

LARON LANDRY  
PRO FOOTBALL SUPERSTAR



BODYBUILDING.COM®



## PHASE 1

**MP**  
MUSCLEPHARM.  
DIET + TRAINING SERIES

**GET SWOLE**  
**DIET + TRAINING GUIDE**



## MEATS:

- Chicken
- Mackerel
- Salmon
- Tuna
- Lean Beef
- Jerky
- Turkey
- Lunch Meat Ham
- Lunch Meat Roast Beef
- Eggs



## VEGETABLES:

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash



## CARBOHYDRATES:



- Brown Rice
- Sweet Potato
- Quinoa
- Oatmeal
- Whole Wheat Bread
- Ezekiel Bread
- Whole Wheat Spaghetti
- Yams
- Barley
- Rye Bread
- Pumpernickel Bread

## FATS:

- Avocado
- Almonds
- Cashews
- Olive Oil
- Whole Organic Butter
- Walnuts
- Kidney Beans
- Black Beans
- Brazil Nuts



## FRUITS:



- Apples
- Strawberries
- Papaya
- Pears
- Fresh Prunes
- Orange
- Grapefruit
- Kiwi
- Peaches

## CONDIMENTS + SEASONINGS:



- Spicy Mustard
- Hot Sauce
- Crushed Red Pepper
- Mrs. Dash Original Blend
- Mrs. Dash Fiesta Lime
- Mrs. Dash Extra Spicy
- Mrs. Dash Tomato Basil Garlic
- Mrs. Dash Lemon Pepper





**EX. TIME: 7:00AM**

Wake Up



**SUPPLEMENT:**

- RE-CON®:** 1/2 scoop  
\* Take with 8-12 oz. of water.
- ARMOR-V™:** 6 capsules  
\* Take with 8-12 oz. of water.



**FOOD:**

- 3 whole eggs
- 1/4 cup oatmeal
- 1 cup of fruit



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

- COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



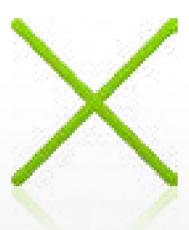
**FOOD:**

- No Food



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

- No Supplement



**FOOD:**

- Choose From Food List:  
Meat: 8 oz.  
Carbohydrate: 1/2 cup

Ex: 8 oz. of tuna and medium sweet potato





**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



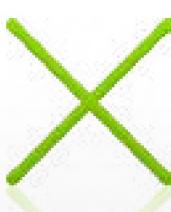
**FOOD:**

No Food



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

Meat: 8 oz.

Carbohydrate: 1 cup

Vegetables: 2 cups

Ex: 8 oz. of tuna, medium sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops  
\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

No Food



## SUPPLEMENTS: PRE-WORKOUT



### ASSAULT™

1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

## SUPPLEMENTS: POST-WORKOUT



### RE-CON®

1/2 scoop with 8-12 oz. of water  
immediately after workout.

### BCAA 3:1:2™

6 capsules with 8-12 oz. of water  
immediately after workout.

### CREATINE

3 scoops with 8-12 oz. of water  
immediately after workout.

## MONDAY: CHEST + BACK

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSSET	Wide Grip Pull-Ups	5 x failure	
	Flat Bench	5 x 12	
SUPERSSET	Incline Dumbbells	5 x 12	
	Seated Row	5 x 12	
SUPERSSET	Wide Grip Pull-Ups	5 x failure	
	Chest Fly	5 x 12	
	Single Dumbbell Pull-Over Across Bench	6 x 12	

## TUESDAY: LEGS + ABS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSSET	Squats	5 x 12	
	Leg Press	5 x 12	
SUPERSSET	Stiff Leg Dead Lift	5 x 12	
	Hamstring Curl	5 x 12	
SUPERSSET	Barbell Lunges	5 x 12	
	Weighted Calf Raises	5 x 12	
	Ab Wheel	50	





## WEDNESDAY: ARMS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSSET	Arnold Cheat Curls—Straight Bar	6 x 8	
	Incline French Press	6 x 8	
SUPERSSET	Incline Alternating Dumbbell Curls	5 x 6, 5-second twist, then 4 more	
	Straight Bar Push-Downs	5 x 20, 20 x 1/4 rep	
SUPERSSET	Bench Dips	5 x failure	
	Preacher Curl Machine	5 x 30	

## THURSDAY: SHOULDERS + ABS

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSSET	Military Press—Bar	5 x 12	
	Upright Rows	5 x 12	
SUPERSSET	Lateral Raises	5 x 12	
	Full Frontals	5 x 12	
	Ab Wheel	1 x 100	

## FRIDAY + SATURDAY + SUNDAY: REST + RECOVER

\* In Phase 1, you will take 3 full days off and focus on recovery. Growth occurs when you are not in the gym.

### RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

\* This will help you maintain your intensity in training on Monday.



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## PHASE 2

**MP**  
MUSCLEPHARM.  
DIET + TRAINING SERIES

**GET SWOLE**  
**DIET + TRAINING GUIDE**



**EX. TIME: 7:00AM**

Wake Up

**SUPPLEMENT:**



**RE-CON®:** 1/2 scoop

\* Take with 8-12 oz. of water.

**ARMOR-V™:** 6 capsules

\* Take with 8-12 oz. of water.



**FOOD:**

Choose One of the Following:

**Option 1)** 3 whole eggs, 1/4 cup oatmeal,

1 cup of fruit

**Option 2)** 2 egg whites, 1 cup of fruit,

1/4 cup of yogurt

**Option 3)** 2 strips of organic turkey bacon,

1 cup of fruit, 1/4 cup of yogurt



**EX. TIME: 10:00AM**

Mid-Morning

**SUPPLEMENT:**



**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



**FOOD:**

2 oz. of nuts of choice and 1 cup of fruit



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 1/2 cup

Ex: 10 oz. of tuna and medium sweet potato



**EX. TIME:** **4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 1 oz. of heavy whipping cream.



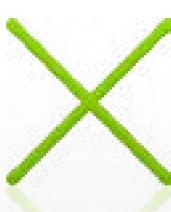
**FOOD:**

1 cup of fruit



**EX. TIME:** **7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

Meat: 8 oz.

Carbohydrate: 2 cups

Vegetables: 2 cups

Ex: 10 oz. of tuna, medium sweet potato, 2 cups of broccoli



**EX. TIME:** **10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 1 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

1 cup of fruit



## SUPPLEMENTS: PRE-WORKOUT



### ASSAULT™

1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

## SUPPLEMENTS: POST-WORKOUT



### RE-CON®

1/2 scoop with 8-12 oz. of water  
immediately after workout.

### BCAA 3:1:2™

6 capsules with 8-12 oz. of water  
immediately after workout.

### CREATINE

3 scoops with 8-12 oz. of water  
immediately after workout.

## MONDAY: CHEST + BACK

EXERCISE	SET/REPS	TRAINING TIP
Under Grip Pull-ups	4x failure	
Incline Bench Press	12, 10, 8, 6	
Seated Row	12, 10, 8, 8, 8	
Flat Bench	5 x 5	
Wide Grip Pulldowns	15, 12, 10	
Chest fly with 4 count stretch at bottom	5 x 5	

## TUESDAY: LEGS

EXERCISE	SET/REPS	TRAINING TIP
Squats	20, 15, 12, 10, 8	
Leg Press	20, 15, 12, 10, 8	
Leg Extension	25, 20, 15, 10	
Hamstring Curl	20, 15, 10, 5	
Calf Raises	25, 20, 25, 20	





## WEDNESDAY: ARMS

\* A giant set is a back-to-back grouping of multiple exercises with no rest in-between exercises.

	EXERCISE	SET/REPS	TRAINING TIP
LARRY SCOTT GIANT	Dumbbell Preacher Curl	5 x 10: 5 full reps, 5 half reps	Dumbbells first set, straight bar second set, reverse curl third set
	Straight Bar Preacher Curl	5 x 10: 5 full reps, 5 half reps	
	Reverse Preacher Curl	5 x 10: 5 full reps, 5 half reps	
	Bicep Curl Machine	5 x 30	
	Close-Grip barbell Bench Press	5 x 5	
	Tricep Rope Pushdown	4 x 40 reps: 20 full reps, 20 partial reps	
	Bench Dips	5 x failure	
	Straight bar Pushdowns	4 x 40: 20 full reps, 20 partial reps	

## THURSDAY: SHOULDERS + ABS

	EXERCISE	SET/REPS	TRAINING TIP
	Military Press—Bar	15, 12, 10	
	Military Press Dumbbells	12, 10, 8	
	Lateral Raises	20, 15, 12, 10	
	Full Frontals	5 x 5	
	Barbell Shrug	5 x 5	5 count at the top and bottom
	Abs	100	

## FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO

\* In Phase 2, you will take 3 full days off from lifting and focus on recovery and cardio.

### CARDIO:

20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense then 1 minute steady.

### RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

\* This will help you maintain your intensity in training on Monday.

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**PHASE 3**

**MP**  
MUSCLEPHARM.  
DIET + TRAINING SERIES

**GET SWOLE**  
**DIET + TRAINING GUIDE**



**EX. TIME: 7:00AM**

Wake Up

**SUPPLEMENT:**



**RE-CON®:** 1/2 scoop

\* Take with 8-12 oz. of water.

**ARMOR-V™:** 6 capsules

\* Take with 8-12 oz. of water.



**FOOD:**

Choose One of the Following:

**Option 1)** 4 whole eggs, 2 slices of organic turkey bacon

**Option 2)** 2 whole eggs, 2 slices of organic turkey bacon, 1 cup of fruit

**Option 3)** 2 whole eggs, 1 cup of carbs



**EX. TIME: 10:00AM**

Mid-Morning

**SUPPLEMENT:**



**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



**FOOD:**

1 cup of cottage cheese and 1 cup of fruit



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 2 cups

Ex: 10 oz. of tuna and 2 cups of broccoli



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 1 oz. of heavy whipping cream.



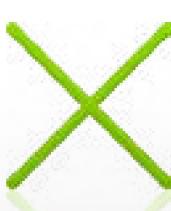
**FOOD:**

No Food



**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 2 cups

Vegetables: 2 cups

Ex: 10 oz. of tuna, medium sweet potato, 2 cups of broccoli



**EX. TIME: 10:00PM**

Pre-Sleep



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water & 1 oz. of heavy whipping cream.

**Z-CORE PM™:** 1 capsule



**FOOD:**

1 cup of fruit



## SUPPLEMENTS: PRE-WORKOUT



### ASSAULT™

1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

## SUPPLEMENTS: POST-WORKOUT



### RE-CON®

1/2 scoop with 8-12 oz. of water  
immediately after workout.

### BCAA 3:1:2™

6 capsules with 8-12 oz. of water  
immediately after workout.

### CREATINE

3 scoops with 8-12 oz. of water  
immediately after workout.

## MONDAY: CHEST + BACK

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Dumbbell Press	4 x 12	
	Incline Dumbbell Press	4 x 12	
	Dumbbell Fly	4 x 12	
TRI-SET	Flat Bench	4 x 12	
	Cable Crossover	4 x 15	
	Incline Dumbbell Fly	4 x 12	
TRI-SET	Pull-Ups	4 x 15	
	Dumbbell Pull-Overs	4 x 15	
	Seated Rows	4 x 15	
TRI-SET	Pull-Downs	4 x 15	
	T-Bar Row	4 x 15	
	Stiff Arm Cable Crossover	4 x 15	

## TUESDAY: LEGS

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Squats	3 x 15	
	Leg Press	3 x 15	
	Leg Extension	3 x 15	
TRI-SET	Stiff Leg Deadlift	3 x 15	
	Hamstring Curls	3 x 15	
	Walking Lunges	3 minutes	





## WEDNESDAY: ARMS

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Preacher Curls	4 x 15	
	Forehead Curls	4 x 15	
	Hammer Curls	4 x 15	
TRI-SET	3-Way Skull Crushers	3 x 20 to nose, 3 x 20 to forehead, 3 x 20 to behind head	
	Close Grip Preacher Curls	3 x 30	
	Straight Bar Push-Downs	3 x 30	

## THURSDAY: SHOULDERS + ABS

\* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
TRI-SET	Arnold Press	4 x 20	
	Dumbbell Military Press	4 x 20	
	Lateral Raises	4 x 20	
	Front Raises	4 x 20	
	Shrugs	20	2 count at the top and bottom
	Ab Wheel	100	

## FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO

\* In Phase 3, you will take 3 full days off from lifting and focus on recovery and cardio.

### CARDIO:

20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense and 1 minute steady.

### RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to be

\* This will help you maintain your intensity in training on Monday.



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**PHASE 4**

**MP**  
MUSCLEPHARM.  
DIET + TRAINING SERIES

**GET SWOLE**  
**DIET + TRAINING GUIDE**



**EX. TIME: 6:30AM**

Wake Up



**SUPPLEMENT:**

**BCAA 3:1:2™:** 6-8 capsules

\* Take with 8-12 oz. of water.

**SHRED MATRIX™:** 2-3 capsules

\* Take with 8-12 oz. of water.



**FOOD:**

No Food



**EX. TIME: 7:00AM**

Breakfast



**SUPPLEMENT:**

**ARMOR-V™:** 3 capsules

\* Take with 8-12 oz. of water.



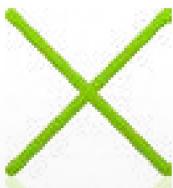
**FOOD:**

- 5 Egg whites
- 1/2 cup of carbs
- 1/2 cup of fruit



**EX. TIME: 10:00AM**

Mid-Morning



**SUPPLEMENT:**

No Supplement



**FOOD:**

1 cup of 1% cottage cheese





**EX. TIME: 12:30PM**

30 Minutes Before Lunch



**SUPPLEMENT:**

**SHRED MATRIX®:** 2-3 capsules

\* Take with 8-12 oz. of water.



**FOOD:**

No Food



**EX. TIME: 1:00PM**

Lunch



**SUPPLEMENT:**

**ARMOR-V™:** 3 capsules

\* Take with 8-12 oz. of water



**FOOD:**

**Meat:** 8 oz.

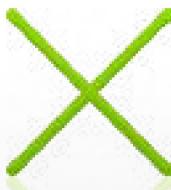
**Vegetables:** 2 cups

\* Cook in Olive Oil



**EX. TIME: 4:00PM**

Mid-Evening



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Fat:** 1 cup





**EX. TIME: 7:00PM**

Dinner



**SUPPLEMENT:**

No Supplement



**FOOD:**

**Meat:** 8 oz.

**Vegetables:** 2 cups

\* Cook in Olive Oil



**EX. TIME: 10:00PM**

30-45 Minutes Before Bed



**SUPPLEMENT:**

**COMBAT POWDER®:** 2 scoops

\* Take with 8-12 oz. of water

**Z-CORE PM™:** 1 capsule

**RE-CON®:** 1/2 Scoop

\* Take with 8-12 oz. of water



**FOOD:**

No Food



Off days on Sundays are truly an off day. Stay on top of your supplement regimen; however, instead of 5 meals, eat only 3 meals. Stay away from fried foods, fructose corn syrup and processed carbohydrates, but don't stay away from carbohydrates completely. Trust in the plan and your body will adjust within the first couple weekends.





## SUPPLEMENTS: PRE-WORKOUT



### ASSAULT™

1 scoop with 8-12 oz. of water  
20-30 minutes before workout.

**PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:**  
YOU GET TO PICK ONE OF THE TWO EXERCISES LISTED FOR EACH DAY.

## SUPPLEMENTS: POST-WORKOUT



### RE-CON®

1/2 scoop with 8-12 oz. of water immediately after workout.

### BCAA 3:1:2™

6 capsules with 8-12 oz. of water immediately after workout.

### CREATINE

3 scoops with 8-12 oz. of water immediately after workout.

## MONDAY: CHEST + BACK (WORKOUT #1)

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	<b>Alternate on of the following:</b>		
	• Dumbbell Pull-Over	3-5 x 15	
<b>Abs, chose one of the following:</b>			
• Weighted Crunch			
• Ab Wheel			
• Kneeling Ab Crunch			

## MONDAY: CHEST + BACK (WORKOUT #2)

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
<b>Abs, choose one of the following:</b>			
• Weighted Crunch			
• Ab Wheel			
• Kneeling Ab Crunch			





**PHASE 4 IS DIFFERENT  
THAN ALL OTHER PHASES:**

YOU GET TO PICK ONE OF THE TWO  
EXERCISES LISTED FOR EACH DAY.

**TUESDAY: ARMS (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
<b>Abs, choose one of the following:</b>			
• Weighted Crunch 100			
• Ab Wheel			
• Kneeling Ab Crunch			

**TUESDAY: ARMS (WORKOUT #2)**

\* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
<b>Abs, choose one of the following:</b>			
• Weighted Crunch 100			
• Ab Wheel			
• Kneeling Ab Crunch			





**PHASE 4 IS DIFFERENT  
THAN ALL OTHER PHASES:**

YOU GET TO PICK **ONE OF THE TWO**  
EXERCISES LISTED FOR EACH DAY.

**WEDNESDAY: LEGS (WORKOUT #1)**

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
<b>Abs, choose one of the following:</b>		
• Weighted Crunch		
• Ab Wheel	100	
• Kneeling Ab Crunch		

**WEDNESDAY: LEGS (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

EXERCISE	SET/REPS	TRAINING TIP
Heavy Deep Squats	8 x 8	
Leg Press	4 x 20	
SUPERSET	Leg Extensions	4 x 15
	Hamstring Curl	4 x 15
SUPERSET	Seated Calf Machine	28 method, 2-3 sets
	Standing Calf Machine	28 method, 2-3 sets
<b>Abs, choose one of the following:</b>		
• Weighted Crunch		
• Ab Wheel	100	
• Kneeling Ab Crunch		



**PHASE 4 IS DIFFERENT  
THAN ALL OTHER PHASES:**

YOU GET TO PICK **ONE OF THE TWO**  
EXERCISES LISTED FOR EACH DAY.

**THURSDAY: CHEST + BACK (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	<b>Alternate one of the following:</b>		
	• Dumbbell Pull-Over	3-5 x 15	
TRI-SET	<b>Abs, choose one of the following:</b>		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

**THURSDAY: CHEST + BACK (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
TRI-SET	<b>Abs, choose one of the following:</b>		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		



**PHASE 4 IS DIFFERENT  
THAN ALL OTHER PHASES:**

YOU GET TO PICK ONE OF THE TWO  
EXERCISES LISTED FOR EACH DAY.

**FRIDAY: ARMS (WORKOUT #1)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
<b>Abs, choose one of the following:</b>			
• Weighted Crunch 100			
• Ab Wheel			
• Kneeling Ab Crunch			

**FRIDAY: ARMS (WORKOUT #2)**

\* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	<b>EXERCISE</b>	<b>SET/REPS</b>	<b>TRAINING TIP</b>
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
<b>Abs, choose one of the following:</b>			
• Weighted Crunch 100			
• Ab Wheel			
• Kneeling Ab Crunch			



**PHASE 4 IS DIFFERENT  
THAN ALL OTHER PHASES:**

YOU GET TO PICK ONE OF THE TWO  
EXERCISES LISTED FOR EACH DAY.

**SATURDAY: LEGS (WORKOUT #1)**

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
<b>Abs, choose one of the following:</b>		
• Weighted Crunch		
• Ab Wheel		
• Kneeling Ab Crunch	100	

**SATURDAY: LEGS (WORKOUT #2)**

\* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

EXERCISE	SET/REPS	TRAINING TIP
Heavy Deep Squats	8 x 8	
Leg Press	4 x 20	
SUPERSET	Leg Extension	4 x 15
	Hamstring Curl	4 x 15
SUPERSET	Seated Calf Machine	5 x 15
	Standing Calf Machine	5 x 15
<b>Abs, choose one of the following:</b>		
• Weighted Crunch		
• Ab Wheel		
• Kneeling Ab Crunch	100	

**SUNDAY: REST + RECOVER**

\* Use this day to rest and recover from the week's workouts.

