + Side of Clams and Mussels + Small Side of Whole Wheat Pasta Primavera in Red Sauce

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

*Training- AM Cardio*

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*AM Cardio- Hill Sprints Running*

Find a hilly area in your town that has at least one hill that is around a quarter mile long. Use your judgment in accordance with the routine below, but you will do a series of sprints up hills followed by some rest or a walk/jog down the hill to recover before you sprint back up. Ideally, if it has multiple hills, you will sprint up one hill then jog/run to the next hill and sprint up the next one, but if you can only find one long hill in your area then that will suffice as well.

1. 5 Minute Run at RPE (Perceived Exertion) of 5 out of 10

2. Warm-up your body with Ankle/Foot Circles, 50 Bodyweight Squats, Alternating Walking Lunges, Hip Rotations, Spine Twisters, Shoulder Circles, and 30 Standing Jumps in Place
3. Flat Surface Preparatory Sprints: Do a series of 5- 50 yard sprints at about 50% of what you feel would be your maximum speed for that day, resting 15 seconds between each sprint. With each successive sprint, go about 10% faster so the final warm-up is about 90% of your max speed.
4. Rest 1 Minute
5. Sprint up the hill (PE of 10) for 50 yards. Jog down the hill (PE of 4). As soon as you come down, you will sprint back up until you've repeated the process for a total of 8 hill sprints.
6. Rest 2 Minutes.

(You should be able to do this next series of sprints in one shot up the quarter mile hill)

7. Sprint up the hill (PE of 7) for 200 yards (or halfway up the quarter mile hill). Rest 1 minute. Repeat once more.
8. Rest 2 Minutes
9. Sprint up the hill (PE of 10) for 100 yards. Jog down the hill (PE of 3). As soon as you come down, you will sprint back up until you've repeated the process for a total of 2 hill sprints.
10. Rest 2 Minutes.
11. Backpedal up the hill as fast as you can (PE of 10) for 30 yards. Repeat 5 times, resting 15 seconds in between sprints.
12. Rest 2 Minutes.
13. Left Shuffle up the hill as fast as you can (PE of 10) for 30 yards. Repeat 5 times, resting 15 seconds in between sprints.
14. Rest 2 Minutes.
15. Right Shuffle up the hill as fast as you can (PE of 10) for 30 yards. Repeat 5 times, resting 15 seconds in between sprints.
16. Rest 2 Minutes.

(You should be able to do this next series of sprints in one shot up the hill)

17. Sprint 100 yards for 4 Sprints, Resting 30 Seconds in between sprints.
18. 5 minute Cooldown jog at RPE of 4 out of 10.
19. 5 minute Stretch of Quads and Hamstrings

### *PM Cardio- Calisthenics*

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1. 1 mile warm-up Jog at PE of 5



(Perform the following without any rest in between exercises)

2. 10 Squat Jumps
3. 30 Alternating Jumping Lunges
4. 30 Mountain Climbers
5. 25 Burpees
6. Dive Bombers for 1 Minute
7. 20 Squat Thrusts
8. 10 Clap Push-Ups
9. 50 Jumping Jacks
10. 10 Pistol Squats Each Leg
11. Rest 2 Minutes. Repeat Cycle Two More Times.

## DAY - 45

## DAY - 42

*Wednesday (AM Cardio + Afternoon Lift)*

### *Nutrition*

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8:00 AM: wake-up (pre-cardio)- 2 Cups Black Coffee (no added sugar) + 10g Whey Protein

9:00 AM: (post-cardio)- 20g Whey Protein + 1 WASA Fiber Crispbread

10:30 AM: 6 Egg Whites + 1 Egg Yolk + Tabasco Sauce + 2 Packages of Instant Oatmeal (40 g carbs) tossed with Mixed Fruit + 1 Whole Grapefruit + 1 Cup Black Coffee (no added sugar)

1:00 PM: Grilled Chicken with Steamed Eggplant; Side of Chickpeas

4:00 PM: Pre-workout (60 mins before lifting)- 30 g Whey Protein + 1 Cup of Black Coffee (no added sugar) + 2 WASA Fiber Crispbreads + 10 Pitted Prunes + 2 tbsp. honey

6:30 PM: Post-Workout (After completion of workout)- 35g Whey protein + 5g glutamine + 1 banana + 1 orange + 6 tbsp. honey

7:30 PM: Whole Grilled Tilapia + Side of Steamed Broccoli + Baked Sweet Potato

10:00 PM: Bowl of Low-fat Cottage Cheese (20 g protein) mixed w/ Milled flax seed + Glass of Ice Cold Water with 2 Squeezed Lemons

### *Training- AM Cardio + Chest/Legs/Triceps/Abs*

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#### *AM Cardio on Track*

1. Half Mile Warm-Up Jog- RPE of 5
2. 1 Minute Rest
3. Dynamic Warm-Up of Lunges, Skips, and Cherry Pickers for 5 minutes
4. 1 Minute Rest
5. Preparatory Sprints: Do a series of 5- 50 yard sprints at about 50% of what you feel would be your maximum speed for that day, resting 15 seconds between each sprint. With each successive sprint, go about 10% faster so the final warm-up is about 90% of your max speed.
6. Rest 1 Minute

7. Jog 100m around semi circle (PE of 5), Sprint 100 m long side (PE of 9), Jog 100m around semi circle (PE of 4), Sprint 100 m long side (PE of 10).
8. Rest 2 minutes
9. 400 m Sprint- RPE of 8
10. 2 Minutes Rest
11. 200 m Sprint- RPE of 9; Rest 1 minute. Repeat once more
12. 2 Minutes Rest
13. 100 m Sprint- RPE of 10; Rest 30 seconds. Repeat for 4 times.
14. 2 Minutes Rest
15. 50 m Sprint at RPE of 10; Rest 15 seconds. Repeat for 10 times.
16. 1 Minute Rest
17. High Knees 100 m. Lunges 100 m. Skips 100 m. Frog Leaps 100 m. (No rest between sets around the track)
18. 2 Minutes Rest
19. 1 Mile Cooldown Jog at RPE of 4
20. 10 Minute Stretch of Quads and Hamstrings

### *Training- Chest, Legs, Triceps, and Abs*

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1. 5 minute Bike Ride

(Perform the following as a circuit for 2 warm-up sets in which you are not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise and increase the amount of weight used during your 2<sup>nd</sup> circuit):

2. 36" Box Jumps
3. Pushups
4. Crunches on Floor
5. Leg Press
6. Machine Chest Press
7. Hanging Knee Raises
8. Weighted Dumbbell Lunges
9. Triceps V-Bar Pushdown
10. Machine Combo Crunch
11. Rest 2 Minutes Between Circuits

(The following is a working set in which you will select a weight that will take you to complete failure on the following number of reps- This consists of absolutely no rest in between exercises so set up your barbell weights beforehand):

12. Back Squats- Strip Set of 10 reps for 3 times
13. Flat Barbell Bench Press- Strip Set of 10 reps for 3 times

14. Back Squats- Rest-Pause Theory (Pick a weight you can only do for a max of 15 reps, and do it for 25 reps in as little time as possible)
15. Flat Barbell Bench Press- Rest-Pause Theory (Pick a weight you can only do for a max of 15 reps, and do it for 25 reps in as little time as possible)
16. Superset Weighted Rope Crunch- 25 Reps: with Cable Baseball Swings- 10 Reps Each Side
17. Deadlifts- Strip Set of 10 reps for 3 times
18. Incline Dumbbell Press- Strip Set of 6 reps for 4 times
19. Deadlifts- Rest-Pause Theory (Pick a weight you can only do for a max of 15 reps, and do it for 25 reps in as little time as possible)
20. Incline Dumbbell Flyes- 50 Reps
21. Wall Sit- To Failure
22. Weighted Decline Sit-Up
23. Giant Set:
  - a. Close-Grip Push-Ups- As Many As You Can Do in 2 Minutes
  - b. Triceps Rope Pushdowns
  - c. Cable Triceps Kickback
  - d. Standing Calf Raises- Strip Set of 10 Reps for 10 Times

(Perform this circuit as a Cooldown not going to failure, but just doing light weight at a very slow and controlled pace to produce flushing- No rest in between exercises- Get 15 Reps for each exercise):

24. 24" Box Jumps
25. Pushups
26. Crunches on Floor
27. Leg Extension
28. Machine Pec Deck
29. Hanging Leg Raises
30. Lying Leg Curl
31. Triceps French Press Machine
32. Lying Combo Crunch
33. 5 minute Treadmill Run At PE of 5
34. 10 Minute Stretch of Chest, Shoulders, Quads, and Hamstrings

# THANK YOU

THANK YOU

I hope the principles and values preached in this book changed your life as much as it did mine and the thousands of people who have followed this program. Congratulations for completing this difficult 45 day guide and becoming a stronger person in mind, body, and spirit. After you've completed everything dictated throughout these 45 days, take a full week off to recuperate and come back next week with a resurged vigor. That is not a recommendation, but a principle you should abide by to achieve the best results. Upon your return, you can either follow the details depicted in this program, but hopefully you've learned from the experimentation and are able to create your own workouts and meal plans. These 45 days should have taught you some valuable lessons about health and fitness and hopefully changed your way of thinking forever. As you learned, nothing in this world comes easy and anything worth having in this world takes hard work; it's just up to you to put in the dedication and time. If you have any questions at all please send them to [MP45@muscleprodigy.com](mailto:MP45@muscleprodigy.com).

We will try our best to respond to the inquiries and help you out. If you are unaware of how to perform a specific exercise, please refer to MuscleProdigy.com's training section and our YouTube channel for a list of instructional videos

To be eligible for the MP45 Sweepstakes, you must send in a full-body photograph of yourself with your shirt off holding the "Before: Day 0" Banner before you start the program and the "After: Day 45 Banner" upon completion of the program to [MP45@MuscleProdigy.com](mailto:MP45@MuscleProdigy.com). Upon acknowledgement of your two photos, you will receive a free Muscle Prodigy T-shirt and entry into the MP45: Change Your Life Sweepstakes.

Thank you very much for being a supporter of Muscle Prodigy.