

30 Day Double Edge Sword Lean Muscle-Cutting Program

Name of Client	
Name of the Instructor/Trainer	Terron Beckham
Program start date	

Client's Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (Inches)	
Body Fat	
Target Body Fat	
BMI	0.00
Target BMI	

Suggestions	
frequency means weight tempo ex. 2,1,1	
means 1 sec down, 2 sec pause, 1 sec press	
rest time no more than 1min 30sec	
A1 and A2 Means Superset	
BB means Barbell	
DB Means Dumbbell	
A:if you see (#) and numbers after, it is a Pyramid	
B:so you need to go up in weight as rep # changes	
(AMRAP) means as many reps as possible	

On Bike interval keep pace for 1min after 1min go as hard as you can for 1min then restart pace and continue until 5 min is done.

With frequency if you see a 0 in between numbers like (1,0,1) that 0 means be explosive on the press or pull movement.

rest time should be around 2min low rest time should be around 45-60sec

high reps = 10+
low reps = 10-

When training, make sure you understand what a real set is. Do not, I repeat, Do not use a weight that you can lift infinitely and do it for a set of 12 reps. If you have 3x12 you

Warm-up (everyday)	
Exercises	Reps
1 min bike Interval	5 min (on)
15 sec sprint after every 1 min	
4x 10 pushups	
4 X 5-8 chin ups	

Cardio	After every workout				
Exercises	Reps	Wts	Week	Frequency	Start
15min stair master leve					

Day 1					
Exercises	Reps	Wts	Weeks	Frequency	Start
DB Incline Press	3x15			2,1,1	
Cable incline crossover	4x20			2,1,1	
Med Ball Wall Press	2x (burnot)				
DB Pullovers	3x10			2,1,1	
Lat pull downs (reverse grip)	3x12			2,1,1	
Db Rows	2x20			2,1,1	
Neutral Grip Cable Row	3x10			2,1,1	
Power Shrug	3x20			1,2,1	

Power Shrug video: <https://www.youtube.com/watch?v=96NF13oTvpl>

Day 2					
	Reps				
Hamstring Curls	3x15			2,1,1	
Leg Extensions	3x20			2,1,1	
Back Squat	3x8	70% Max			
Glute Bridges	3x10			2,1,1	
A1: Single Leg Glute Bridge	2x12	no weights			
A2: Single Leg Jump	2x6	no weights			
1/2 Hamstring Curls	3x20	half range of motion			
1/2 Jump Squats	3x 10				

Day 3					
	Reps				
100 m Sprints	5	full recovery for each sprint			
15 min jump rope cool down					
Lying Leg Lifts (abs)	3x15				
Russian Twist (abs)	200 touches hitting both sides = 1 touch				
5-10-5 sprint	5				
5-10-5 video: https://www.youtube.com/watch?v=LJcWJNMISc0					

russian twist video: <https://www.youtube.com/watch?v=NeAtimSCxsY>
leg raises video: <https://www.youtube.com/watch?v=Wp4BlxcFTkE>

Day 4					
Rest	Reps				
Active Stretching Recovery					

Day 11					
	Reps				
Active Streatching					

Day 12					
Rest	Reps				
1 mile run for time					
Lying Leg Lifts (abs)	3x15				
Russian Twist (abs)	200 touches hitting both sides = 1 touch				

Day 13					
	Reps				
Deadlifts	5x10,8,6,3,3	work up to 60% max			
Hyper extension	2x20	1,1,1			
Kroc DB rows (Heaviest DB)	30 reps each arm	1,0,1			
DB Bench Press	3x12	1,1,1			
Cable Mid Chest Crossover	2x20	1,1,1			
Dips	50 reps (in as little sets as possible)*add weight if to easy				

Kroc row Video: <https://www.youtube.com/watch?v=V6T5n79Sprk>

Day 14					
Rest	Reps				
Leg Press	4x15	1,1,1			
Bulgarian (split)Squat	3x12 (each leg)	1,1,1			

max sure you warm up properly to the %
You should have about 3 warm up sets before
you actually get to the Starting set of
the exercise.

Day 5				
	Reps			
Deadlift	5x8	70% max		
Hyper Extensions	3x20			1,0,1
(Incline Bench) DB Rows	3x10			1,0,1
(overhand) Lat pull Downs	2x20			1,0,1
Decline Bench Press (BB)	4x15/12/10/8			1,0,1
Decline DB Flys	3x15			1,2,1
Tricep Cable Push Downs	3x15			1,0,1
Triangle(grip) Tricep Pushu	50-80 eps			

[illegible]

Hack Squat	3x8	1,2,1			
Leg Extensions	2x25	1,0,1			
Hamstring Curls	1x30	1,1,1			
Glute Marches	3x12 (each leg)				
Lateral lung jumps					

Just means to Dumbell Row on an Incline Bench at an angle.

Day 16	Reps				
Rest	4x10				
Standing Dumbbell Press	3x12				
A1:Front Raise	3x10sec				
A2:Front Raise (Holds)	4x12				
A1:Lateral raises	4x10sec				
A2:Lateral raises (Holds)	3x15				
Low Cable Chest Flys	3x12				
Mid DB Chest Flys	3x15				
Tricep Extensions	20,20,20,20	lower weight after each set			
Tricep Push Downs (dropset)					

Med ball slams: https://www.youtube.com/watch?v=Rx_UHMnQIjU

[illegible][illegible]

Day 9					
	Reps				
Front squat	3x5	75% max		1,1,1	
Back squat (Wide Stance)	2x20	50% max		1,0,1	
Step back lunges	3x12(each leg)			1,0,1	
Lateral step ups	3x10 (weighted)			1,0,1	
Box jumps	5x10				
Standing Calf raises	3x25				

Day 10					
Conditioning	Reps				
Row Machine	5min total (1min row/15sec hard as you can row after 1min then repeat)				
A1:Burpress	30sec X 5				
A2:Kettelbell swing	30sec X 5				
A3:plank hold	30sec X 5				
Single Leg split squat jump	4 sets 10				

kettelbell swing video: <https://www.youtube.com/watch?v=YSxHifyl6s8>

Day 18					
Rest	Reps				
Turkish Get ups	6 each arm weighted				
Decline Sit Ups	3x15				
Swiss ball roll	3x12				
Ab wheel	2x15				
Row machine	5min total (1min row/15sec hard as you can row after 1min th				
turkish get up video: https://www.youtube.com/watch?v=0bWRPC49-KI					
swiss ball roll out video: https://www.youtube.com/watch?v=hCE6ejbY3CM					

Day 19					
Rest	Reps				
Active Stretching					

Day 20					
Rest	Reps				
Hamstring Curls	3x15				
Back Squat	5x3				
Sumo Deadlift	3x8	work up to 75%			
Incline BB Bench	4x10,8,5,5				
Incline DB Bench	3x12				
A1:Incline Cable Flys	3x10	Feet elevated on bench			
A2: Incline Push ups	3x15				

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Day 24					
Rest	Reps				
Back Squat	5x5	1,0,1			
Leg Press	3x15	1,0,1			
Pull ups	4x5 (weighted)	1,0,1			
DB Rows	3x12	1,1,1			
Decline BB Bench	3x10	1,0,1			
Decline Flys	3x15	1,1,1			
Jump Rope	5 min				

Day 25					
Turkish Get ups	6 each arm weighted				
Decline Sit Ups	3x15				
Swiss ball roll	3x(AMRAP)				
Ab wheel	2x (AMRAP)				
Row machine	5min total (1min row/15sec hard as you can row a				
Lateral med ball slams	3x12 (each side)				

lateral med ball s <https://www.youtube.com/watch?v=zlyMBWW8UvI>

Day 26					
Deadlift	5x8,8,5,5,3,	up to 70	1,0,1		
Good Mornings	2x10		1,0,1		
Hyper extensions	3x15		1,1,1		
BB Bench Press	4x15,12,8,6	up to 60%	1,1,1		
Dumbell Flys	3x15		1,1,1		
A1:Lat Pull Downs (re	2x20		1,0,1		
A2: Lat Push Downs	2x20		1,0,1		

Day 27					
100 m Sprints	5	full recovery for each sprint			
5 min jump rope cool down					
Lying Leg Lifts (abs)	3x15				
Russian Twist (abs)	200 touches hitting both sides = 1 touch				

Day 28					

Program Tracking

Week #1		to	4-Jan-00
	Legends		
	Reps	Repetitions as suggested	Wts Weight as suggested
	Diff	Difference between suggested and actual	

Please Fill the actual data for suggested exercises and find the difference/deviation on Repetitions and Weight parameters to schedule up next week's program

Day	Day-1				Day-2				Day-3				Day-4				Day-5				Day-6			
Dates					31-Dec-99				1-Jan-00				2-Jan-00				3-Jan-00				4-Jan-00			
Exercises	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
1 min bike Interval	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!	#VALUE!	#ERROR!
15 sec sprint after ev	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!
4x 10 pushups	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!
4 X 5-8 chin ups	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!	0	#ERROR!

Day 1	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
DB Incline Press	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00
Cable incline cross	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00
Med Ball Wall Press	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00
DB Pullovers	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00	#VALUE!	0.00

Cardio	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
15min stair master	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00

#ERROR!	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!	#ERROR!
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Instructions: Duplicate this sheet to accommodate number of weeks as per the scheduled program

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