

## **LOOKING RIGHT PROGRAM (12 Weeks)**

Progressive Overload, Increase weights every 2 weeks

MAKE SURE YOU HAVE GOOD FORM! Go do research

### **Workout Split**

Monday: Chest, Triceps, Abs

Tuesday: Forearms, Cardio

Wednesday: Back, Biceps, Abs

Thursday: Traps, Cardio

Friday: Legs, Abs

Saturday: Shoulders, Cardio

Sunday: Rest

### **Warmup**

- Walk on an incline treadmill for 10 mins
- Stretch

### **Back**

1. Deadlift: 3 sets of 6 - 8 reps
2. Pull ups: 4 sets of 6 - 12 reps
3. One hand dumbbell row: 4 sets of 6 - 10 reps
4. Lat pulldowns: 4 sets of 6 - 10 reps
5. Scapular pull ups: 3 sets of 8 - 10 reps

### **Shoulder**

1. Standing overhead press: 4 sets of 6 - 10 reps
2. Dumbbell lateral raises: 2 sets of 6 - 10 reps, 2 sets of 12 - 15 reps
3. Reverse pec deck: 2 sets of 6 - 10 reps, 2 sets of 12 - 15 reps
4. Lying face pull: 2 sets of 8 - 10 reps
5. Standing or kneeling face pull: 2 sets of 8 - 10 reps

### **Chest**

1. Incline dumbbell press: 3 sets of 6 - 10 reps
2. Flat barbell or dumbbell press: 3 sets of 6 - 10 reps
3. Dips: 3 sets of 8 - 12 reps
4. Banded push ups: 3 sets of 6 - 12 reps (or to failure)
5. High to low cable crossover: 3 sets of 10 - 15 reps

### **Biceps**

1. Chin ups: 3 sets of 6 - 8 reps
2. Incline dumbbell curls 3 sets of 6 - 8 reps
3. Concentration curls: 3 sets of 6 - 8 reps
4. Reverse ez bar curl reverse grip: 3 sets of 6 - 8 reps

### **Triceps**

1. Close grip bench press: 3 sets of 6 - 8 reps
2. Overhead cable extension: 3 sets of 6 - 8 reps
3. Cable push down (straight bar): 3 sets of 6 - 8 reps
4. Triangle push up: 3 sets all to failure

### **Traps**

1. Above the knee rack pull: 4 sets of 6 - 8 reps
2. Barbell shrugs (wider grip): 4 sets of 10 - 12 reps

### **Forearm**

1. Barbell suitcase (hold BB): 3 sets, hold for 30 sec each arm
2. Superset: 3 sets of 8 - 10 reps for each exercise
  - Standing wrist curl (behind the back)
  - Standing wrist extension (in front)
3. Reverse curl (light weight, try to focus on forearms and not biceps): 3 sets 10 - 12 reps
4. Rotate bar (forwards and backwards): 3 sets of 20 rotations for both fwd and bwd

### **Leg**

1. Barbell squats: 2 sets of 6 - 10 reps, 1 sets of 12 - 15 reps
2. Bulgarian split squat: 3 sets of 8 - 15 reps per leg
3. Weight hip thrust: 3 sets of 10 - 15 reps
4. Leg extension: 3 sets of 8 - 10 reps
5. Hamstring curls: 3 sets of 8 - 10 reps
6. Standing calf raises: 4 sets of 12 - 15 reps

### **Abs**

1. Hanging leg raises: 4 sets of 10 - 15 reps
2. Ab pulldown: 4 sets of 10 - 15 reps
3. Cable woodchoppers: 4 sets of 10 - 15 reps
4. Weight oblique twist: 4 sets of 10 - 15 reps
5. Flutter kicks: 4 sets until failure

### **Cardio**

Try to burn at least 150 cal

Choices:

1. HIIT: 15 mins
  - Jog for 30 secs then run 80% for 30 sec. Repeat.
2. Stairmaster: slow cardio
  - Walk for 25 - 30 mins

## Macros

Link to calculate your macro: [https://www.bodybuilding.com/fun/macronutrients\\_calculator.htm](https://www.bodybuilding.com/fun/macronutrients_calculator.htm)

Pick if you want to gain or lose weight. Write down your Protein, Carbs, and Fat numbers.

## Track

- Weight yourself after bathroom in the morning.
- Use MyFitnessPal app to track your food
- Track your progress in the gym. Ex: dumbbell weights and reps etc.

## Diet

### Tips

- Drink water before you eat, so you'll feel full.
- I can't stop you from drinking alcohol. Just remember alcohols are carbs and they have calories. Also, alcohol slows down fat burning process.
- Smoking is not ideal. For obvious reasons.
- Cheat meal is cool. My goto are Chick-fil-A, kbbq, fried chicken, and sushi.

### What I do:

Rice and chicken and a choice of condiments (ketchup or sriracha) lol

- fyi sriracha has 0 calories, very good for dieting

Also eat veggies or drink green juices

### Or:

Eat whatever as long as it fits your macros (healthy choices).

### Suggestions:

Protein:

- Chicken
- Salmon
- Beef
- Eggs

Carbs:

- Rice
- Potatoes
- Pasta

Fats:

- Nuts(almonds)
- Avocados
- Dark chocolate
- Chia seeds

Fruits & vegetables (carbs & fibers):

- Banana
- Strawberries
- Blueberries
- Lettuce
- Cucumber
- Tomatoes

### **Supplements (ABSOLUTELY OPTIONAL)**

- Creatine (Recommend) - very popular and heavily researched. Used to increase muscle mass, boost strength and enhance performance. Take 5 grams daily. I buy in bulk here: [https://www.amazon.com/Monohydrate-Micronized-BulkSupplements-Performance-Bodybuilding/dp/B00E9M4XEE/ref=sr\\_1\\_5\\_s\\_it?s=hpc&ie=UTF8&qid=1544423144&sr=1-5&keywords=creatine&th=1](https://www.amazon.com/Monohydrate-Micronized-BulkSupplements-Performance-Bodybuilding/dp/B00E9M4XEE/ref=sr_1_5_s_it?s=hpc&ie=UTF8&qid=1544423144&sr=1-5&keywords=creatine&th=1)
- Protein powder (Optional) - Don't really drink this but totally up to you (because I eat chicken). Do research for the best tasting.
- Pre-workout (Optional) - No need, but I like the caffeine. Currently taking: <https://www.costco.com/Optimum-Nutrition-Essential-Amino-Energy%2c-62-Servings.product.100391510.html>. Taste like strawberry starburst, bomb.

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**NOW GRIND GRIND GRIND!!!  
YOU GOT THIS!!  
IT'S SIMPLE BUT NOT EASY.  
I CAN'T GUARANTEE ANYTHING  
BUT IF YOU COMMIT  
AND PUT IN THE FUCKING WORK  
YOU WILL SEE RESULTS!**

**- Ya boy Prinn**