**Primary Goal**

Learn how to plan my fitness time here with the same dimension of focus & diversity that Rob has shared.

**Regimen**

* Target 4-day plan, on repeat (*6.5 days/wk*)
* 60-90m lift days (*tgt: 8 lifts/day*)
* 10minPre, 15minPost cardio (*that’s it on cardio!*)

**Focus**

* Primary Focus: Activity & Motion Groupings
* Secondary Focus: Muscular Regions or Groups

**Idea**

* Day 1 –Anterior/Outward, Extend & Rise, Up / Push / Range of Motion / Flexibility
  + Triceps
  + Shoulders
  + Chest
  + Traps, Lats
  + Lower Back *Secondary*
* Day 2 – Posterior/Inward, Contract & Inward, Down / Pull / Balance / Center
  + Biceps
  + Forearms
  + Upper Torso *Secondary*
* Day 3 – Lower Body
* Day 4 – Torso & Upper Legs, Range of Motion *Secondary*

**Good References**

<http://www.bodybuilding.com/fun/get-strong-follow-this-program-to-maximize-strength-gains.html>

<http://www.bodybuilding.com/content/get-muscle-your-guide-to-putting-on-max-size.html>

**Day 1 – Anterior**

1. BB Incline Press [Upper Chest]
2. Rear Delt Fly [Lats & Trap, Rear Shoulder & Rhomboid]
3. DB Incline Press [Upper Chest]
4. Machine Tricep Extension [Triceps]
5. Shoulder Press [Shoulders]
6. Pushups [Triceps]
7. Couch Stretch [Range of Motion – extra]

**Day 2 – Posterior**

1. DB Curls [Biceps]
2. Single-Arm Rows [Lats, Traps]
3. Preacher Curl 21’s [Biceps]
4. Farmer’s Carries [Shoulders, Forearms]

**Day 3 – Legs**



**Day 4 – Core**

1. Bench Squat Jump
2. Planks
3. Bent-over Row [Middle Back]