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The background of the right page is a dark, textured image of a man in a gym setting, looking down. The text is overlaid on this background.

INTERMEDIATE **PROGRAM** PHASE II

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

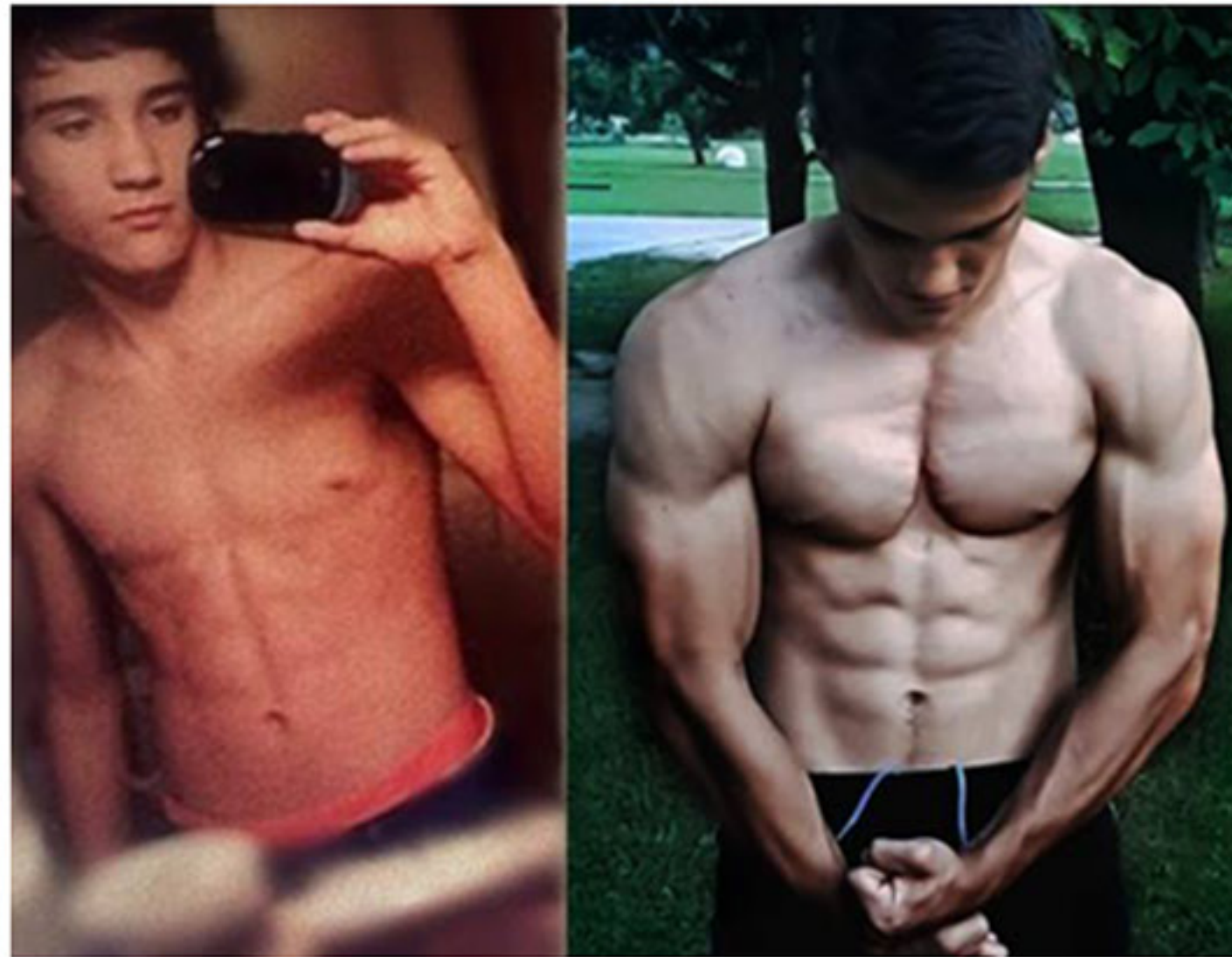
DO NOT EAT/DRINK

- **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



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

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



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



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 Spread Legs, touch foot right to left
10 Lay on back, foot to hand right to left
10 Lay on stomach, foot to hand right to left
12 Supermans
10 Hip Openers

INTERMEDIATE **PROGRAM** **PHASE II**

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

FIRST THREE WEEKS

MONDAY | HEAVY

3 SETS	+ 3 BB Back Squat WARM UP 3 High Knees <i>(Each Leg)</i>
REST 3 MINUTES	
3 SETS	4 BB Back Squat
REST 5 MINUTES	
3 SETS	+ 6 Good Mornings 3 Lateral Explosive Lunges <i>(BW)</i>
REST 3 MINUTES	
2 SETS	+ 8 BB RDL's 8 Single-leg Hip Thrusters 2 Broad Jumps <i>(4 Pause Explosive Squats if cannot do)</i>
REST 2 MINUTES	
2 SETS	8 Weighted Back Extensions <i>(if no machine, do 12 supermans)</i>

Did you complete the sets?

YES | NO

TUESDAY | HEAVY

3 SETS	+ 3 BB Bench Press WARM UP 2 Fast Chin Ups
REST 3 MINUTES	
4 SETS	5 BB Bench Press
REST 5 MINUTES	
2 SETS	+ 8 BB Over-head Press 3 FAST Pull Ups 10 Posterior DB Raises
REST 2 MINUTES	
2 SETS	+ 5 Explosive Dips 8 Single Arm DB Rows 6 DB Hammer Curls
REST 2 MINUTES	
2 SETS	+ 6-8 Roll Unders 8 Full DB Front Raises 8 Inverted Rows

Did you complete the sets?

YES | NO

REST DAY | WED SAT SUN

THURSDAY | LIGHT

3 SETS	3 BB Back Squats WARM UP
REST 2 MINUTES AND 30 SECONDS	
3 SETS	4 BB Pause Squats
REST 3 MINUTES	
3 SETS	+ 6 RDL's 4 Quick Tuck Jumps <i>(If can't do - 10 FAST Hip Thrusters)</i>
REST 3 MINUTES	
2 SETS	+ 4 DB Explosive Step Ups <i>(Each Side)</i> 10 Single-leg Quick Hamstring Thrusters
REST 2 MINUTES	
3 SETS	+ 10 Supermans 12 HEAVY Weighted BB Calf Raises 3 Explosive Pause Squat Jumps

Did you complete the sets?

YES | NO



FIRST THREE WEEKS

REST DAY | WED SAT SUN

FRIDAY | MODERATE

3 SETS	+ 3 BB Bench Press 3 Explosive Push Ups
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REST 3 MINUTES

4 SETS	6 BB Bench Press
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REST 3 - 4 MINUTES

2 SETS	+ 6 Single Arm Over-head DB Press + 5 Floor Tricep Extensions + 8 DB Hammer Curls
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REST 2 MINUTES

2 SETS	+ 6 Single Arm DB Bench + 2 Arrow Pull Ups (Each Side) (Jump up if can't do) + 4 Explosive Clap Push Ups
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REST 2 MINUTES AND 30 SECONDS

3 SETS	+ 8 Assisted Handstand Push Ups + 15 DB Tricep Kick Backs + 3-5 Practice Planche Push Ups
---------------	--

Did you complete the sets?

YES

NO



NEXT FIVE WEEKS

MONDAY | HEAVY

3 SETS	3 BB Back Squats WARM UP
REST 3 MINUTES	
4 SETS	5 BB Back Squats
REST 5 MINUTES	
3 SETS	+ 6 Assisted Pistol Squats (If can't do, 6 Explosive Pause Squat Jumps) + 8 Hamstring Curls + 4 Split Jumps
REST 3 MINUTES	
2 SETS	+ 12 Fire Hydrants + 6 Pop off Hip Thrusters + 6 Explosive Forward DB lunge (Each Leg)
REST 3 MINUTES	
2 SETS	+ 3 Weighted Single Leg 3 point RDL Floor Touch (Each Direction) + 8 Explosive Lateral Pause Lunge
REST 3 MINUTES	
2 SETS	15 Calf Raises (Heavy)

1 SETS Did you complete the sets?

YES | NO

TUESDAY | LIGHT

3 SETS	+ 3 BB Bench Press WARM UP + 2 Explosive Pull Ups
REST 2 MINUTES	
3 SETS	8 BB Bench Press
REST 2 MINUTES	
2 SETS	+ 6 Single-arm DB Over-head press + 5 Inverted Row Bicep Head Bangers + 4 Explosive Floor Presses
REST 2 MINUTES	
3 SETS	+ 3-5 FAST Pull Ups + 12 DB Shrugs + 6-12 Tricep Floor Extensions (If can't do, do them on the wall)
REST 3 MINUTES	
2 SETS	+ 4 Pause Dips (if can't do, then do 8 tricep kickbacks with DB) + 3-6 Bicep Head Bangers (if can't do, 8 DB Bicep Curls) + 8 DB Lateral Raises
REST 2 MINUTES	
1 SET	Maximum Pull Up Hold

1 SETS Did you complete the sets?

YES | NO

REST DAY | WED SAT

THURSDAY | HEAVY

2 SETS	+ 3 BB Squats WARM UP + 3 Holding onto bar high knees (Each Side)
REST 2 MINUTES	
3 SETS	5 BB Pause Squats
REST 2 MINUTES	
2 SETS	+ 8 DB Deadlifts + 6 Explosive Step Ups + 15 Lateral Calf Hops (Each Side)
REST 2 MINUTES	
2 SETS	+ 6 Hamstring Curls (Quick Hamstring Hip Thrusters if not) + 10 Second Hip Abduction hold
REST 2 MINUTES	
2 SETS	+ 6 DB Step Ups + 12 Single Leg Hip Thrusters + 12 Supermans
REST 2 MINUTES	
2 SETS	20 BB Calf Raises

1 SETS Did you complete the sets?

YES | NO



NEXT FIVE WEEKS

FRIDAY | MODERATE

3 SETS	+ 3 BB Bench Press WARM UP 2 Explosive Clap Push Ups
REST 3 MINUTES	
4 SETS	4 BB Speed Bench
REST 3 - 4 MINUTES	
3 SETS	+ 6-10 Assisted Handstand Push Ups 12 Pronated Inverted Rows
REST 2 MINUTES	
3 SETS	+ 7 Single-arm DB Rows 8 DB Front Raises 2-6 Chin Ups

Did you complete the sets?

YES | NO

SUNDAY | HEAVY

3 SETS	+ 3 BB Bench Press WARM UP 3 FAST Single Arm Dumbbell Rows
REST 3 MINUTES	
4 SETS	5 BB Bench Press
REST 5 MINUTES	
3 SETS	+ 6 Assisted Pause Explosive Handstand Push Ups 8 DB Posterior Delt Raises 5 Explosive DB Bicep Curls
REST 3 MINUTES	
2 SETS	+ 5-8 Dip Position to Tuck Planche Position 6 Supinated DB Rows 3 Practice Planche Push Ups
REST 3 MINUTES	
1 SET	Max Pull Ups

Did you complete the sets?

YES | NO

REST DAY | WED SAT



LAST FOUR WEEKS

MONDAY | HEAVY

2 SETS	+ 3 BB Back Squat WARM UP + 2 Vertical Jumps
REST 3 - 4 MINUTES	
3 SETS	4 BB Back Squat
REST 4 MINUTES	
2 SETS	+ 5 LIGHT Speed Pause Squat (w) + 2 Lateral Bound (Each Leg)
REST 2 MINUTES	
2 SETS	+ 7 DB Lunge to Knee Drive + 8 Quick Hamstring Hip Thrusters (Each Leg) + 3 Broad Jumps (If can't do, 6 Pause Speed Squats)
REST 2 MINUTES	
2 SETS	+ 8 Single-leg DB RDL + 20 Calf Hops + 7 Single-leg Hip Thrusters

Did you complete the sets?

YES | NO

TUESDAY | HEAVY

2 SETS	+ 3 BB Bench Press WARM UPS + 2 Chin Ups
REST 3 MINUTES	
3 SETS	3 BB Bench Press
REST 3 MINUTES	
2 SETS	+ 8-10 Full DB Front Raises + 12 DB Tricep Kickbacks + 3-6 Chin Ups FAST
REST 2 MINUTES	
2 SETS	+ 6 Pause Dips (If can't do, then do 8 Floor Tricep Extensions) + 10 Seconds Stutter Push Ups
REST 2 MINUTES	
2 SETS	+ 6 Supinated DB Inverted Rows + 7 DB Lateral Raises + 3 Explosive Clap Push Ups

Did you complete the sets?

YES | NO

REST DAY | WED SAT

THURSDAY | MODERATE

3 SETS	+ 3 BB Back Squats WARM UP + 2 Broad Jumps
REST 3 MINUTES	
3 SETS	6 BB Back Squat
REST 4 MINUTES	
3 SETS	+ 12 Single-leg Hip Thrusters + 6 DB Explosive Lunges (Each Leg) + 8 DB RDL's
REST 2 MINUTES AND 30 SECONDS	
2 SETS	+ 4 Multi-plane Lunges (3 Ways) + 8 DB Deadlifts
REST 2 MINUTES	
2 SETS	+ 6 BB Lateral Lunge (Each Leg) + 6 Single Leg Hip Thrusters (Each Leg) + 12 Supermans

Did you complete the sets?

YES | NO



LAST FOUR WEEKS

FRIDAY | LIGHT

2 SETS	3 Single Arm DB Bench Press WARM UP
REST 2 MINUTES	
2 SETS	3 Single Arm DB Bench press
REST 2 MINUTES	
3 SETS	+ 6 Assisted Pop-off Handstand Push Ups + 4-5 Close Grip Pull Ups
REST 2 MINUTES	
2 SETS	+ 8 Bicep Head Bangers <i>(if can't do, Hold Chin Up Position for 8-12 Seconds)</i> + 10 Floor Tricep Extensions + 8 Posterior Delt DB Raises

Did you complete the sets?

YES | NO

SUNDAY | MODERATE

3 SETS	+ 3 BB Bench Press WARM UP + 4 Single-arm Dumbbell Rows (FAST)
REST 2 MINUTES AND 30 SECONDS	
4 SETS	6 BB Bench Press
REST 4 MINUTES	
3 SETS	+ 5 Single Arm DB OHP + 8 Pronated DB Bent over rows
REST 2 MINUTES AND 30 SECONDS	
2 SETS	+ 2 Clap Pull Ups + 3 Weighted Dips (5 Explosive Pop Off Dips if can't do) + 8 DB Posterior Delt Raises
REST 3 MINUTES	
2 SETS	+ 5 Single Arm DB Rows + 10 Full DB Front Raises + 5 Explosive Pause Floor Push Ups

Did you complete the sets?

YES | NO

REST DAY | WED SAT





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