



POWERED BY CALAESTHETICS LLC

A photograph of a man in a gym setting, performing a bicep curl. He is wearing a dark t-shirt and is captured in the middle of the lift, with his right arm bent and the weight near his shoulder. The background is slightly blurred, showing other people in the gym.

ADVANCED
PROGRAM
PHASE III

BRENDAN MEYERS, EX. PHYS. FAU

DISCLAIMER & COPYRIGHT

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

Copyright © 2016 by CalAesthetics LLC

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permission Coordinator", at the address below.

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

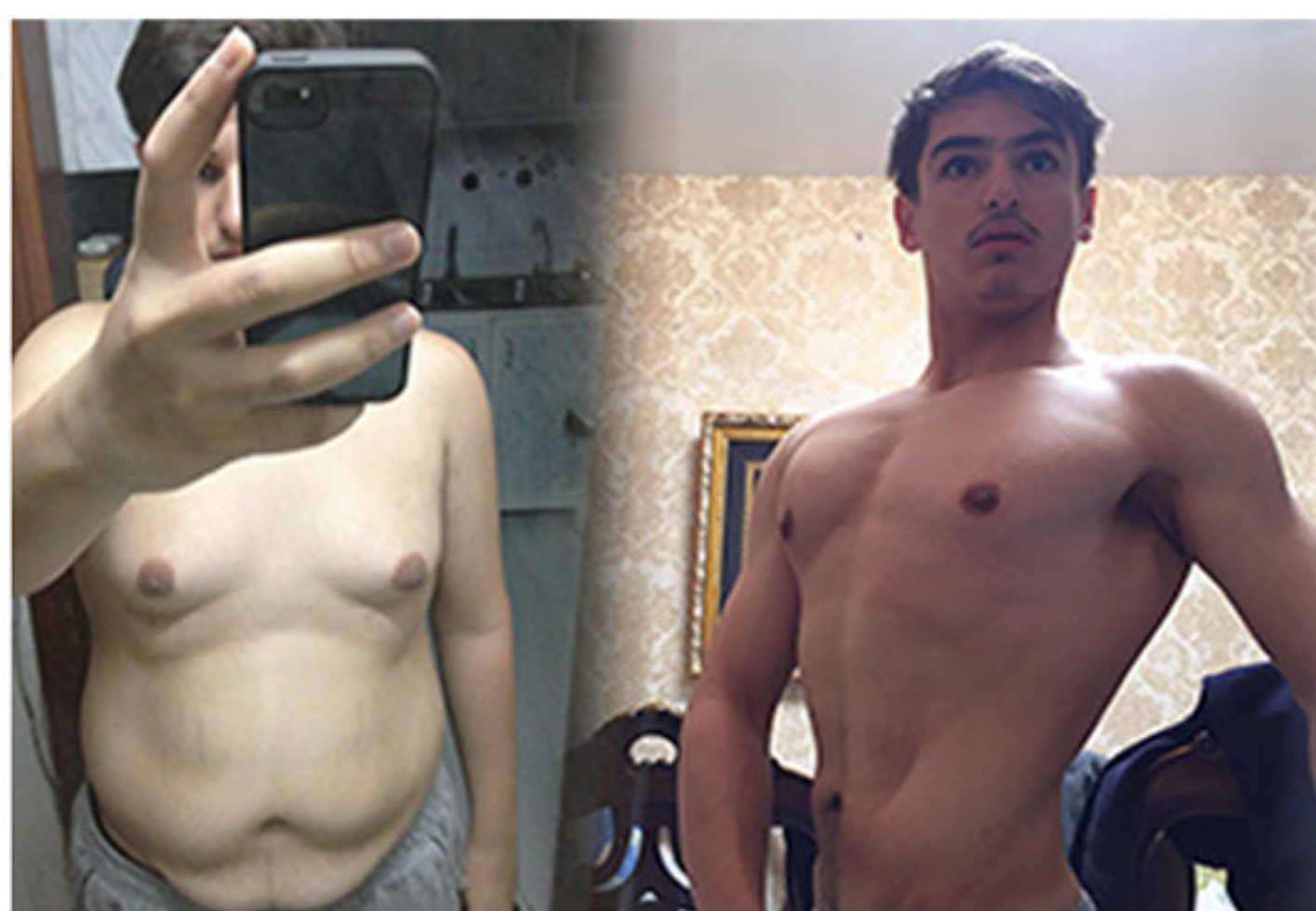
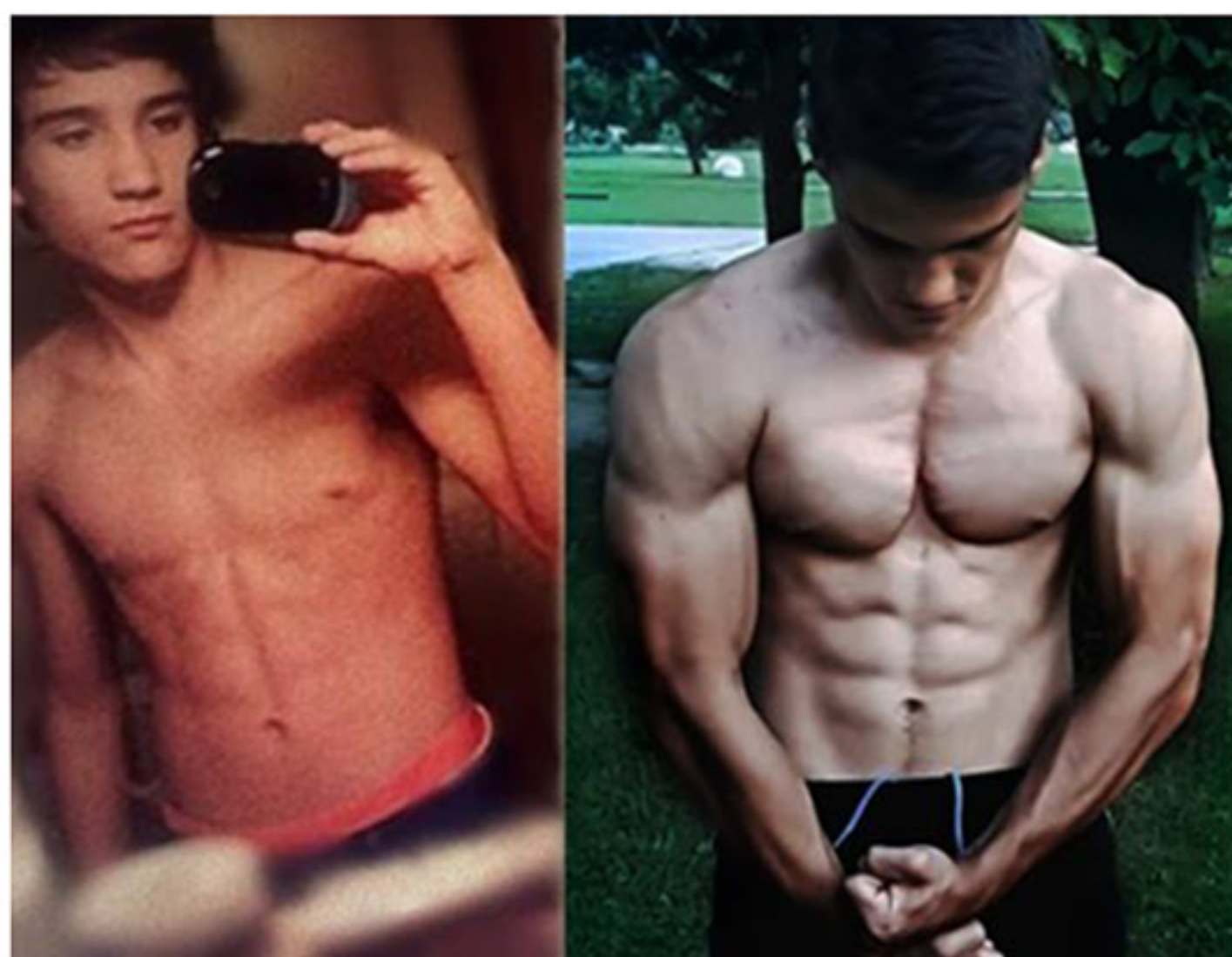
DO NOT EAT/DRINK

- **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	MODERATE	REST	LIGHT	LIGHT	REST	HEAVY
WEEK 2	HEAVY	MODERATE	REST	LIGHT	LIGHT	REST	HEAVY
WEEK 3	HEAVY	MODERATE	REST	LIGHT	LIGHT	REST	HEAVY
WEEK 4	MODERATE/LIGHT	HEAVY	REST	HEAVY	LIGHT	REST	MODERATE

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



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

ADVANCED
PROGRAM
PHASE III

- *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 (Each Leg)
REST 3 MINUTES	
4 SETS	4 BB Back Squat
REST 4 - 5 MINUTES	
2 SETS	+ 8 BB Good Mornings + 2 Broad Jumps + 3 Knee Get Ups (if can't do - 3 Pause Squat Vertical Jumps)
REST 3 MINUTES	
2 SETS	+ 6 Fast DB RDL's + 4 BW Explosive Lateral Lunges + 10 Single-leg Hip Thrusters
REST 3 MINUTES	
3 SETS	10 Weighted Back Extensions (if no machine, do 12 supermans)

Did you complete the sets?

YES | NO

TUESDAY | MODERATE

3 SETS	+ 3 BB bench Press WARM UP + 2 fast chin ups
REST 3 MINUTES	
3 SETS	7 BB Bench Press
REST 5 MINUTES	
3 SETS	+ 8 BB Over-head Press + 3 Muscle Ups (if can't do, 8 Explosive Pull Ups) + 10 Posterior DB Raises
REST 2 - 4 MINUTES	
3 SETS	+ 6-10 Weighted Explosive Dips + 8 Single Arm DB Rows + 12 Head Bangers
REST 2 - 4 MINUTES	
2 SETS	+ 12 Roll Unders + 8 Full BB Front Raises (Use dumbbells if too heavy) + 2 Type Writer Pull Ups (Each Side)

Did you complete the sets?

YES | NO

REST DAY | WED SAT

THURSDAY | LIGHT

2 SETS	3 BB Squats WARM UP
REST 3 MINUTES	
4 SETS	5 BB Pause Squats
REST 5 MINUTES	
3 SETS	+ 6 DB RDL's + 4 Quick Tuck Jumps (If can't do - 10 Explosive Hip Thrusters) + 3 Pistol Squats (Each Side) (Assisted if need be)
REST 3 MINUTES	
3 SETS	+ 4 DB Explosive Step Ups (Each Side) + 12 Single-leg Quick Hamstring Thrusters
REST 3 MINUTES	
2 SETS	+ 12 Back Extensions (If can't do - 12 supermans) + 12 HEAVY Weighted BB Calf Raises + 3 Explosive Pause Squat Jumps

Did you complete the sets?

YES | NO

FIRST THREE WEEKS

FRIDAY | LIGHT

3 SETS	+ 3 BB Bench Press WARM UP 3 Explosive Push Ups <i>(For warm up sets only)</i>
REST 2 MINUTES	
3 SETS	4 BB Bench Press
REST 2 - 3 MINUTES	
3 SETS	+ 5 Fast BB Over-head press 5 CTI Pull Ups 5 Second Tuck Planche hold <i>(if can't do - try and hold 5 reps)</i>
REST 3 MINUTES	
3 SETS	+ 8 Single-arm DB Row 5 Incline Bench Planche Training Exercise
REST 3 MINUTES	
2 SETS	+ 4 Handstand Push Ups <i>(If can't do - 12 Assisted Handstand Clap Push Ups)</i> 8 DB Posterior Delt Raises 5 Superman Push Ups

Did you complete the sets?

YES | NO

SUNDAY | HEAVY

3 SETS	+ 3 BB Bench Press WARM UP 4 db Explosive Inverted Rows
REST 3 MINUTES	
3 SETS	4 BB Bench press
REST 5 MINUTES	
2 SETS	+ 5 Assisted One-Hand Pull Up <i>(If Can't do - 8 Explosive Pull Ups)</i> 2 Type-Writer Pull Ups (Each Side) 7 DB Lateral Raises
REST 2 MINUTES AND 30 SECONDS	
3 SETS	+ 6 Weighted Dips <i>(If can't do - 8 Pause Dips BE EXPLOSIVE!)</i> 12 Bicep Head Bangers 7 DB Front Raises
REST 3 MINUTES	
2 SETS	+ 8 Straight Arm DB Post.Delt Extensions 12 FAST DB Kickbacks 5-10 Second Tuck Planche Hold <i>(If can't do - attempt 5 planche hold repetitions)</i>

Did you complete the sets?

YES | NO

REST DAY | WED SAT



NEXT FIVE WEEKS

MONDAY | MODERATE/LIGHT

2 SETS	3 BB back squats WARM UP
REST 3 MINUTES	
3 SETS	6 Barbell Back Squats
REST 4 MINUTES	
3 SETS	+ 6 Pistol Squats (If can't do, then do 8 Assisted Pistol Squats) + 8 Hamstring Curls + 4 Split Jumps
REST 2 - 3 MINUTES	
3 SETS	+ 15 Fire Hydrants + 15 BB Calf Raises (Heavy) + 8 Explosive Lateral Pause Lunge

Did you complete the sets?

YES | NO

TUESDAY | HEAVY

3 SETS	+ 3 BB Bench Press WARM UP + 3 Explosive Pull Ups
REST 3 MINUTES	
4 SETS	2 BB Bench Press
REST 3 MINUTES	
3 SETS	+ 8 Single-arm DB Over-head press + 4 Explosive Muscle Ups (If can't do - 2 Arrow Pull Ups (Each Side))
REST 4 MINUTES	
2 SETS	+ 4 Weighted Pause Dips (If can't do, then do 8 tricep kickbacks with DB) + 10 Bicep Head Bangers + 8 DB Lateral Raises

Did you complete the sets?

YES | NO

REST DAY | WED SAT

THURSDAY | HEAVY

3 SETS	+ 3 BB pause squats WARM UP + 2 Holding onto bar high knees
REST 3 - 4 MINUTES	
4 SETS	2 BB Pause Squats
REST 5 MINUTES	
2 SETS	+ 8 Good Mornings + 15 Lateral Calf Hops (Each Side)
REST 2 MINUTES	
2 SETS	+ 12 Quick single leg Hamstring Thrusters + 10 DB Weighted Hip Thrusters
REST 3 MINUTES	
2 SETS	+ 6 Explosive DB Step Ups + 12 Supermans
REST 1 MINUTE AND 30 SECONDS	
3 SETS	20 BB Calf Raises

Did you complete the sets?

YES | NO



NEXT FIVE WEEKS

REST DAY | WED SAT

FRIDAY | LIGHT

2 SETS	+ 3 BB Bench Press WARM UP + 5 Second Tuck Planche Hold
REST 2 MINUTES	
3 SETS	4 Speed Bench Press
REST 2 MINUTES	
3 SETS	+ 3 Handstand Push Ups + 6 Floor Planche Training Exercise
REST 3 MINUTES	
4 SETS	+ 5 FAST Single-arm DB Rows + 3 Arrow Pull Ups (Each Side) + 5-8 Front Lever Raises

Did you complete the sets?

YES | NO

SUNDAY | MODERATE

3 SETS	+ 3 BB Bench Press WARM UP + 4 Explosive DB Pronated Inverted Rows
REST 2 MINUTES AND 30 SECONDS	
4 SETS	6 BB Bench Press
REST 3 - 4 MINUTES	
2 SETS	+ 5 BB Over-head Press + 3 Muscle Ups (If can't do - 7 Explosive Pull Ups) + 8 DB Posterior Delt Raises
REST 3 - 4 MINUTES	
3 SETS	+ 5-8 Dip Position to Tuck Planche Position + 6 Posterior Delt Raises + 7 Practice Planche Push Ups
REST 4 MINUTES	
3 SETS	6 Weighted Chin Up

Did you complete the sets?

YES | NO



LAST FOUR WEEKS

MONDAY | HEAVY

3 SETS	+ 3 BB back squat WARM UP 2 Vertical Jumps
REST 3 - 4 MINUTES	
4 SETS	4 BB Back Squat
REST 5 MINUTES	
2 SETS	+ 6 BB Lunges + 5 Knee Pop Ups + 3 One-leg Multi-directional RDL's
REST 3 MINUTES	
2 SETS	+ 8 DB RDL's + 2 Single-leg Broad Jumps (If can't do - 10 Pause Squat & Explode) + 4 Drop Squats
REST 3 MINUTES	
2 SETS	+ 5 Explosive DB Step Ups + 4 Split Jumps

Did you complete the sets?

YES | NO

TUESDAY | HEAVY

3 SETS	+ 3 BB bench press WARM UP 2 Explosive Chin Ups
REST 3 - 4 MINUTES AND 30 SECONDS	
4 SETS	4 BB Bench Press
REST 5 MINUTES	
3 SETS	+ 8-10 Full DB Front Raises + 12 DB Tricep Kickbacks + 5 Weighted Chin Ups FAST
REST 3 MINUTES	
2 SETS	+ 6 Weighted Pause Dips + 3 Superman Push Ups + 3-5 Clap Pull Ups
REST 3 MINUTES	
2 SETS	+ 6 Heavy DB Single-Arm Rows FAST + 5 Assisted One-Arm Bicep Head Bangers + 5 Second Handstand Hold (If can't do - 5 Attempted Handstand Holds)

Did you complete the sets?

YES | NO

REST DAY | WED SAT

THURSDAY | LIGHT

2 SETS	+ 3 BB back squat WARM UP 1 Broad Jump
REST 2 MINUTES	
3 SETS	6 BB Back Squat
REST 3 MINUTES	
3 SETS	+ 6 Good Mornings + 3 Knee Up to Tuck Jumps (If can't do - 4 Vertical Jumps)
REST 3 MINUTES	
3 SETS	+ 12 Single-leg Hip Thrusters + 6 DB Explosive Lunges (Each Leg) + 8 DB RDL's
REST 3 MINUTES	
2 SETS	+ 12 Weighted Back Extensions (If can't do - 15 Superman's) + 2 broad jumps

Did you complete the sets?

YES | NO



LAST FOUR WEEKS

FRIDAY | LIGHT

2 SETS	+ 3 single arm DB bench press (Each arm) WARM UP 3 Pull Ups FAST
REST 2 MINUTES	
3 SETS	6 Single Arm DB Bench Press (Each Arm)
REST 4 MINUTES	
2 SETS	+ 3 Explosive Handstand Clap Push Ups (if can't do - 10 Assisted Clap Handstand Push Ups) + 4 Muscle Ups (if can't do - 3 Clap Pull Ups)
REST 4 MINUTES	
3 SETS	+ 8 Pronated Head Bangers (if can't do, Hold Chin Up Position for 8-12 Seconds) + 12 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 2 Explosive Pull Ups
REST 3 MINUTES	
4 SETS	5 BB Bench Press
REST 4 - 5 MINUTES	
3 SETS	+ 5 BB Over-Head Press + 8 Supinated DB Bent over rows + 6 DB Posterior Delt Raises
REST 3 MINUTES	
3 SETS	+ 2 Type Writer Pull Ups + 3 Weighted Pull Ups + 4 Superman Push Ups
REST 3 MINUTES	
3 SETS	+ 5 DB Tuck Planche Push Ups (no DB if can't do or just hold tuck planche 5 seconds) + 3 Muscle Ups (if can't do - 7 Explosive Pull Ups) + 12 Tricep Roll Unders

Did you complete the sets?

YES | NO

REST DAY | WED SAT





POWERED BY CALAESTHETICS LLC