

# The 6-Week Bodybuilding/Bodyshaping Program for Men & Women



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**Designed by:**



**Core  
Essentials<sup>SM</sup>**

## The 6-Week BODYSHAPING Program

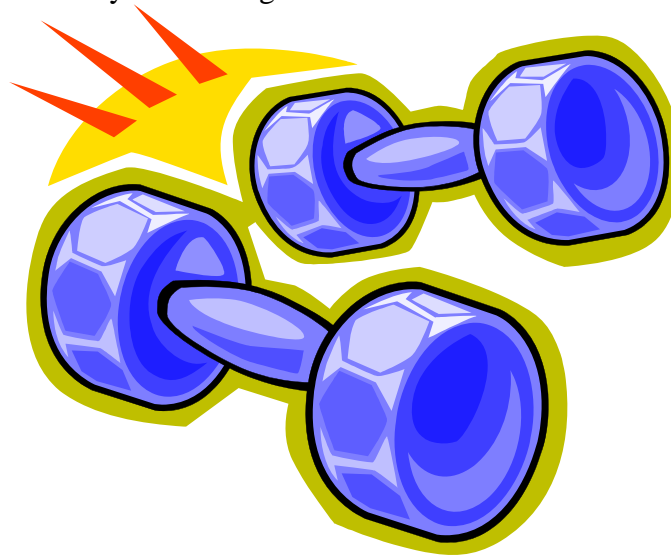
Congratulations in your pursuit towards improving your health, fitness, and physical shape and choosing The 6-Week BODYSHAPING PROGRAM™ as a means to do it.

Many individuals work out for many years and reap minimal rewards on their self designed or “Hand me down” routines. The 6-Week BODYSHAPING PROGRAM™ was designed to educate you on the current theories and systems of training. The program also supplies you with a routine that is comprehensive in terms of specifying the type of exercise you should perform, the intensity in which you should perform each set, the rest intervals between sets, the order in which you should perform the exercises and lastly the amount of sets and reps you should do.

The BODYSHAPING PROGRAM includes the following:

- The target population in which I designed the program
- The Bodyshaping Program Objectives
- The rationale behind the program which includes a comprehensive review of literature pertaining to the many systems of training.
- The 6-Week Bodyshaping Program™

After being in the health club industry for 20 years, I’ve learned that most people just need a plan to follow to be successful in their fitness quest. I’ve provided that in the BODYSHAPING PROGRAM. I hope you are completely satisfied with the program and wish you much success in your training.



**Cover Photo Models:** Robyn Ebinger & Bill Cunningham (Bill is over 60 years old).  
**Program was written by Michael A. Sylvester, BS, LPTA, CPT**

## TARGET POPULATION

This program was designed for the health club member that has been working out with weights for at least 6 months (or longer). It is for the individual who needs more direction and wants a comprehensive program that emphasizes strength, tone and symmetry. The reasons why I designed a program for non beginners is twofold:

- 1) Most health clubs dedicate most of their time to the beginner (AND RIGHTLY SO) and the “advanced” population is often left on their own. With the advent of personal training this problem is somewhat solved. Unfortunately, not everyone can afford the luxury of a personal trainer, or need one. Some people just want to be educated as to what to do. With this in mind, I designed **The 6-Week BODYSHAPING Program™**.
- 2) It’s unfortunate that most individuals that begin a program drop out after a few short months. With this in mind I did not want to spend an abundant amount of time on a population that has such a poor retention rate, so I decided to devote my time to the individuals who are truly committed. Again, the program is not for a beginner who has never worked out with weights.

# OBJECTIVES

Before you begin **THE 6-Week BODYSHAPING PROGRAM™** I feel it is necessary to lay out the 5 objectives of the program which are listed below.

## *OBJECTIVE #1*

- **TO PROVIDE A SCIENTIFICALLY SUPPORTED METHOD TO ACHIEVE RESULTS**

**THE 6-Week BODYSHAPING PROGRAM™** is a scientifically based fitness program that can yield the following results: Symmetry (pleasing proportions), increased strength and body tone.\* Muscle growth is likely to occur more with men than women due to their inherent hormonal makeup (i.e., men have more testosterone than women whereby contributing to greater muscle mass).

\*Body tone is a word overly used which ultimately translates to low body fat levels coupled with muscle shape. Individuals are reminded that sensible eating habits must be maintained while on the program to maximize the “toning” effects. For a detailed explanation of nutrition and sample menu’s go to [www.CoreEssentials.biz](http://www.CoreEssentials.biz) and check pit my book Getting to the Bottom of It.

## *OBJECTIVE # 2*

- **TO PROVIDE BIOMECHANICALLY SOUND EXERCISES**

**THE 6-Week BODYSHAPING PROGRAM™** includes resistance exercises that are the safest movements and the technique that is emphasized coincides with the muscles optimal line of pull. Put another way, the technique places the muscle in its most optimal position for maximum tension and isolation without undue stress to the joints. Variable resistance machines are used when there is a mismatch between the force of the muscle and the resistance you are trying to overcome. For example, when you perform a barbell curl the resistance is the highest when the arm is at 90 degrees (or at midpoint), but the resistance is at its lowest at the top of the motion which makes this exercise suboptimal. Variable resistance machines, on the other hand, seek to restore this mismatch, via the camshaft, which increases the tension applied to the muscle as it gets stronger due to gravitational pull.

### **OBJECTIVE # 3**

- **TO EDUCATE INDIVIDUALS SO THEY DON'T HAVE TO RELY ON AN EXTERNAL AUTHORITY**

I believe that a comprehensive fitness program should include the rationale behind it. My goal is to educate individuals who want to learn about exercise. An understanding of the fundamental principles of anatomy can enable an individual the knowledge as to what actions a muscle is capable of. For instance, many individuals want to target their abdominal muscles and choose exercises that ignore basic anatomy. The abdominal muscles run from the bottom of the rib cage to the pelvic bone. NO abdominal muscles cross the hip joint, which means moving the legs up and down, which occurs during the popular leg raise exercise, does not rely on the abdominal muscles per se but rather the *iliacus* and the *psaos major* collectively called the hip flexors. The abdominal muscles are maximally activated only if the lower back remains in contact with the supporting surface. In this context, the abdominals are acting as stabilizers. If the lower back arches, which occurs frequently during this exercise, it indicates that the abdominals are too weak to support or stabilize the weight of the legs, consequently causing the hip flexors to dominate. Physical therapists refer to this as *synergistic dominance*. Additionally, performing leg raises with an arched back (due to weak lower abdominals) can potentially place enormous strain on the lower back since the hip flexors muscles are attached to the spine and “tug on it”, so to speak, each time they contract.

The truth is that in order to see tone in the abdominal area in the first place one needs to possess a low level of bodyfat. With all the different variables such as ones diet, genetics and exercise selection, its ludicrous to say that this particular exercise is responsible for ones washboard stomach!

### **OBJECTIVE # 4**

- **TO PROVIDE A PROGRAM THAT EMPHASIZES VARIETY**

Most of the eastern bloc countries know the importance of variety in terms of athletics. They were the first to implement periodization which is a method of training that divides the year up into phases or cycles of training. Everyone knows how boring it can be to do the same workout< day after day, month after month, and year after year. No wonder why people drop out. Aside from being boring, the physiological effects of such a program yield minimum (if any) results.

**THE 6-Week BODYSHAPING PROGRAM™** is a 6-week routine emphasizing variety. The program is *cycled* over 6 weeks, emphasizing different exercises at varying intensities (either heavy or light weight loads) and varying the volume (reps and sets) so the body always gets a different stimulus. This type of training (periodization) should not only be reserved for world class athletes but also to the recreational athlete seeking the results this program promotes.

*OBJECTIVE # 5*

- **TO PROVIDE LITERATURE THAT ADDRESSES CONTROVERSIAL ISSUES**

One of the goals of my program is not to make definitive statements regarding the body, but instead to look to science for statistically significant results that lean towards a certain hypothesis. I am a little skeptical when someone says they've found the answer to obesity by some simple formula or have the supplement responsible for enhanced muscular development. In order to have any type of discussion about these topics one must transcend from his or her opinion or accepted beliefs that have no physiological basis and seek an answer from an objective standpoint. The literature I provide in this program seeks to do just this.

# **BODYBUILDING AND MUSCLE GROWTH**

By **MICHAEL SYLVESTER, B.S., L.P.T.A.,  
A.C.S.M. CERTIFIED**

## ***INTRODUCTION***

A Fundamental understanding of the physiological mechanisms associated with resistance training can be useful when designing exercise routines. In terms of muscle hypertrophy (growth), it is essential that the trainer is familiar with the different methods of training and the subsequent cellular adaptations that occur as a result of exercise.

Muscle hypertrophy represents a frequently reported response to resistance training and is characterized by an increase in the diameter of the individual muscle fiber. Physiologists agree, that in addition to an increase in diameter of the individual muscle fibers, there is concomitant increases in the number of capillaries in a muscle thus contributing to enlargement of the entire muscle.

The exact mechanism behind the mystery of muscle hypertrophy has yet been established. Therefore the purpose of this article is to familiarize bodybuilders, bodyshapers, and athletes the current understanding of this puzzling phenomenon.

## ***SYSTEMS OF TRAINING***

The majority of weight training systems currently in use today are based on variations of the De Lorme method of progressive resistance exercise (PRE) using the overload principle. One of the variations is called pyramid training. Bodybuilders gravitate towards the pyramid method claiming this method yields the best results regarding muscle hypertrophy. Participants in such programs usually show measurable increases in strength and skeletal muscle hypertrophy.

Most advanced bodybuilders however, have experimented with different systems of training. One such system is the pre-exhaust method. This type of training attempts to isolate a muscle by performing a single joint motion first then immediately performing a multiple joint motion. Examples of this would be: Supine dumbbell flies preceding bench pressing, lateral raises preceding military presses, etc. The rationale is that by pre-exhausting the chest muscles by mean of executing their prime action—horizontal adduction (flies), a greater exhaustion can then be achieved to these muscles when immediately performing the bench press. Anyone who has ever trained in this manner can understand the exhaustion to which I am referring.

Another method is the breakdown set. Which is starting with a heavy weight and when exhaustion occurs, a set with a lighter weight is then performed immediately after, until absolute exhaustion occurs. The rationale is this, according to Wayne Westcott,

PhD., National Y.M.C.A. strength advisor, a weightlifter performing a curl at 75 pounds, stops at 10 repetitions due to fatigue and thus no more muscle fibers are activated. But, what if at the completion of the 10<sup>th</sup> rep, the athlete reduced the weight load. Additional muscle fibers would be called upon in order to perform a few more reps. As a result, more muscle fibers would have been pushed to a greater limit and thus experiencing a more intense workout. This type of training has not yet been researched as far as it's benefits. It is not wise, however to train this way on a regular basis as this may increase the chances of overtraining. Since the pyramid, pre-exhaust, and breakdowns sets all have credibility they have been chosen as the preferential modes of training (in my program). There is, however, confusion as to how often pre-exhaustion and breakdown sets should be employed, as well as, how often one should train each bodypart. Our next discussion will attempt to focus on the latest literature on this topic.

### ***PROGRAM DESIGN***

When constructing a bodybuilding program designed to induce muscle hypertrophy, there are 3 main variables that can be manipulated—INTENSITY, VOLUME, AND REST/FREQUENCY (this discussion will not include the role of nutrition in relation to muscle growth).

The intensity refers to the amount of weight lifted. Volume denotes the amount of repetitions and sets that are performed which, when added together, would equal the total volume. Finally, the rest/ frequency refers to the number of times the athlete trains during a week and the subsequent rest periods. These are the basic variables the bodybuilder needs to manipulate to achieve the above desired objectives. How one manipulates these variables to achieve the desired objectives has been a topic of great debate. In an attempt to clarify this ambiguity, I will present to you various sources of information extracted from The National Strength and Conditioning Journal, numerous professors (including Thomas Fahey, Ed.D), and from a practical standpoint a professional bodybuilders opinion (Mike Mentzer ,Mr. Universe, 1978).

Many individuals fail to recognize that in order to maintain increases in strength or muscle size the stimulus must be presented differently on a periodical basis. One must realize that strength training programs lose their efficiency after only two weeks since the body adapts very rapidly to the stress of training loads. Some weight lifters instinctively change their routine frequently but the majority fail to recognize the importance of variety and the manipulation of the training variables—volume, intensity and frequency. Most lifters only manipulate the weight in a linear intensification fashion. That is, they try to lift progressively more and more weight on a regular basis which ultimately produces sub-optimal results, if any.

A more effective approach would be to vary the intensity as well as the volume and frequency of training. For instance, instead of trying to constantly increase the amount of weight lifted in a linear fashion, try alternating weeks of high volume with low intensity and high intensity with low volume with rest periods of 2-3 weeks interspersed to allow for recovery.



The routine I've designed maintains this concept. Every two weeks the routine changes. The intensity and the volume is also manipulated in an undulating fashion opposed to linear-intensification and periods of rest are interspersed to allow for recovery, which in turn discourages overtraining.

In an article in Flex<sub>i</sub>™ magazine, the late Mike Mentzer evaluates the current mentality of the bodybuilding community.

*“Many advocates of today so called science of modern bodybuilding seem unwilling or unable to interpret or integrate the profusion of information that exists. When aspiring bodybuilders read that each individual is unique and requires a different training program, the implication is that bodybuilding is not a practical, applied science, but rather, a subjective issue that can be resolved only by the random motions and blind urges of each bodybuilder.”*

Mentzer goes on to say:

*“While it is true that people differ in terms of personality and outer appearance, anatomically and physiologically, we are all essentially the same. It logically follows that the biochemical changes that result in muscle growth are the same in all individuals, and that the specific stimulus required to induce those biochemical changes is also the same. It was discovered more than a century ago that the specific stimulus responsible for inducing muscular growth beyond normal levels is intensity of effort. The closer the percentage of possible momentary muscular effort gets to 100%, the greater the growth stimulation. Attempting that last, almost impossible rep causes the body to dip into its reserve ability. Since it has only relatively small quantities of this reserve ability to draw upon before depletion occurs, the body protects itself from future assaults on these reserves through the compensatory buildup of more muscle mass.. Only high intensity training can force the body to resort to its reserve ability sufficiently to stimulate an adaptive response. Repeating tasks that are well within your existing capacity will do little to spur growth. Ending a set just because an arbitrary number of reps has been completed will do little or nothing to stimulate growth.”*

Again, the routine I've designed encourages this type of momentary muscular failure. I agree with him in regards to marathon training. Most bodybuilders I know train too long and too frequent. The routine I've designed is a three day (non consecutive) high intensity workout. Each body-part is exercised only once per week to maximize recovery which decrease the chances of overtraining. That means each bodypart is exercised every seven days. This may sound radical to many but this is becoming more and more popular with the advanced natural bodybuilders . Beginners and intermediate level bodybuilders may not need that much recovery time between workouts. A longer recovery may be needed for the advanced bodybuilder because of the intense stresses that are placed on the body. Although this is not fact, some evidence is pointing in that direction. Scott Connelly, M.D., a Harvard Medical School Graduate and a Medical advisor for the acclaimed Muscle and Fitness™ magazine, has become a very well known figure among the medical community and the bodybuilding community as well. According to Connolly, new scientific evidence strongly suggests that anabolism

(building up of muscle tissue) is not what causes the bulk of muscular hypertrophy seen in bodybuilders, but rather anti-catabolism.

“This is not a debate of trivial semanticism, in fact, this new understanding of how muscles develop may be the most significant revelation in bodybuilding ever!” says Connolly.

### **What is Anti-Catabolism?**

First off, one needs to know what is meant by catabolism. Catabolism is the metabolic process of breaking down cells (in this case muscle cells). Catabolism is influenced by a hormone called *Cortisol*. It is a well known fact, that intense weight training causes cortisol levels to increase, which subsequently, increases muscle catabolism. Anabolic metabolism is the process of building up muscle tissue which is a consequence of *protein synthesis*. It is also well known that steroids increase muscle tissue (in conjunction with a weight training program) by means of increasing protein synthesis. Anabolic and catabolic processes comprise metabolism and when anabolic stimulants from the training are equal to the catabolic hormones released as a result of the training, an athlete doesn't experience gains or losses in muscle tissue. In situations where the catabolic hormones exceed the anabolic stimulus from weight training, muscle atrophy (losses) are observed or in layman's overtraining occurs.

I attended a Sports Medicine conference in Boston (Northeastern University) several years ago and had the pleasure of hearing Michael Yessis Ph.D, speak on Russian Training. Yessis is a biomechanics and sports training specialist, is editor of the Soviet Sports Review, and is a leading authority on Russian training techniques. One question that was asked was how their athletes got so superior? He replied, “More emphasis is placed on restoration [anti-catabolic] than gravitating towards the other alternatives [steroids].”

Whether or not that is true is irrelevant, the point is the importance of restoration should not be underestimated.

In an article by Thomas Fahey, Ed.D (Professor, Exercise Physiology laboratory, California State University and writer for Fitness Rx Magazine), he states, “When the body is overstressed, there is an overabundance of corticosteroid hormones (catabolic hormones) from the adrenal glands, and progress in the training program slows down. When there is a proper balance between exercise intensity and rest, nutrition, and emotional stress, then building takes place and you enter an anabolic state.”

Another factor in this discussion is the age of the individual. My experience is that I do not recover as fast as I did 10 years ago, leading to another factor in this whole picture.

In summary, the field of bodybuilding is an emerging one. It is in the infancy stage. The routine I designed is a prototype in which, I hope, will have promising results for you. Do me a favor, before you try this routine, chart your progress on your current program (by taking pre and post girth measurements) for 3 months and then try my routine and compare the results. I am confident that you will not be let down.

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

WEEK **1**

**BACK, BICEPS, FOREARMS, AEROBICS, STRETCHING**

**SYSTEM USED**—PRE-EXHAUST

**RECOMENDED SETS/REPS**—1-3 SETS/10-15 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/45-60 SEC OTHERWISE

	SET 1	SET 2	SET 3
<b>UPPER BACK</b>			
SCAPULA RETRACTION	_____	_____	_____
SEATED ROW (CLOSE GRIP)	_____	_____	_____
SCAPULA DEPRESSION	_____	_____	_____
PULLDOWNS (use various grips)	_____	_____	_____
<b>LOWER BACK</b>			
HYPEREXTENSIONS	_____	_____	_____
<b>BICEPS</b>			
IRON CROSS CURLS	_____	_____	_____
PULL-UPS OR PULLDOWNS	_____	_____	_____
DUMBBELL CURL (DOWN SET)	_____	_____	_____
<b>FOREARMS</b>			
WRIST FLEXION	_____	_____	_____
WRIST EXTENSION	_____	_____	_____
GYROSCOPE (1 minute/set)	_____	_____	_____

**STRETCHING**

Foam Roll Lats.....	TIME _____	REPS _____
Foam Roll Thoracic Spine.....	TIME _____	REPS _____
Prayer Stretch.....	TIME _____	REPS _____
Upper Trunk Rotation.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 20-30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **1**

Total Time \_\_\_\_\_

**LEGS, SHOULDERS, ABS, STRETCHING**

**SYSTEM USED**—SUPERSET

**RECOMMENDED SETS/REPS**—1-3 SETS/15-20 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/60-90 SEC OTHERWISE

NOTE: THE GROUPED EXERCISES SHOULD BE DONE IN SUCCESSION—LEG PRESS THEN STANDING TOE TOUCH THEN FINALLY THE LUNGE THEN REPEAT THE CYCLE FOR A SECOND SET. A THIRD SET MAY NOT BE NECESSARY.

	SET 1	SET 2	SET 3
<b>LEGS</b>			
LEG PRESS	_____	_____	_____
1 LEG STANDING TOE TOUCH	_____	_____	_____
LUNGE (SAGITTAL PLANE)	_____	_____	_____
HIP ABDUCTION (OR TUBE WALK)	_____	_____	_____
LUNGES (FRONTAL PLANE)	_____	_____	_____
HIP EXTENSION (BUTT BLASTER)	_____	_____	_____
LEG CURL (Machine or on Ball)	_____	_____	_____
CALF RAISE (ONE LEG)	_____	_____	_____
CALF RAISE ON LEG PRESS	_____	_____	_____
<b>SHOULDERS</b>			
EXTERNAL ROTATION (90/90)	_____	_____	_____
LATERAL RAISE	_____	_____	_____
OVERHEAD PRESS (BREAKDOWN SET)	_____	_____	_____
SUPRASPINATUS FLIES	_____	_____	_____
REAR RAISE (OR STANDING“T”)	_____	_____	_____

**STRETCHING**

World’s Greatest Stretch .....	TIME _____	REPS _____
Pigeon Pose.....	TIME _____	REPS _____
½ Kneeling tri-planar Stretch .....	TIME _____	REPS _____
Toe Touch Progression.....	TIME _____	REPS _____

**ABS**

<b>Bosu Ball Sit Up</b>	_____	_____	_____
<b>SIDE SIT UPS ON BALL</b>	_____	_____	_____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_

Total Time \_\_\_\_\_

WEEK **1**

**CHEST, TRICEPS, ABS, STRETCHING, AEROBICS**

**SYSTEM USED**—STRAIGHT SETS

**RECOMMENDED SETS/REPS**—2-3 SETS/6, 6 OR 6, 6, 6 REPS RESPECTIVELY

**RECOMMENDED REST**—2 MINUTES

	SET 1	SET 2	SET 3
<b><u>CHEST</u></b>			
BENCH PRESS	_____	_____	_____
INCLINE BENCH	_____	_____	_____
CABLE CROSSES (OPTIONAL)	_____	_____	_____

**TRICEPS**

SUPINE DIPS	_____	_____	_____
PUSHDOWNS (V-BAR) or rope	_____	_____	_____

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**ABS**

Bosu Ball Balance (Sit up Position)	_____	_____	_____
ROTARY TORSO	_____	_____	_____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **2**

Total Time \_\_\_\_\_

**BACK, BICEPS, FOREARMS, AEROBICS, STRETCHING**

**SYSTEM USED**—PRE-EXHAUST

**RECOMENDED SETS/REPS**—1-3 SETS/10-15 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/45-60 SEC OTHERWISE

	SET 1	SET 2	SET 3
<b><u>UPPER BACK</u></b>			
SCAPULA RETRACTION	_____	_____	_____
SEATED ROW (CLOSE GRIP)	_____	_____	_____
SCAPULA DEPRESSION	_____	_____	_____
PULLDOWNS	_____	_____	_____
<b><u>LOWER BACK</u></b>			
HYPEREXTENSIONS	_____	_____	_____
<b><u>BICEPS</u></b>			
IRON CROSS CURLS	_____	_____	_____
PULL-UPS OR PULLDOWNS	_____	_____	_____
DUMBBELL CURL (DOWN SET)	_____	_____	_____
<b><u>FOREARMS</u></b>			
WRIST FLEXION	_____	_____	_____
WRIST EXTENSION	_____	_____	_____
GYROSCOPE (1 minute/set)	_____	_____	_____

**STRETCHING**

Foam Roll Lats.....	TIME _____	REPS _____
Foam Roll Thoracic Spine.....	TIME _____	REPS _____
Prayer Stretch.....	TIME _____	REPS _____
Upper Trunk Rotation.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
RECOMMENDED TIME: 20-30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **2**

Total Time \_\_\_\_\_

**LEGS, SHOULDERS, ABS, STRETCHING**

**SYSTEM USED**—SUPERSET

**RECOMMENDED SETS/REPS**—1-3 SETS/15-20 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/60-90 SEC OTHERWISE

NOTE: THE GROUPED EXERCISES SHOULD BE DONE IN SUCCESSION—LEG PRESS THEN STANDING TOE TOUCH THEN FINALLY THE LUNGE THEN REPEAT THE CYCLE FOR A SECOND SET. A THIRD SET MAY NOT BE NECESSARY.

	SET 1	SET 2	SET 3
<b><u>LEGS</u></b>			
LEG PRESS	_____	_____	_____
1 LEG STANDING TOE TOUCH	_____	_____	_____
LUNGE (SAGITTAL PLANE)	_____	_____	_____
HIP ABDUCTION (OR TUBE WALK)	_____	_____	_____
LUNGES (FRONTAL PLANE)	_____	_____	_____
HIP EXTENSION (BUTT BLASTER)	_____	_____	_____
LEG CURL	_____	_____	_____
CALF RAISE (ONE LEG)	_____	_____	_____
CALF RAISE ON LEG PRESS	_____	_____	_____
<b><u>SHOULDERS</u></b>			
EXTERNAL ROTATION (90/90)	_____	_____	_____
LATERAL RAISE	_____	_____	_____
OVERHEAD PRESS (BREAKDOWN SET)	_____	_____	_____
SUPRASPINATUS FLIES	_____	_____	_____
REAR RAISE (OR STANDING “T”)	_____	_____	_____

**STRETCHING**

Foam Roll Hip Flexor .....TIME \_\_\_\_\_ REPS \_\_\_\_\_  
 Foam Roll IT Band.....TIME \_\_\_\_\_ REPS \_\_\_\_\_  
 World’s Greatest Stretch.....TIME \_\_\_\_\_ REPS \_\_\_\_\_  
 Toe Touch Progression.....TIME \_\_\_\_\_ REPS \_\_\_\_\_

**ABS**

Bosu Ball Balance (sit up position) \_\_\_\_\_  
 Plank>Plank w/elbows on stability ball \_\_\_\_\_

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **2**

Total Time \_\_\_\_\_

**CHEST, TRICEPS, STRETCHING, AEROBICS**

**SYSTEM USED**—STRAIGHT SETS

**RECOMMENDED SETS/REPS**—3 SETS/6, 6, 6 REPS (WARM UP WITH LIGHT WT. 1ST)

**RECOMMENDED REST**—2 MINUTES

	SET 1	SET 2	SET 3
<b><u>CHEST</u></b>			
BENCH PRESS	_____	_____	_____
DECLINE BENCH	_____	_____	_____
CABLE CROSSES (OPTIONAL)	_____	_____	_____

**TRICEPS**

SKULL CRUSH	_____	_____	_____
PUSHDOWNS (V-BAR) or rope	_____	_____	_____

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**ABS/LOWER BACK**

Bosu Ball Sit ups	_____	_____	_____
Side Sit ups on Stability Ball	_____	_____	_____
Side Bridge (elbow and knee>elbow and ankle)	_____	_____	_____
HYPEREXTENSIONS	_____	_____	_____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 30 MINUTES



DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **3**

Total Time \_\_\_\_\_

**BACK, BICEPS, FOREARMS, ABS, AEROBICS, STRETCHING**

**SYSTEM USED**—PYRAMID

**RECOMMENDED SETS/REPS**—2-3 SETS/10, 6-8 OR 12, 8, 6 REPS RESPECTIVELY

**RECOMMENDED REST**—2-3 MINUTES

	SET 1	SET 2	SET 3
<b>BACK</b>			
SCAPULA ROLL ON PULLDOWN MACHINE*	_____	_____	_____
ONE ARM ROWS WITH DUMBBELL	_____	_____	_____
SEATED ROWS (WIDE GRIP)	_____	_____	_____
Reverse Flies (Prone on bench>Standing Cobra)	_____	_____	_____
*Vary the grip on each set			
<b>BICEPS</b>			
STANDING DUMBBELL CURLS			
(SUPINATE AT MIDPOINT)	_____	_____	_____
HIGH CABLE CURLS (IN SUPINE)	_____	_____	_____
<b>FOREARMS</b>			
WRIST FLEXION OR REVERSE CURLS	_____	_____	_____
WRIST EXTENSION	_____	_____	_____
<b>STRETCHING</b>			
Foam Roll Lats.....	TIME _____	REPS _____	
Foam Roll Thoracic Spine.....	TIME _____	REPS _____	
Prayer Stretch.....	TIME _____	REPS _____	
Upper Trunk Rotation.....	TIME _____	REPS _____	
<b>ABS/LOWER BACK</b>			
Bosu Ball Balance (sit up position)	_____	_____	_____
Lower Trunk Rotation (knees bent/knees straight)	_____	_____	_____
ROTARY TORSO (OR SIDE SIT UPS)	_____	_____	_____
HIP UPS	_____	_____	_____
HYPEREXTENSIONS	_____	_____	_____

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

WEEK **3**

**LEGS, SHOULDERS, STRETCHING, ABS**

**SYSTEM USED**—STRAIGHT SETS

**RECOMMENDED SETS/REPS**—2-3 sets/6, 6 or 6, 6, 6 reps (warm up for 1 set prior to the sets)

**RECOMMENDED REST**—2-3 minutes

	SET 1	SET 2	SET 3
<b>LEGS</b>			
SQUATS OR LEG PRESS*	_____	_____	_____
HIP ABDUCTION OR TUBE WALK (OPTIONAL)	_____	_____	_____
ONE LEG DEADLIFT	_____	_____	_____
LEG CURL (Machine or on ball)	_____	_____	_____
CALF RAISE (W/D.B.)	_____	_____	_____
DORSI FLEX	_____	_____	_____
*If doing Leg Press place MB between thighs.			
<b>SHOULDERS</b>			
OVERHEAD PRESS W/DUMBBELLS	_____	_____	_____
LATERAL RAISE	_____	_____	_____
REAR RAISE	_____	_____	_____
SUPRASPINATUS FLY	_____	_____	_____
EXTERNAL ROTATION	_____	_____	_____

**STRETCHES**

Foam Roll Hip Flexor .....	TIME _____	REPS _____
Foam Roll IT Band.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
Toe Touch Progression.....	TIME _____	REPS _____

**ABS/LOWER BACK**

Hip Ups			
Bosu Ball Sit up	_____	_____	_____
ROTARY TORSO (or Side Sit Ups)	_____	_____	_____
HYPEREXTENSIONS	_____	_____	_____

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
RECOMMENDED TIME: 40 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **3**

Total Time \_\_\_\_\_

**CHEST, TRICEPS, ABS, STRETCHING, AEROBICS**

**SYSTEM USED**—PRE-EXHAUST

**RECOMMENDED SETS/REPS**—2-3 SETS/10-15 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/45-60 SEC OTHERWISE

	SET 1	SET 2	SET 3
<b>CHEST</b>			
FLIES (OR CABLE CROSSES/high cable)	_____	_____	_____
BENCH PRESS	_____	_____	_____
FLIES (OR CABLE CROSSES/low cable)	_____	_____	_____
D.B. INCLINE PRESSES	_____	_____	_____
<b>TRICEPS</b>			
SKULL CRUSHES	_____	_____	_____
SUPINE DIPS	_____	_____	_____
KICKBACKS (RIGHT ARM)	_____	_____	_____
ARM EXTENSION (RIGHT ARM)	_____	_____	_____

**NOTE:** AFTER THE RIGHT ARM HAS COMPLETED THE CIRCUIT (ON KICKBACKS AND ARM EXTENSIONS, DO THE LEFT ARM FOR THE 2ND SET).

**ABDOMEN**

BALL CRUNCHES WITH WEIGHT	_____	_____	_____
SIDE SIT UPS	_____	_____	_____
HIP UPS	_____	_____	_____

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

WEEK **4**

**BACK, BICEPS, FOREARMS, AEROBICS, STRETCHING**

**SYSTEM USED**—PYRAMID

**RECOMMENDED SETS/REPS**—2-3 SETS/10, 6-8 OR 12, 8, 6 REPS RESPECTIVELY

**RECOMMENDED REST**—2-3 MINUTES

	SET 1	SET 2	SET 3
<b>BACK</b>			
SCAPULA ROLL ON PULLDOWN MACHINE	_____	_____	_____
ONE ARM ROWS WITH DUMBBELL	_____	_____	_____
SEATED ROWS (WIDE GRIP)	_____	_____	_____
SHRUGS (or “Y” Exercise)	_____	_____	_____

<b>BICEPS</b>			
STANDING DUMBBELL CURLS (SUPINATE AT MIDPOINT)	_____	_____	_____
HIGH CABLE CURLS (IN SUPINE)	_____	_____	_____

<b>FOREARMS</b>			
WRIST FLEXION OR REVERSE CURLS	_____	_____	_____
WRIST EXTENSION	_____	_____	_____

<b>STRETCHING</b>			
LYING SUPINE ON FOAM ROLL/90/90.....	TIME _____	REPS _____	
PEC STRETCH.....	TIME _____	REPS _____	
FRONT DELT/BICEP STRETCH.....	TIME _____	REPS _____	
POLE STRETCH.....	TIME _____	REPS _____	
PRAYER STRETCH .....	TIME _____	REPS _____	

<b>ABS</b>			
Jack Knife on Stability ball (2 legs>1 leg)	_____	_____	_____
Hip Twists (prone on stability ball)	_____	_____	_____
HIP UPS	_____	_____	_____

**AEROBIC**  
 TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_  
 RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

WEEK **4**

**LEGS, SHOULDERS, STRETCHING, ABS**

**SYSTEM USED**—STRAIGHT SETS

**RECOMMENDED SETS/REPS**—2-3 sets/6, 6 or 6, 6, 6 reps (warm up for 1 set prior to the sets)

**RECOMMENDED REST**—2-3 minutes

	SET 1	SET 2	SET 3
<b>LEGS</b>			
SQUATS OR LEG PRESS	_____	_____	_____
HIP ABDUCTION OR TUBE WALK (OPTIONAL)	_____	_____	_____
ONE LEG DEADLIFT	_____	_____	_____
LEG CURL	_____	_____	_____
CALF RAISE (W/D.B.)	_____	_____	_____
DORSI FLEX	_____	_____	_____
<b>SHOULDERS</b>			
OVERHEAD PRESS W/DUMBBELLS	_____	_____	_____
LATERAL RAISE	_____	_____	_____
REAR RAISE	_____	_____	_____
EXTERNAL ROTATION	_____	_____	_____
SUPRASPINATUS FLY	_____	_____	_____
<b>STRETCHES</b>			
World's Greatest Stretch .....	TIME _____	REPS _____	
Pigeon Pose.....	TIME _____	REPS _____	
½ Kneeling tri-planar Stretch .....	TIME _____	REPS _____	
Toe Touch Progression.....	TIME _____	REPS _____	
<b>ABS</b>			
Side Bridge (elbow and knees>elbow and ankles)	_____	_____	_____
½ Get Up using Kettlebell	_____	_____	_____
ROTARY TORSO	_____	_____	_____
HIP UPS	_____	_____	_____

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 40 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK **4**

Total Time \_\_\_\_\_

**CHEST, TRICEPS, ABS, STRETCHING, AEROBICS**

**SYSTEM USED**—PRE-EXHAUST

**RECOMMENDED SETS/REPS**—2-3 SETS/10-15 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/45-60 SEC OTHERWISE

	SET 1	SET 2	SET 3
<b>CHEST</b>			
FLIES (OR CABLE CROSSES/high cable)	_____	_____	_____
BENCH PRESS	_____	_____	_____
FLIES (OR CABLE CROSSES/low cable)	_____	_____	_____
D.B. INCLINE PRESSES	_____	_____	_____
<b>TRICEPS</b>			
SKULL CRUSHES	_____	_____	_____
SUPINE DIPS	_____	_____	_____
KICKBACKS (RIGHT ARM)	_____	_____	_____
ARM EXTENSION (RIGHT ARM)	_____	_____	_____

**NOTE:** AFTER THE RIGHT ARM HAS COMPLETED THE CIRCUIT (ON KICKBACKS AND ARM EXTENSIONS, DO THE LEFT ARM).

**ABDOMEN**

BALL CRUNCHES WITH WEIGHT	_____	_____	_____
SIDE SIT UPS	_____	_____	_____

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_ <  
RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_  
DATE \_\_\_\_\_  
WEEK 5

Total Time \_\_\_\_\_

**BACK, BICEPS, FOREARMS, AEROBICS, STRETCHING**

**SYSTEM USED**—SUPERSET

**RECOMMENDED SETS/REPS**—2-3 SETS/15-20 REPS

**RECOMMENDED REST**—NO REST BETWEEN GROUPED/OTHERWISE 60 SEC

<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>
“T” EXERCISE	_____	_____	_____
CLOSE GRIP SEATED ROWS	_____	_____	_____
DOUBLE CABLE COBRA (on ball or kneeling)	_____	_____	_____
WIDE GRIP SEATED ROWS	_____	_____	_____
ONE ARM ROW WITH DUMBBELL	_____	_____	_____
STRAIGHT ARM PULLDOWN	_____	_____	_____
PULLDOWNS (CLOSE/WIDE GRIP)	_____	_____	_____
<b>BICEPS</b>			
SUPINE CURLS (WITH HIGH CABLE)	_____	_____	_____
D.B. CURLS (BILATERALLY)	_____	_____	_____
SEATED ROW (HANDS SUPINATED)	_____	_____	_____
(BREAK DOWN SET)			
<b>FOREARMS</b>			
GYROSCOPE EXERCISE (1 minute/set)	_____	_____	_____
WRIST ROLL UP	_____	_____	_____

**STRETCHING**

Foam Roll Lats.....	TIME _____	REPS _____
Foam Roll Thoracic Spine.....	TIME _____	REPS _____
Prayer Stretch.....	TIME _____	REPS _____
Upper Trunk Rotation.....	TIME _____	REPS _____

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 45 MINUTES

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

WEEK 5

LEGS, SHOULDERS, STRETCHING, ABS

**SYSTEM USED**—PRE-EXHAUST

**RECOMMENDED SETS/REPS**—1 set to total exhaustion/8-12 reps

**RECOMMENDED REST**—2 minutes between grouped exercises (no rest within group)

**REGARDING LEGS: Perform each exercise below in a successive fashion (no rest between) using same leg.**

**SET 1**

ONE LEG BRIDGE \_\_\_\_\_  
Dippin Bird \_\_\_\_\_  
Side Bridge (lift top leg) \_\_\_\_\_  
LUNGE \_\_\_\_\_

BALL BRIDGE \_\_\_\_\_ (ONE OR TWO LEG)  
TUBE WALK \_\_\_\_\_

HAMSTRING (ball leg curl) \_\_\_\_\_ (ONE OR TWO LEG)  
FUNCTIONAL GRID \_\_\_\_\_ (ONE LEG)

CALF RAISE (W/D.B.) \_\_\_\_\_

**SHOULDERS**

LATERAL RAISE \_\_\_\_\_  
OVERHEAD PRESS W/DUMBBELLS \_\_\_\_\_  
(BREAKDOWN SET)

REAR RAISE \_\_\_\_\_

SUPRASPINATUS FLY \_\_\_\_\_

EXTERNAL ROTATION \_\_\_\_\_

**STRETCHES**

World's Greatest Stretch .....TIME \_\_\_\_\_ REPS \_\_\_\_\_

Pigeon Pose.....TIME \_\_\_\_\_ REPS \_\_\_\_\_

½ Kneeling tri-planar Stretch .....TIME \_\_\_\_\_ REPS \_\_\_\_\_

Toe Touch Progression.....TIME \_\_\_\_\_ REPS \_\_\_\_\_

**ABDOMEN**

Plank \_\_\_\_\_ HIP UPS \_\_\_\_\_ SIDE SIT UP \_\_\_\_\_ Rolling Wheel \_\_\_\_\_

**PERFORM 15-20 REPS OF EACH AND REPEAT 2-3 TIMES**

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 30 MINUTES



DAY \_\_\_\_\_  
DATE \_\_\_\_\_

Total Time \_\_\_\_\_

**WEEK 5**

**CHEST, TRICEPS, ABS, STRETCHING, AEROBICS**

**SYSTEM USED**—STRAIGHT SETS

**RECOMMENDED SETS/REPS**—3 SETS/6, 6, 6 REPS (WARM UP WITH LIGHT WT.)

**RECOMMENDED REST**—2-3 MINUTES

**CHEST**

	SET 1	SET 2	SET 3
BENCH PRESS	_____	_____	_____
INCLINE BENCH	_____	_____	_____
CABLE CROSSES	_____	_____	_____

**TRICEPS**

PUSHDOWNS (V BAR)	_____	_____	_____
KICKBACKS (RIGHT ARM)	_____	_____	_____
ARM EXTENSION (RIGHT ARM)	_____	_____	_____

*NOTE: AFTER THE RIGHT ARM HAS COMPLETED THE CIRCUIT (ON KICKBACKS AND ARM EXTENSIONS) DO THE LEFT ARM.*

SUPINE DIPS	_____	_____	_____
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**ABDOMEN**

Bosu Ball Balance (sit up position)	_____	HIP UPS	_____	_____
SIDE SIT UP	_____	Rolling Wheel	_____	_____

**PERFORM 15-20 REPS OF EACH AND REPEAT 2 TIMES**

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_ <  
RECOMMENDED TIME: 45 MINUTES



DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

**WEEK 6**

LEGS, SHOULDERS, STRETCHING, ABS

**SYSTEM USED**—MATRIX

**RECOMMENDED SETS/REPS**—1 set to exhaustion (5 FULL; 5 ½ UP; 5 ½ DOWN; 5 FULL)

**RECOMMENDED REST**—2 minutes between grouped exercises (no rest within group)

**REGARDING LEGS: Perform each exercise below (Group I) in a successive fashion (no rest between) using same leg.**

**Circuit I**

**SET 1**

ONE LEG BRIDGE \_\_\_\_\_

BUTT BLASTER \_\_\_\_\_

HIP ABDUCTION \_\_\_\_\_

(machine or bodyweight w/ankle weight)

LUNGE \_\_\_\_\_

**Circuit II**

BALL BRIDGE \_\_\_\_\_

(1 OR 2 LEG OR SMITH MACHINE)

TUBE WALK\* \_\_\_\_\_

(straight leg>squat position)

HAMSTRING (ball leg curl) \_\_\_\_\_

(ONE OR TWO LEG)

FUNCTIONAL GRID \_\_\_\_\_

(ONE LEG)

\*Ignore matrix/walk 15 feet back and forth, repeat 2-3 times

CALF RAISE (W/D.B.) \_\_\_\_\_

**SHOULDERS**

LATERAL RAISE \_\_\_\_\_

OVERHEAD PRESS W/DUMBBELLS \_\_\_\_\_

REAR RAISE \_\_\_\_\_

SUPRASPINATUS FLY \_\_\_\_\_

EXTERNAL ROTATION \_\_\_\_\_

(arm at side>90/90)

**STRETCHES**

World's Greatest Stretch .....TIME \_\_\_\_\_ REPS \_\_\_\_\_

Pigeon Pose.....TIME \_\_\_\_\_ REPS \_\_\_\_\_

½ Kneeling tri-planar Stretch .....TIME \_\_\_\_\_ REPS \_\_\_\_\_

Toe Touch Progression.....TIME \_\_\_\_\_ REPS \_\_\_\_\_

**ABDOMEN**

Bosu Ball Sit ups \_\_\_\_\_ HIP UPS \_\_\_\_\_ SIDE SIT UP \_\_\_\_\_ Rolling Wheel \_\_\_\_\_

**PERFORM 15-20 REPS OF EACH AND REPEAT 2 TIMES**

**AEROBIC**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_

RECOMMENDED TIME: 30 MINUTES

DAY \_\_\_\_\_

Total Time \_\_\_\_\_

DATE \_\_\_\_\_

**WEEK 6**

**CHEST, TRICEPS, ABS, STRETCHING, AEROBICS**

**SYSTEM USED**—MATRIX (YOU MAY NEED TO DECREASE WEIGHT)

**RECOMMENDED SETS/REPS**—2-3 SETS

**RECOMMENDED REST**—2-3 MINUTES

**CHEST**

	SET 1	SET 2	SET 3
BENCH PRESS	_____	_____	_____
INCLINE BENCH	_____	_____	_____
CABLE CROSSES	_____	_____	_____

**TRICEPS**

PUSHDOWNS (V BAR)	_____	_____	_____
KICKBACKS (RIGHT ARM)	_____	_____	_____
ARM EXTENSION (RIGHT ARM)	_____	_____	_____

*NOTE: AFTER THE RIGHT ARM HAS COMPLETED THE CIRCUIT (ON KICKBACKS AND ARM EXTENSIONS) DO THE LEFT ARM.*

SUPINE DIPS \_\_\_\_\_

**ABDOMEN**

Jack Knife/Stability Ball \_\_\_\_\_ HIP UPS \_\_\_\_\_ SIDE SIT UP \_\_\_\_\_ Rolling Wheel \_\_\_\_\_

**PERFORM 15-20 REPS OF EACH AND REPEAT 2-3 TIMES**

**STRETCHING**

Upper Trunk Rotation.....	TIME _____	REPS _____
World's Greatest Stretch.....	TIME _____	REPS _____
½ Kneeling tri-planar stretch.....	TIME _____	REPS _____
Triceps Stretch.....	TIME _____	REPS _____

**AEROBICS**

TIME \_\_\_\_\_ LEVEL \_\_\_\_\_ ACTIVITY \_\_\_\_\_ H.R. \_\_\_\_\_ <

RECOMMENDED TIME: 45 MINUTES

# Closing Comments on the Program

After the first cycle has been performed (1<sup>st</sup> 6-weeks), you may have a preference as to what exercise method (pre-exhaust, pyramid, superset or Matrix) works best for you on an area you need to target on (i.e., hips, butt, abs, etc.). This may lead you to perform the preferred routine more frequently. Do not however, stick with one method too long because you defeat the purpose of the program.

If you prefer one routine over another (i.e., legs, shoulders—pre-exhaust versus, legs, Shoulders—pyramid) then add a fourth day for target areas. In other words, perform your regular days (Monday, Wednesday, and Friday) but, add another day (Sunday) for problem areas and resume program on Tuesday, Thursday, and Saturday.

# Summary of 6-Week Cycle

<b>Week 1-2</b>	<b>Body parts*</b>	<b>Method used</b>
Monday	Back/Biceps	Pre-exhaust
Wednesday	Legs/Shoulders	Superset
Friday	Chest/Triceps	Straight sets

<b>Week 3-4</b>	<b>Body parts*</b>	<b>Method used</b>
Monday	Back/Biceps	Pyramid
Wednesday	Legs/Shoulders	Straight sets
Friday	Chest/Triceps	Pre-Exhaust

<b>Week 5-6</b>	<b>Body parts*</b>	<b>Method used</b>
Monday	Back/Biceps	Superset
Wednesday	Legs/Shoulders	Pre-Exhaust
Friday	Chest/Triceps	Pre-Exhaust

Note: On week 6 you will perform The Matrix Principle which was popularized by Dr. Ronald S. Laura, Ph.D. For more information, visit his website, [www.dr-ronlaura.com](http://www.dr-ronlaura.com)

\*Although stretching and cardiovascular exercises are not listed here, they are included in the actual workout.

## Other Tips:

- ✚ Try to employ various repetition patterns to discourage adaptation which ultimately stalls progress (refer to my latest book “Matrix Mindpower”). Contact me at [www.CoreEssentials.biz](http://www.CoreEssentials.biz) to purchase the book.
- ✚ After the first 6-week cycle take a week off from weight training to encourage recuperation and discourage overtraining then repeat the cycle for an additional 6 weeks.
- ✚ Perform each exercise slowly and deliberately with a 100% mental focus on the body part you are exercising.



### About the Trainer:

Michael Sylvester has been training since 1979 and received his Bachelors of Science degree in Exercise Physiology in 1994. He then received his Associates degree in Physical Therapy in 1999 and was licensed shortly after that as physical therapist assistant.

He has written two books: *Getting to the Bottom of It* and *Matrix Mindpower*.

He hosts his own Television production on health and fitness on local cable in his home town (Marlborough, Mass).