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A photograph of a man in a gym setting, performing a bicep curl. He is shirtless, wearing a black tank top, and is captured in the middle of the lift. The background is dark and slightly blurred, showing other people in the gym. The text 'BEGINNER PROGRAM PHASE I' is overlaid on the image in a white, sans-serif font. 'BEGINNER' is in a smaller font size, 'PROGRAM' is in a large, bold, blue font, and 'PHASE I' is in a medium-sized white font.

BEGINNER  
**PROGRAM**  
PHASE I

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

Welcome to your IronBody program! Are you ready to become a lean, mean, machine? I hope you are, because over the next 12 weeks you are going to be going through amazing workouts that incorporate bodyweight & weight training exercises!

There are two variations to your program for Beginner, Intermediate, and Advanced:

**PLAN A** *(The one you are currently viewing)*

If you are someone who doesn't want to follow a specific amount of weight for squat and bench press – then just go ahead and start your program. I personally have used this method many times and so have hundreds of my clients.

**PLAN A - ADD ON** *(The pages that show % of 1 RM (Rep Max))*

If you are someone looking to test your 1 RM (Repetition Maximum) for Bench Press and Squat after the 12 weeks are complete, follow the add on program. There will be %'s of 1RM per set that you must follow for your compound lifts (mainly squat and bench press). This will be essential for ultimate results and HUGE PR's (personal records)!

### DAILY WORKOUT VIDEOS

Watch me complete every superset per workout before engaging within the workout for each and every day.

### TUTORIALS

Watch my tutorials on "Bench press, Back Squat, and Over-Head Press before beginning this program. Technique is the most important thing you need to concentrate on for results!

### SUPERSETS

If there is a (+) between exercises, then you need to go from one exercise to the next with no rest. Watch my daily workout videos if you are confused.

### DIFFICULTY PER DAY

Next to the day will be (Light), (Moderate), or (Heavy). This tells you how heavy or intense your workout should be that day.

### REST BETWEEN SETS

Next to the supersets you will see the amount of sets you must complete " 3 Sets | example exercise +...". Between these sets you should be resting anywhere from 2-5 minutes (rest until you know you can complete the set again with the same weight).

### DAILY WORKOUT VIDEOS

Watch me complete every superset per workout before engaging within the workout for each and every day.

### REST BETWEEN COMPLETED SETS

Below each superset you will see the amount of rest you must give yourself before the up and coming superset. Follow the exact amount of time, do not cheat the system!

### WARM UP

Follow my warm up videos I have provided for you before the designated training day. This will aid in prevention of injury and increase results in the end! Also, gradually increase weight during each "WARM UP" sets at beginning of each workout day as specified.

### WHAT IS BB AND DB? -

BB = Exercise with Barbell, DB = Exercise with Dumbbell

### FOOD RECOMMENDATIONS

I added some food recommendations for you to follow, please take them into consideration with your current diet

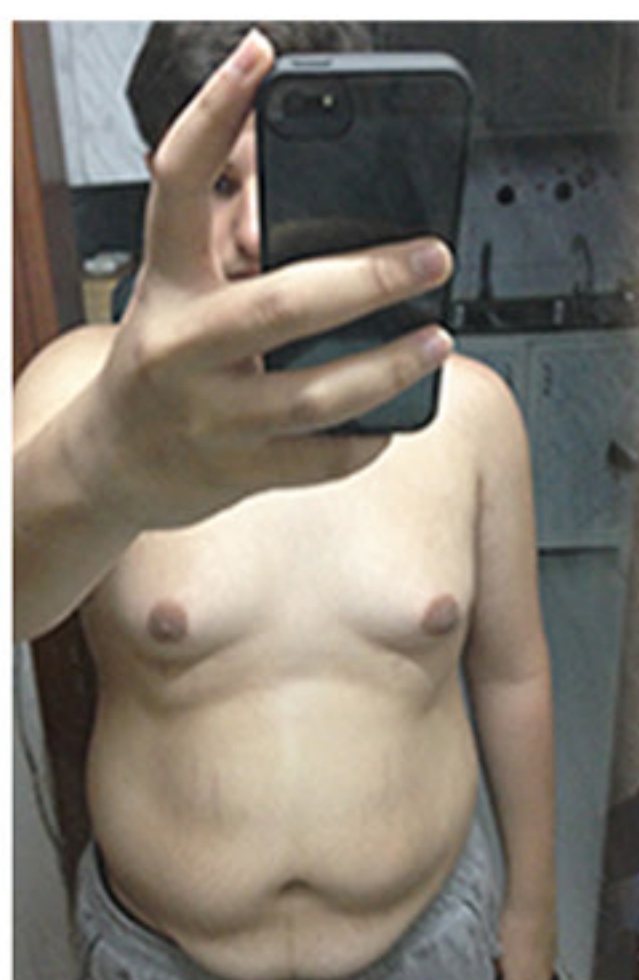
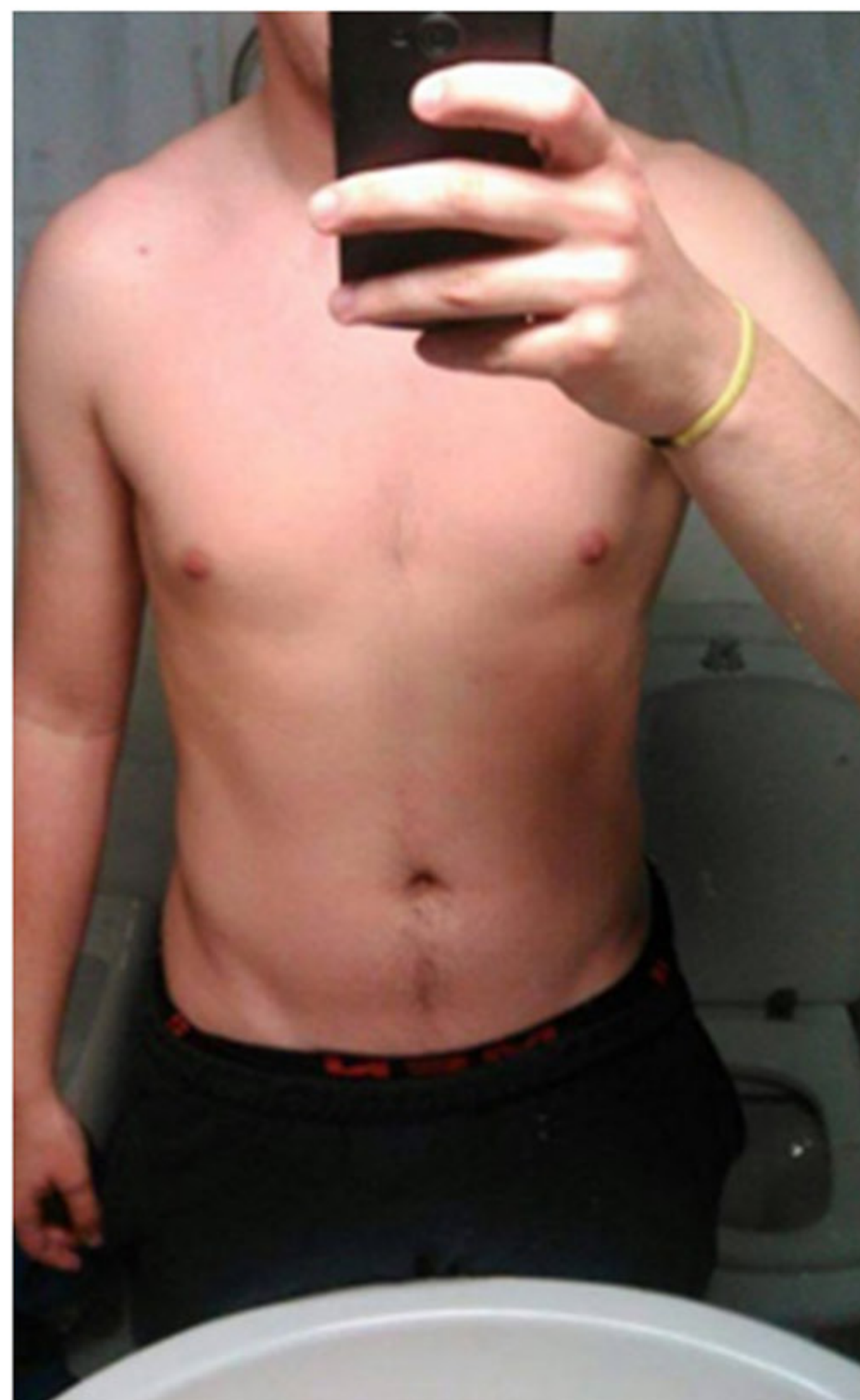
### DO NOT EAT/DRINK

- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "natural" flavors, and many unhealthy ingredients)
- **Don't cook with olive oil, use Alvocado Oil**
- **Pastas** (You can eat some, just don't eat too much)
- **Dairy** (Has a negative effect on your digestive system – some diet programs are okay to have milk, cheese, etc.)
- **High Fructose Corn Syrup** (Watch out for this ingredient!)
- **Monosodium Glutamate** (Damages hypothalamus)
- **Dressings** (Try to use olive oil, salt, and pepper for salads)
- **Cereal** (So many bad ingredients)
- **Pasta Sauce**

### FOODS YOU SHOULD CONSUME

- **Grilled Chicken**
- **Potatoes** (Sweet potatoes if you can)
- **Almond Milk** (Great substitution for milk)
- **Vegetables** (The darker the green, the better for the machine... try to eat a variety of veggies throughout the day... I like spinach, kale, carrots, tomatoes, celery, broccoli, cauliflower, string beans, peppers, onions, etc.)
- **Fruits** (Eat an apple a day, you keep the doctor away... variety is key with fruits as well... I like apples, pineapple, mango, pears, blueberries, strawberries, etc.)
- **Lean Ground Turkey**
- **ORGANIC FOODS** (This is the most important recommendation... be sure you are always eating organic foods)
- **Eggs!!!**
- **Almond Butter**
- **Oatmeal**
- **Hemp Seeds**
- **Almonds**
- **Grains** (You can consume grains, just be sure it is organic and you aren't eating too much)

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)



MONTH 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MODERATE/LIGHT	REST	MODERATE	REST	HEAVY	REST/	REST
WEEK 2	MODERATE/LIGHT	REST	MODERATE	REST	HEAVY	REST/	REST
WEEK 3	MODERATE/LIGHT	REST	MODERATE	REST	HEAVY	REST/	REST
WEEK 4	MODERATE	MODERATE	REST	HEAVY	HEAVY	REST	REST

MONTH 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MODERATE	MODERATE	REST	HEAVY	HEAVY	REST	REST
WEEK 2	MODERATE	MODERATE	REST	HEAVY	HEAVY	REST	REST
WEEK 3	MODERATE	MODERATE	REST	HEAVY	HEAVY	REST	REST
WEEK 4	MODERATE	MODERATE	REST	HEAVY	HEAVY	REST	REST





MONTH 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MODERATE/LIGHT	MODERATE	REST	LIGHT	HEAVY	HEAVY	REST
WEEK 2	MODERATE/LIGHT	MODERATE	REST	LIGHT	HEAVY	HEAVY	REST
WEEK 3	MODERATE/LIGHT	MODERATE	REST	LIGHT	HEAVY	HEAVY	REST
WEEK 4	MODERATE/LIGHT	MODERATE	REST	LIGHT	HEAVY	HEAVY	REST



## FOLLOW BEFORE SPECIFIED DAY

- ▶ Every day you will need to warm up for your compound lifts...

sample: *3 Sets | 3 BB Back Squats WARM UP + 3 High Knees (Each Leg)*

- ▶ Gradually increase the weight for these warm up sets, then proceed to your working set which is next on the list for that day.

### UPPER BODY DAY | *AS DEMONSTRATED IN THE VIDEO*

10 External Rotations  
10 Abducting External Rotations  
10 Lateral Raises  
10 Full Front Raises  
10 Bent-over Posterior Raises

### LOWER BODY DAY | *AS DEMONSTRATED IN THE VIDEO*

10 External Rotations  
10 Abducting External Rotations  
10 Lateral Raises  
10 Full Front Raises  
10 Bent-over Posterior Raises

# BEGINNER PROGRAM PHASE I

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

FIRST THREE WEEKS

MONDAY | MODERATE/LIGHT

3 SETS	+ 3 BB Back Squats WARM UP 3 High Knees (Each Leg)
REST 2 MINUTES	
4 SETS	6 BB Back Squats
REST 3 -5 MINUTES	
3 SETS	+ 6 Explosive Bodyweight Lunges (Each Leg) 10 Hip Thrusters
REST 3 MINUTES	
2 SETS	+ 8 BB Romanian Deadlift 12 Fire Hydrants (Each Leg)
REST 3 MINUTES	
4 SETS	8 Back Extensions (if no machine, do 12 supermans)

Did you complete the sets?

YES |  NO

WEDNESDAY | MODERATE

3 SETS	+ 3 BB Bench Press 3 Light DB Rows (Each Arm)
REST 2 MINUTES	
3 SETS	8 BB Bench Press
REST 4 MINUTES	
3 SETS	+ 5 BB Over-head Press 3-5 Jumping Wide Grip Pull Ups
REST 3 MINUTES	
2 SETS	+ 4 Negative Dips 8 Single Arm DB Rows
REST 2 MINUTES	
2 SETS	+ 3-6 Jumping Chin Ups 8 DB Posterior Delt Raises 5 Full Front DB Raises

Did you complete the sets?

YES |  NO

REST DAY | TUE THU SAT SUN

FRIDAY | HEAVY

2 SETS	+ 4 Single Arm DB Bench WARM UP 4 Explosive DB Rows
REST 3 MINUTES	
3 SETS	6 Single Arm DB Bench (For warm up sets only)
REST 1 MINUTE AND 30 SECONDS	
2 SETS	+ 4 BB Pause Squats 8 BW Good Mornings
REST 3 MINUTES	
2 SETS	+ 8 Single Arm DB Over-head Press (Each Arm) 4 Single-leg Explosive Step Ups 3-5 Knee Explosive Floor Push Up
REST 3 MINUTES	
2 SETS	+ 8 Single-leg Explosive Knee Drive (Each Side) 5 Wide Grip Jump Pull Ups 10 Hip Thrusters

Did you complete the sets?

YES |  NO



NEXT FIVE WEEKS

MONDAY | MODERATE

2 SETS	3 BB Squats WARM UP
REST 2 MINUTES	
4 SETS	5 BB Squats
REST 4 MINUTES	
2 SETS	+ 4 Explosive Single-leg DB Step Ups (Each Leg) + 3 Single Leg 3 point Floor Touch (Each Direction)
REST 3 MINUTES	
2 SETS	+ 6 Forward DB lunge (Each Leg) + 3 Single Leg Hip Thrusters (Each Leg) + 20 Jumping Calf Raises
REST 3 - 4 MINUTES	
2 SETS	+ 6 BB Good Mornings + 12 High Knees (Each Leg)

Did you complete the sets?

YES |  NO

TUESDAY | MODERATE

2 SETS	3 BB Bench Press
REST 3 MINUTES	
4 SETS	6 BB Bench Press
REST 4 MINUTES	
3 SETS	+ 4 BB Over-head Press + 8 DB Bent-over Rows + 4 Push Up position to practice position walk
REST 3 MINUTES	
2 SETS	+ 4-8 Inverted Rows (Supinated Grip) + 6-8 DB Lateral Shoulder Raises + 8 Knee Floor Tricep Extensions
REST 3 MINUTES	
2 SETS	+ 6 Jumping Chin Ups + 3 Knee Clap Push Ups

Did you complete the sets?

YES |  NO

REST DAY | WED SAT SUN

THURSDAY | HEAVY

3 SETS	+ 3 BB Back Squats WARM UP + 2 Holding onto bar high knees
REST 3 MINUTES	
3 SETS	4 BB Pause Squats
REST 4 - 5 MINUTES	
2 SETS	+ 8 DB Deadlifts + 10 Plate Front Squat (Light) + 10 Calf Hops
REST 3 MINUTES	
2 SETS	+ 8 Hamstring Curls (Quick Hamstring Hip Thrusters if not) + 8 BW Explosive Good Mornings
REST 3 MINUTES	
1 SET	+ 6 DB Step Ups + 4 Stationary Hip Extensions (Lunge Position) (Each Leg)
REST 3 MINUTES	
2 SETS	+ 20 BB Calf Raises + 12 Supermans

1 SETS Did you complete the sets?

YES |  NO



# NEXT FIVE WEEKS

REST DAY | WED SAT SUN

## FRIDAY | HEAVY

3 SETS	3 BB Bench Press WARM UP
REST 3 MINUTES	
3 SETS	4 BB Pause Bench
REST 4 - 5 MINUTES	
3 SETS	+ 6 Single-arm DB Over-head Press 15 FAST DB Shrugs
REST 2 MINUTES AND 30 SECONDS	
2 SETS	+ 3-5 2 Second Pull Up Holds 6 Knee Clap Push Ups
REST 3 MINUTES	
2 SETS	+ 5-8 Sitting Bicep Isolation Inverted Rows 8 DB Posterior Delt Raises

Did you complete the sets?

YES

NO



LAST FOUR WEEKS

MONDAY | MODERATE

2 SETS	3 BB Back Squat WARM UP
REST 3 MINUTES	
4 SETS	6-8 BB Back Squat
REST 4 MINUTES	
3 SETS	+ 5 LIGHT BB Speed Pause Squat (if can't do, use only bodyweight) + 1 Lateral Bound (Each Leg) + 5 Pause Squat Jump
REST 3 MINUTES	
2 SETS	+ 8 Assisted DB Single-leg RDL (Each Leg) + 6-10 Quick Hamstring Hip Thrusters (Each Leg) + 1 Broad Jump
REST 2 MINUTES	
2 SETS	+ 8 Pause Explosive Lateral Lunge (Each Leg) + 12 Barbell FAST Calf Raises + 3 Single-leg Hip Thrusters (Each Leg)

Did you complete the sets?

YES |  NO

TUESDAY | MODERATE

3 SETS	+ 3 BB Bench Press WARM UP + 2 Jumping Chin Ups
REST 3 MINUTES	
3 SETS	7 BB Bench Press
REST 4 MINUTES	
3 SETS	+ 8-10 Full DB Front Raises + 8-10 DB Tricep Kickbacks + 1-3 Push Ups
REST 3 MINUTES	
3 SETS	+ 5-7 Jumping Dips + 10 Seconds Knee Stutter Push Ups
REST 3 MINUTES	
2 SETS	+ 6 Inverted Rows + 8 DB Lateral Raises

Did you complete the sets?

YES |  NO

REST DAY | WED SUN

THURSDAY | LIGHT

2 SETS	+ 3 BB Back Squat + 2 Broad Jumps (Bad Knees? Explosive Pause Squats)
REST 2 MINUTES	
3 SETS	3 BB Back Squat
REST 2 MINUTES	
2 SETS	+ 12 Hip Thrusters + 6 DB Explosive Lunges (Each Leg) + 8 DB RDL's
REST 2 MINUTES AND 30 SECONDS	
3 SETS	+ 4 Multi-plane Lunges (3 Ways) + 8 DB Deadlifts
REST 2 MINUTES	
3 SETS	+ 6 Barbell Lateral Lunge (Each Leg) (if not use bodyweight only) + 6 Single Leg Hip Thrusters (Each Leg) + 12 Supermans

Did you complete the sets?

YES |  NO



LAST FOUR WEEKS

FRIDAY | HEAVY

2 SETS	3 Single Arm DB Bench press
REST 3 MINUTES	
3 SETS	+ 5 Single Arm DB Bench Press (Each Arm) 1-4 Pull Ups FAST
REST 4 - 5 MINUTES	
3 SETS	+ 6 Knee Assisted Handstand Push Ups 3 Negative Pull Ups
REST 3 MINUTES	
2 SETS	+ 5 Explosive DB Bicep Curl 4 Negative Push Ups
REST 2 MINUTES	
3 SETS	+ 8 Posterior DB Raises 6 Roll Unders

Did you complete the sets?

YES |  NO

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

Did you complete the sets?

YES |  NO

REST DAY | WED SUN







# IRON BODY

WEIGHT LIFTING AND BODYWEIGHT WORKOUT PROGRAM

POWERED BY CALAESTHETICS LLC