

PROGRAM 3 - FAT LOSS / BODY COMPOSITION

PHASE 1 - 4 WEEKS

	SCHEDULE										
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work						

MONDAY - WHOLE BODY #1

FYFREIGF	WE	EK 1 & 2	٧	WEEK 3	٧	/EEK 4	REST	NOTE	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE	
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale	
A1. BACK SQUAT	70% 4 reps/set Alternate EMOM 16 min			70%		70%	N/A	Alternating EM0M:	
A2. DB BENCH PRESS				4 reps/set Alternate EMOM 18 min		4 reps/set Alternate EMOM 20 min		you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = A1 Odd minutes = A2	
B1. ROMANIAN DEADLIFT		E00/	T004			F00/	N/A	Alternating EMOM:	
B2. DB SHOULDER PRESS	70% 4 reps/set Alternate EMOM 16 min			70% 4 reps/set Alternate EMOM 18 min		70% 4 reps/set Alternate EMOM 20 min		you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = B1 Odd minutes = B2	
C1. HACK SQUAT MACHINE	70%					70%	N/A	Alternating EMOM:	
C2. BENT OVER BARBELL ROW		Frens/set Frenste EMOM 16 min		70% 4 reps/set Alternate EMOM 18 min		reps/set rnate EMOM 20 min	N/A	you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = C1 Odd minutes = C2	

TUESDAY - ENERGY SYSTEMS WORK (POWER)

EVENCISE	WE	EK 1 & 2	V	VEEK 3	W	/EEK 4	REST	NOTE				
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE				
CARDIO		12 min		15 min	20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale				
A. ROWING ERGOMETER	Intervals 125m all-out 45 sec rest Do 6 intervals		125m all-out 125m all-out 125m all-out 45 sec rest 45 sec rest		125m all-out 125m all-ou 45 sec rest 45 sec rest		5m all-out 5 sec rest	N/A				
B. STATIONARY BIKE WITH RESISTANCE	30	ntervals sec all-out) sec rest 6 intervals	30	ntervals sec all-out 0 sec rest 8 intervals	30	Intervals 30 sec all-out 60 sec rest Do 10 intervals		Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)				
C. DUMBBELL THRUSTER	Max r Re	ntervals reps / 20 sec est 40 sec 6 intervals	Max i	<u>Intervals</u> Max reps / 20 sec Rest 40 sec Do 8 intervals		ntervals reps / 20 sec est 40 sec 10 intervals	N/A	Use a moderate weight, about 40-50% of what you can use for 6 reps on strict dumbbell shoulder press. Go as fast as you can but do full reps with good form.				
CARDIO		25 min		23 min		23 min		23 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale

WEDNESDAY - WHOLE BODY #2

EVERGICE	WE	EK 1 & 2	١	VEEK 3	٧	VEEK 4	DECT	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	REST	NOTE
CARDIO		12 min		15 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. POWER CLEAN FROM HANG	3	5 reps (focus on form not weight)	3	5 reps (focus on form not weight)	3	5 reps (focus on form not weight)	30-45 sec	A1 and A2 are a complex: perform a set of A1,
A2. ROMANIAN DEADLIFT	3	6 reps	3	8 reps (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	rest briefly (30-45 sec), do one set of A2. Rest then start a new set.
B1. MEDICINE BALL THROW FROM CHEST	3	10 reps	3	10 reps	3	10 reps	30-45 sec	B1 and B2 are a complex: perform a set of B1, rest briefly (30-45 sec), do one set of B2.
B2. BENCH PRESS	3	6 reps	3	8 reps (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	Rest then start a new set.
C1. STATIONARY BIKE WITH RESISTANCE	3	20 sec all-out	3	30 sec all-out	3	40 sec all-out	30-45 sec	C1 and C2 are a complex: perform a set of C1, rest briefly (30-45 sec), do one set of C2.
C2. WALKING LUNGES	3	6/leg	3	8/leg (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	Rest then start a new set.

FRIDAY - WHOLE BODY #3

EXERCISE	WE	EK 1 & 2	V	VEEK 3	V	VEEK 4	REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIC
CARDIO		12 min		15 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	

SATURDAY - ENERGY SYSTEMS WORK [CAPACITY]

EVENDICE	WE	EK 1 & 2	٧	VEEK 3	W	EEK 4	DECT	NOTE		
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	REST	NUIE		
CARDIO		12 min	15 min			20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale		
A. ABS SHREDDER 1 ROWING ERGOMETER + SWISS BALL CRUNCHES	Intervals 10-12 ball crunches 350m rowing ergomete Rest 30 sec Perform 5 intervals		10-12 ball crunches 350m rowing ergometer Rest 30 sec Rest 30 sec		all crunches ing ergometer t 30 sec 10-12 ball crunches 425m rowing ergometer Rest 30 sec			Intervals 10-12 ball crunches 500m rowing ergometer Rest 30 sec Perform 7 intervals		
B. ABS SHREDDER 2 STATIONARY BIKE W/RESISTANCE + CABLE CRUNCHES	10-12 6 60 Re	Intervals cable crunches 0 sec bike est 30 sec 5 intervals	10-12 c 7! Re	Intervals cable crunches 5 sec bike est 30 sec 6 intervals	10-12 c 90 Re	ntervals table crunches I sec bike est 30 sec 7 intervals	N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)		
C. ABS SHREDDER 3 PROWLER PUSHING OR ELLIPTICAL TRAINER + SERRATUS CRUNCHES	10-12 s 40m pr	intervals serratus crunch owler or 60 sec elliptical esr 30 sec 5 intervals	10-12 s 50m pr	Intervals -12 serratus crunch m prowler or 75 sec elliptical Resr 30 sec Do 6 intervals Intervals 10-12 serratus crunch 60m prowler or 90 sec elliptical Resr 30 sec Do 7 intervals		N/A	I prefer the prowler, but if you use the elliptical add resistance and go fairly fast not sprint-like but intense			
CARDIO		25 min		23 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale		



BALLISTIC MANAGEMENT

PROGRAM 3 - FAT LOSS / BODY COMPOSITION

PHASE 2 - 4 WEEKS

			SCHEDULE			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work	

MONDAY - WHOLE BODY #1

EXERCISE	WE	EK 1 & 2	V	VEEK 3	w	EEK 4	REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. BACK SQUAT	70% 6 reps per set						60 sec	
A2. DB BENCH PRESS			6 r	72.5% 6 reps per set 4 sets		75% 6 reps per set 4 sets		Alternate A1 and A2 with a full minute of rest between exercises and sets.
B1. ROMANIAN DEADLIFT							60 sec	
B2. DB SHOULDER PRESS	70% 6 reps per set 4 sets		6 r	72.5% 6 reps per set 4 sets		75% eps per set 4 sets	60 sec	Alternate B1 and B2 with a full minute of rest between exercises and sets
C1. HACK SQUAT MACHINE							60 sec	
C2. BENT OVER BARBELL ROW	6 r	70% eps per set 4 sets	6 r	72.5% eps per set 4 sets		75% eps per set 4 sets	60 sec	Alternate C1 and C2 with a full minute of rest between exercises and sets

TUESDAY - ENERGY SYSTEMS WORK (POWER)

EVERGICE	WE	EK 1 & 2	W	/EEK 3	w	EEK 4	REST	NOTE		
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE		
CARDIO		15 min	20 min		25 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ROWING ERGOMETER	8 500m as R 250m as R 2 x 12	s fast as possible est 2 min fast as possible est 2 min fast as possible est 2 min 55m as fast as possible est 1 min	R 500m as R 2 x 25	s fast as possible est 2 min fast as possible est 2 min Om as fast as possible est 2 min	750m as Re	fast as possible est 2 min fast as possible est 2 min fast as possible	N/A			
B. STATIONARY BIKE WITH RESISTANCE	30 4!	nterval <u>s</u> sec all-out 5 sec rest 4 intervals	30 30	Intervals 30 sec all-out 30 sec rest Do 5 intervals		Intervals 40 sec all-out 30 sec rest Do 6 intervals		Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)		
C. BATTLE ROPES (BOTH ARMS)	Max i	ntervals reps / 20 sec est 40 sec 4 intervals	Intervals Max reps / 30 sec Rest 40 sec Do 5 intervals		Intervals Max reps / 40 sec Rest 40 sec Do 6 intervals		N/A			
CARDIO		30 min		25 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale		

WEDNESDAY - WHOLE BODY #2

EVERGICE	WE	EK 1 & 2	V	VEEK 3	V	VEEK 4	ргот	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	REST	NOTE
CARDIO		12 min	15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. POWER CLEAN FROM HANG	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
B. FRONT SQUAT	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
C. BENCH PRESS	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
D. BENT OVER BARBELL ROW	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	120 sec	
E. PROWLER PUSHING OR STATIONARY BIKE WITH RESISTANCE	6 x 6	Om or 60 sec	8 x 6	Om or 60 sec	10 x a	60m or 60 sec	90 sec	

FRIDAY - WHOLE BODY #3

EXERCISE	WE	EK 1 & 2	V	VEEK 3	V	VEEK 4	REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE
CARDIO		12 min		15 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight

SATURDAY - ENERGY SYSTEMS WORK [CAPACITY]

EXERCISE	WE	EK 1 & 2	W	EEK 3	W	EEK 4	REST	NOTE				
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE				
CARDIO		15 min		20 min		20 min 25 m		25 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale		
A. ABS SHREDDER 1 ROWING ERGOMETER + SWISS BALL CRUNCHES	Intervals 10-12 ball crunches 350m rowing ergometer Rest 30 sec Perform 5 intervals		Intervals 10-12 ball crunches 425m rowing ergometer Rest 30 sec Perform 6 intervals		Intervals 10-12 ball crunches 500m rowing ergometer Rest 30 sec Perform 7 intervals		N/A					
CARDIO		15 min	20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale				
B. ABS SHREDDER 2 STATIONARY BIKE W/RESISTANCE + CABLE CRUNCHES	10-12 6 R	Intervals cable crunches 0 sec bike est 30 sec 5 intervals	10-12 c 75 Re	Intervals 10-12 cable crunches 75 sec bike Rest 30 sec Do 6 intervals		10-12 cable crunches 75 sec bike Rest 30 sec		10-12 cable crunches 75 sec bike Rest 30 sec		ntervals able crunches I sec bike est 30 sec 7 intervals	N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. ABS SHREDDER 3 PROWLER PUSHING OR ELLIPTICAL TRAINER + SERRATUS CRUNCHES	10-12 s 40m pr	intervals serratus crunch owler or 60 sec elliptical esr 30 sec 5 intervals	10-12 s 50m pro 6 Re	Intervals 10-12 serratus crunch 50m prowler or 75 sec elliptical Resr 30 sec Do 6 intervals		Intervals 10-12 serratus crunch 60m prowler or 90 sec elliptical Resr 30 sec Do 7 intervals		I prefer the prowler, but if you use the elliptical add resistance and go fairly fast not sprint-like but intense				
CARDIO		25 min		23 min		23 min		20 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale		



BALLISTIC MANAGEMENT

PROGRAM 3 - FAT LOSS / BODY COMPOSITION

PHASE 3 - 4 WEEKS

SCHEDULE											
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work						

MONDAY - WHOLE BODY #1

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE
CARDIO	20 min		25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. BACK SQUAT							60 sec	
A2. DB BENCH PRESS	4 r	77.5% eps per set 4 sets	80% 4 reps per set 4 sets		82.5% 6 reps per set 4 sets		60 sec	Alternate A1 and A2 with a full minute of rest between exercises and sets.
B1. ROMANIAN DEADLIFT							60 sec	
B2. DB SHOULDER PRESS	4 r	77.5% eps per set 4 sets	80% 4 reps per set 4 sets		82.5% 6 reps per set 4 sets		60 sec	Alternate B1 and B2 with a full minute of rest between exercises and sets
C1. HACK SQUAT MACHINE							60 sec	
C2. BENT OVER BARBELL ROW	4 r	77.5% eps per set 4 sets	4 r	80% eps per set 4 sets	6 re	82.5% ps per set 4 sets	60 sec	Alternate C1 and C2 with a full minute of rest between exercises and sets

TUESDAY - ENERGY SYSTEMS WORK (POWER)

EVERGICE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIE	
CARDIO	20 min		25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale	
A. ROWING ERGOMETER	750m as	s fast as possible est 2 min fast as possible est 2 min fast as possible	1000m as fast as possible Rest 2 min 1000m as fast as possible		2000m as fast as possible		N/A		
B. STATIONARY BIKE 20 se 30 s		ntervals sec all-out 0 sec rest 8 intervals	Intervals 20 sec all-out 20 sec rest Do 8 intervals		Intervals 20 sec all-out 10 sec rest Do 9 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)	
C. KB SWINGS	20 30	nterval <u>s</u> sec all-out 0 sec rest 8 intervals	Intervals 20 sec all-out 20 sec rest Do 8 intervals		Intervals 20 sec all-out 10 sec rest Do 9 intervals		N/A		
CARDIO		30 min	25 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale	

WEDNESDAY - WHOLE BODY #2

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	KESI	NUIC
CARDIO		15 min		20 min		25 min		On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. POWER CLEAN FROM HANG	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
B. FRONT SQUAT	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
C. BENCH PRESS	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
D. BENT OVER BARBELL ROW	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	120 sec	
E. PROWLER PUSHING OR STATIONARY BIKE WITH RESISTANCE	6 x 6	Om or 60 sec	8 x 60m or 60 sec		10 x 60m or 60 sec		90 sec	

FRIDAY - WHOLE BODY #3

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	RESI	NOTE
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time

SATURDAY - ENERGY SYSTEMS WORK [CAPACITY]

EVERBLEE	WEEK 1 & 2		WEEK 3		WEEK 4		DECT	NOTE								
EXERCISE	SETS	REPS	SETS	REPS	SETS REPS		REST	NOTE								
CARDIO	2	20 min	25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale								
A. ABS SHREDDER 1 ROWING ERGOMETER + SWISS BALL CRUNCHES	10-12 b 350m row Res	tervals vall crunches ving ergometer st 30 sec m 5 intervals	Intervals 10-12 ball crunches 425m rowing ergometer Rest 30 sec Perform 6 intervals		10-12 ball crunches 425m rowing ergometer Rest 30 sec		10-12 ball crunches 425m rowing ergometer Rest 30 sec		10-12 ball crunches 425m rowing ergometer Rest 30 sec		10-12 ball crunches 425m rowing ergometer Rest 30 sec		eter 500m rowing ergometer Rest 30 sec		N/A	
B. ABS SHREDDER 2 KB SWINGS + CABLE CRUNCHES	10-12 ca Max Res	Intervals 10-12 cable crunches Max @ 45 sec Rest 30 sec Do 5 intervals Intervals 10-12 cable crunches Max @ 60 sec Rest 30 sec Do 5 intervals Intervals 10-12 cable crunches Max @ 60 sec Rest 30 sec Do 5 intervals		cable crunches ax @ 60 sec est 30 sec	Intervals 10-12 cable crunches Max @ 75 sec Rest 30 sec Do 5 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)								
C. ABS SHREDDER 3 BATTLE ROPES (TWO ARMS) + SERRATUS CRUNCHES	ES (TWO ARMS) + Max @ 45 sec Max @ 60 sec		serratus crunch ax @ 60 sec esr 30 sec	Intervals 10-12 serratus crunch Max @ 75 sec Resr 30 sec Do 5 intervals		N/A										
CARDIO	2	25 min	23 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale								