



POWERED BY CALAESTHETICS LLC

BEGINNER  
**PROGRAM**  
PHASE I  
**ADD ON**

BRENDAN MEYERS, EX. PHYS. FAU



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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

I HOPE YOU ENJOY THIS EFFICIENT **IRONBODY** PROGRAM. I HAVE NO DOUBT IT WILL HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS. YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY REASONING BEHIND DEVELOPING SUCH A PROGRAM.

BEST,  
BRENDAN

A handwritten signature in blue ink, appearing to read 'Brendan Meyers'.

Brendan Meyers, Exercise Physiology FAU  
Creator, IronBody



The Plan A add-on program is a set of %'s that will be used for the compound lifts through-out your workouts for the next 12 weeks. You will complete the Plan A program accordingly, the only thing different will be the first two lines of each day. Allow me to explain more clearly below:

► The red indicates that you will be replacing the sets and reps below:

3 Set | 3 BB Back Squat WARM UP  
+ 3 High Knees (Each Leg)  
Rest 3 Minutes

3 Sets | 4 BB Back Squat  
Rest 5 Minutes

► To replace, you will be adding in:

BB Back Squats | 1x8 @ 30% | 1x5 @ 45% | 1x8 @ 55% | 2x12 @ 63% 1RM

SATURDAY | HEAVY

2 SETS	3 BB Bench Press Rest 4 Minutes
5 SETS	3 BB Bench Press Rest 5 Minutes
3 SETS	+ 5 Single Arm DB OHP 8 DB Bent over rows Rest 3 Minutes
2 SETS	+ 1-3 Pull Ups (If can't do, 8 Jumping Pull Ups) + 10 Bench Dips + 8 DB Posterior Delt Raises Rest 2 Minutes and 30 Seconds
3 SETS	+ 3 Single Arm DB Rows 10 Full DB Front Raises



Before you start this program, you need to read the "1 RM Testing" document I have attached in the same section you found Plan A and Plan A – add on programs. 1RM stands for the amount of weight you are able to do for a maximum of 1 repetition. Once you test your 1 RM (repetition maximum), you will then use this number for the %'s of the program. Allow me to explain below:

If the designated week tells you to do:

BB Bench Press | 1x5 @ 40% | 1x4 @ 55 % | 3x12 @ 60% 1 RM

This means you are going to take your 1 RM (rep maximum), let's just say for this example it is 200 lbs. for your BB Bench Press. We are now going to take that 200 lbs. and multiply it by .4, .55, .6 so that you know the exact amount of weight you will be using for the compound lift of that day.

BB Bench Press | 1x5 @ 80 lbs. (200 lbs. x .40) ... do the same for the rest

BB Bench press | 1x4 @ 110 lbs. (200 lbs. x .55)

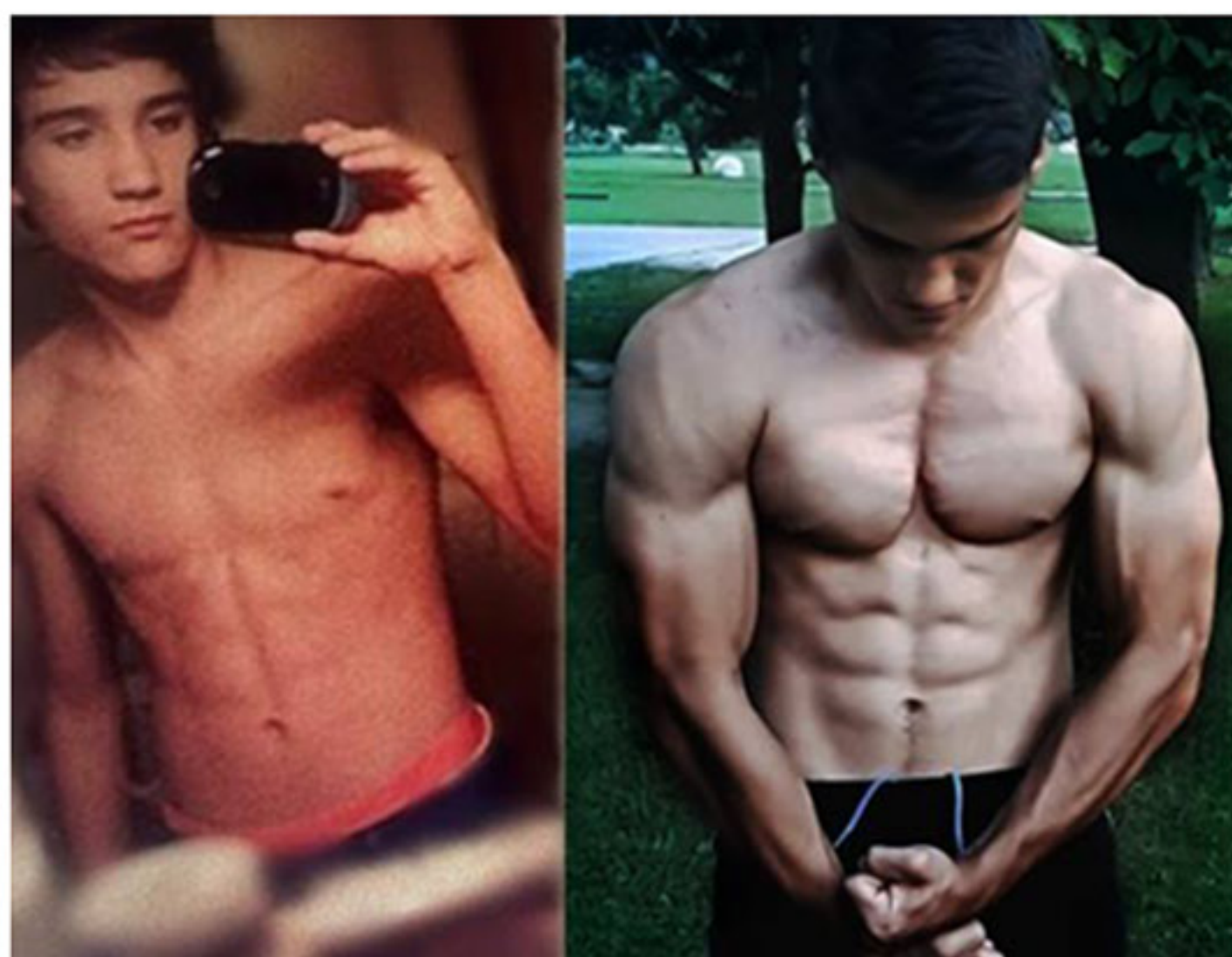
BB Bench Press | 3x12 @ 120 lbs. (200 lbs. x .60)

So for the day you will be completing:

BB Bench Press | 1x5 @ 80 lbs. | 1x4 @ 110 lbs. | 3x12 @ 120 lbs.



BEFORE YOU START USING THIS PROGRAM, I ENCOURAGE YOU TO TAKE A PHOTO OF YOUR PRESENT BODY AND WHEN YOU FINISH THE PROGRAM, TAKE A ANOTHER PHOTO OF YOUR TRANSFORMATION AND SEND IT TO [Brendan@CalAesthetics.co](mailto:Brendan@CalAesthetics.co)





BEGINNER  
**PROGRAM**  
PHASE I **ADD ON**

- *If and when you begin this program, you solemnly accept all responsibility and liability.*

WEEK 1

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X8 @ 55% | 2X12 @ 63% 1RM

WEDNESDAY

BB BENCH PRESS | 1X5 @ 40% | 1X4 @ 55% | 3X12 @ 60% 1RM

FRIDAY

CHOOSE YOUR OWN WEIGHT

WEEK 2

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X4 @ 55% | 3X11 @ 70% 1RM

WEDNESDAY

BB BENCH PRESS | 1X5 @ 40% | 1X7 @ 55% | 4X11 @ 70% 1RM

FRIDAY

CHOOSE YOUR OWN WEIGHT

WEEK 3

MONDAY

BB BACK SQUATS | 1X6 @ 30% | 1X5 @ 45% | 1X4 @ 65% | 4X6 @ 83% 1RM

WEDNESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 4X7 @ 83% 1 RM

FRIDAY

CHOOSE YOUR OWN WEIGHT

WEEK 4

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 5X5 @ 80% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 4X5 @ 83% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X5 @ 65% | 3X3 @ 87% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 40% | 1X5 @ 65% | 3X3 @ 87% 1RM



WEEK 5

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 3X5 @ 83% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 4X5 @ 83% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X5 @ 65% | 3X5 @ 77% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 40% | 1X5 @ 65% | 3X4 @ 77% 1RM

WEEK 6

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 3X7 @ 77% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 4X5 @ 77% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 5X3 @ 65% | 3X3 @ 87% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 5X4 @ 85% 1RM

WEEK 7

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 67% | 3X4 @ 85% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 3X4 @ 87% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 5X3 @ 73% | 4X2 @ 87% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 5X2 @ 87% 1RM

WEEK 8

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 4X3 @ 85% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 3X3 @ 85% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X5 @ 65% | 3X2 @ 90% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 40% | 1X5 @ 65% | 3X2 @ 90% 1RM



WEEK 9

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 3X5 @ 75% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 3X7 @ 75% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X5 @ 45% | 1X5 @ 65% | 3X7 @ 77% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 63% | 4X5 @ 70% 1RM

SUNDAY

BB BENCH PRESS | 1X5 @ 40% | 1X5 @ 65% | 3X4 @ 87% 1RM

WEEK 10

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 65% | 3X3 @ 85% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 3X3 @ 85% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 45% | 1X5 @ 65% | 1X2 @ 80% | 3X2 @ 93% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 63% | 4X5 @ 70% 1RM

SUNDAY

BB BENCH PRESS | 1X5 @ 40% | 1X5 @ 65% | 2X2 @ 95% 1RM

WEEK 11

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 67% | 3X3 @ 85% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 2X3 @ 85% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 5X3 @ 73% | 2X2 @ 97% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 63% | 4X3 @ 70% 1RM

SUNDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 2X2 @ 97% 1RM

WEEK 12

MONDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 1X3 @ 67% | 2X3 @ 87% 1RM

TUESDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 3X3 @ 87% 1RM

THURSDAY

BB BACK SQUATS | 1X8 @ 30% | 1X4 @ 50% | 5X3 @ 73% | 1X1 @ 105% 1RM

FRIDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 63% | 4X3 @ 70% 1RM

SUNDAY

BB BENCH PRESS | 1X5 @ 45% | 1X4 @ 70% | 2X2 @ 97% 1RM





# IRON BODY

WEIGHT LIFTING AND BODYWEIGHT WORKOUT PROGRAM

POWERED BY CALAESTHETICS LLC