

Blue Star Nutraceuticals™ Presents

TOTAL TESTOSTERONE

WORKOUTS

A Guide to Crank Test Levels,
Build Muscle & Shred Fat

Available to the public for the first time!

TESTOSTERONE BOOSTING WORKOUT

The Testosterone Boosting Transformation Workout is a 3-phase workout that utilizes a set of research proven parameters to crank up test production and enhance the release of muscle building growth hormone. As you

progress through each 4-week cycle you will pack on muscle, build strength and burn off body fat! Follow the parameters and guide exactly as they are laid out for maximum results!

Parameters:

1. Multi-Joint Exercises: including Squat, Deadlift, Military Press, and Bench Press are critical exercises to increasing testosterone levels.

2. Maximizing Muscle Hypertrophy: serum testosterone to cortisol ratio increases with rep ranges between 5 to 12.

3. Volume: too low volume will not give you any benefit, and too high volume can become detrimental to your results, volume between 65 to 85 percent of your 1 RM will be utilized.

4. Rest Periods: 1 to 2 minutes, 1 minute rest is effective for stimulating test levels, while greater rest periods are critical for gh release.

5. Time Under Tension: For maximum testosterone release the time under tension will be kept between 30 and 70 seconds, TUT refers to the amount of time a muscle keeps contracted for the given duration of a working set.

6. Muscle Confusion: Changing up exercises frequently doesn't allow muscle to get to use to an exercise routine, as a muscle gets more accustomed to a workout, a plateau can result. The best way to keep the muscles from adapting is to keep changing up the supportive exercises every 4 weeks, without changing the core multi-joint exercises.

TESTOSTERONE BOOSTING WORKOUT

Workout Schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	REST	DAY 3	DAY 4	REST	REST

Workout Rules:

1. Follow the workout exactly how it is laid out.
2. Rest days are necessary and are important to allow for full muscle recovery.
3. Avoid long duration cardio sessions during the next 12-week program; long cardio sessions can reduce test production and catabolise muscle, instead opt for HIIT training, which can optimize fat burning! Not only will you get better results, you will also spend less time on the treadmill. This type of cardio can be performed 3 to 4 times per week during the next 12-weeks. If you are a hard gainer, limit your cardio to 2 times per week, however if you are trying to lose fat weight you can perform up to 4 sessions per week. See the HIIT Cardio Guide included at the end of the training program.
4. Warm up your muscles with a few light sets before you get to your working sets, this will ensure your muscles have plenty of blood flowing through them, which makes them more pliable and less prone to injury. Use less weight than you will during a working set.
5. Pay attention to your workout plan, that means lift the right number of reps for a given set, make sure the weight is appropriate and hard enough, and that you are getting the right amount of rest between each set.

WEEK ONE

Cycle One: Base

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	90s	80% to 65%	3, 4, 6, 6, 6	5
DB Incline Press	60s	80% to 65%	4, 6, 6, 8	4
DB Incline Fly	75s	65%	8, 8, 10, 10	4
DB Pull-Over	60s	65%	8, 8, 10, 10	3
Close Grip Decline Press	60s	75% to 65%	6, 8, 8, 10	4
Triceps Bar Extensions	60s	65%	10	4
Dips	90s	-	to failure	3

DAY

2

QUADS/CALVES/ABS

Barbell Squats	90s	80% to 75%	3, 4, 6, 6, 6	5
Barbell Front Squats	75s	75% to 65%	6, 6, 8, 8	4
Walking Barbell Lunges	90s	65%	8, 8, 10, 10	4
Leg Extensions	60s	65%	8, 8, 10, 10	4
Standing Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Knee Raises	60s	-	15	3
Crunches	60s	-	15	3

DAY

3

SHOULDERS/BIS

Standing Overhead Press	90s	80% to 75%	3, 4, 6, 6, 6	5
DB Lateral Raise	75s	75% to 65%	6, 6, 8, 8	4
Front Plate Raises	75s	65%	8, 8, 10, 10	4
DB Rear Delt Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	75s	75% to 65%	6, 6, 8, 8	4
DB Incline Curl	60s	65%	8, 8, 10, 10	4

DAY

4

HAMS/BACK

Barbell Deadlift	90s	80% to 75%	3, 4, 6, 6, 6	5
Reverse Hack Squat	75s	75% to 65%	6, 6, 8, 8	4
Laying Leg Curls	75s	65%	8, 8, 10, 10	4
Barbell Rows	90s	80% to 75%	3, 4, 6, 6, 6	5
Pulldowns	60s	75% to 65%	6, 6, 8, 8	4
Single Arm DB Row	60s	65%	8, 8, 10, 10	4
Chin-Ups	90s	-	to failure	3

WEEK TWO

Cycle One: Base

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	75s	80% to 65%	6, 6, 8, 8, 10	5
Barbell Incline Press	90s	80% to 65%	4, 6, 6, 8	4
Cable Cross Over	75s	65%	8, 10, 10, 12	4
DB Pull-Over	60s	65%	8, 8, 10, 10	3
Close Grip Bench Press	60s	80% to 75%	6, 6, 8, 8	4
Triceps Rope Extensions	60s	65%	10, 10, 12, 12	4
Dips	90s	-	to failure	3

DAY

2

QUADS/CALVES/ABS

Barbell Squats	75s	80% to 75%	6, 6, 8, 10	5
Barbell Sumo Squats	90s	75% to 65%	4, 6, 6, 8	4
Walking DB Lunges	120s	65%	8, 8, 10, 10	4
Leg Extensions	60s	75%	6, 8, 8, 10	4
Donkey Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Leg Raise	60s	-	15	3
Crunches	60s	-	15	3

DAY

3

SHOULDERS/BIS

Standing Overhead Press	90s	80% to 75%	3, 4, 6, 6, 6	5
DB Lateral Raise	75s	75% to 65%	6, 6, 8, 8	4
Front Plate Raises	75s	65%	8, 8, 10, 10	4
DB Rear Delt Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	75s	75% to 65%	6, 6, 8, 8	4
DB Incline Curl	60s	65%	8, 8, 10, 10	4

DAY

4

HAMS/BACK

Barbell Deadlift	75s	80% to 75%	6, 6, 8, 10	5
Hack Squat	90s	75% to 65%	6, 6, 8, 8	4
Seated Leg Curls	60s	65%	8, 8, 10, 10	4
Reverse Barbell Rows	120s	80% to 75%	3, 4, 6, 6, 6	5
Straight Arm Pulldowns	60s	65%	8, 8, 10, 12	4
Single Arm DB Row	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

WEEK THREE

Cycle One: Base

DAY

1

CHEST/TRIS

DAY

2

QUADS/CALVES/ABS

DAY

3

SHOULDERS/BIS

DAY

4

HAMS/BACK

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Incline Bench Press	120s	80% to 75%	4, 6, 6, 8, 8	5
Barbell Press	90s	80% to 65%	6, 6, 8, 8	4
Flat DB Fly	75s	65%	8, 10, 10, 12	4
Push-Ups	90s	-	to failure	3
Decline Skull Crusher	60s	65%	8, 8, 10, 12	4
Overhead DB Extensions	90s	75% to 65%	10, 10, 12, 12	4
Dips	90s	-	to failure	3
DB Squats	60s	75% to 65%	8, 10, 10, 12	5
Bulgarian Split Squats	90s	65%	8, 10, 12, 12	4
Barbell Step-Ups	120s	65%	8, 8, 10, 10	4
Single Leg Extensions	60s	75%	6, 8, 8, 10	4
Donkey Calf Raises	60s	65%	8, 8, 10, 10	4
Decline Crunches	60s	-	15	3
Side Oblique Crunches	60s	-	15	3
Seated DB Press	60s	75% to 65%	8, 10, 10, 12	5
Seated DB Lateral Raise	90s	80% to 75%	6, 6, 8, 8	4
Cable Front Row	60s	65%	8, 8, 10, 10	4
Incline Rear DB Fly	60s	65%	8, 8, 10, 12	4
Barbell Curls	90s	75% to 65%	6, 6, 8, 8	4
Seated Cable Curls	60s	65%	8, 10, 10, 12	4
DB Deadlift	75s	80% to 75%	6, 6, 8, 10	5
High Leg Press	90s	75% to 65%	6, 6, 8, 8	4
Standing Leg Curls	60s	65%	8, 8, 10, 10	4
DB Rows	75s	65%	8, 8, 10, 12, 12	5
Close Grip Pulldowns	60s	65%	8, 8, 10, 12	4
Seated Cable Rows	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

WEEK FOUR

Cycle One: Base

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Incline Press	120s	80% to 75%	4, 6, 6, 8, 8	5
DB Press	90s	80% to 65%	6, 6, 8, 8	4
Incline DB Fly	75s	65%	8, 10, 10, 12	4
Weighted Dips	90s	-	to failure	3
Close Grip Bench	120s	80% to 65%	6, 8, 8, 10	4
Cable Extensions	90s	75% to 65%	10, 10, 12, 12	4
Push-Ups	60s	-	15	3

DAY

2

QUADS/CALVES/ABS

Front Barbell Squats	120s	80% to 75%	4, 6, 6, 8, 8	5
Barbell Squats	90s	65%	8, 10, 12, 12	4
DB Lunges	120s	65%	8, 8, 10, 10	4
Leg Extensions	60s	75%	6, 8, 8, 10	4
Seated Calf Raises	60s	65%	8, 8, 10, 10	4
Standing Cable Crunches	60s	-	15	3
Standing Plate Twist	60s	-	15	3

DAY

3

SHOULDERS/BIS

Arnold DB Press	75s	75% to 65%	8, 10, 10, 12	5
Lateral DB T-Raise	90s	80% to 75%	6, 6, 8, 8	4
Front Barbell Row	60s	65%	8, 8, 10, 10	4
Rear DB Fly	60s	65%	8, 8, 10, 12	4
DB Hammer Curls	90s	75%	6, 6, 8, 8	4
Standing Cable Curls	60s	65%	8, 10, 10, 12	4

DAY

4

HAMS/BACK

Barbell Deadlift	120s	80% to 75%	4, 6, 6, 8, 8	5
High Leg Press	90s	75% to 65%	6, 6, 8, 8	4
Laying Leg Curls	75s	75% to 65%	6, 8, 10, 10	4
Barbell Rows	75s	65%	8, 8, 10, 12, 12	5
Wide Grip Pulldowns	60s	65%	8, 8, 10, 12	4
Single Cable Rows	75s	80 to 75%	4, 6, 8, 8	4
Chin-Ups	90s	-	to failure	3

WEEK FIVE

Cycle Two: Intensity

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	90s	75% to 65%	6, 6, 8, 8, 10	5
Barbell Decline Press	90s	75% to 65%	6, 8, 8, 10	4
Flat DB Fly	75s	65%	8, 10, 10, 12	4
DB Pull-Over	60s	65%	8, 8, 10, 10	3
DB Skull Crusher	60s	75% to 65%	8, 8, 10, 12	4
Triceps Rope Extensions	60s	65%	10, 10, 12, 12	4
Diamond Push-Up	90s	-	15	3

DAY

2

QUADS/CALVES/ABS

DB Squats	90s	75% to 65%	6, 6, 8, 8, 10	5
Bulgarian Split Squats	90s	65%	6, 8, 8, 10	4
Leg Press	90s	65%	8, 8, 10, 10	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Calf Raises	60s	65%	8, 8, 10, 10	4
Hanging Leg Raises	60s	-	15	3
Barbell Roll-Out	60s	-	15	3

DAY

3

SHOULDERS/BIS

Standing DB Press	90s	75% to 65%	6, 6, 8, 8, 10	5
Arnold DB Press	90s	75% to 65%	6, 8, 8, 10	4
DB Lateral Raise	75s	65%	8, 8, 10, 10	4
Front DB Raise	60s	65%	8, 8, 10, 12	4
Incline Reverse DB Fly	90s	65%	8, 10, 12, 12	4
Single Arm Spider Curl	60s	65%	8, 10, 10, 12	4
Cable Biceps Curl	60s	65%	8, 10, 12, 12	4

DAY

4

HAMS/BACK

DB Deadlift	90s	75% to 65%	6, 6, 8, 8, 10	5
Leg Curls	75s	65%	8, 10, 10, 12	4
Single-Leg Glute Bridge	75s	65%	10, 10, 12, 12	4
T-Bar Row	90s	80% to 75%	6, 6, 8, 8	4
Reverse Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Seated Cable Rows	60s	65%	10, 10, 12, 12	4
Chin-Ups	90s	-	to failure	3

WEEK SIX

Cycle Two: Intensity

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	75s	75% to 65%	6, 6, 8, 8, 10	5
DB Decline Press	75s	75% to 65%	6, 8, 8, 10	4
Decline DB Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Dips	60s	65%	8, 8, 10, 10	3
Barbell Skull Crusher	75s	75%	8, 8, 10, 12	4
Reverse Extensions	60s	65%	10, 10, 12, 12	4
Cable Pull-Over	90s	65%	10, 10, 12, 12	3

DAY

2

QUADS/CALVES/ABS

Barbell Squats	75s	75% to 65%	6, 8, 8, 10, 10	5
Zercher Squats	90s	65%	6, 8, 8, 10	4
Wide Leg Press	90s	65%	8, 8, 10, 10	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Standing Calf Raises	60s	65%	8, 8, 10, 10	4
Weighted Leg Raises	60s	-	15	3
Barbell Roll-Out	60s	-	15	3

DAY

3

SHOULDERS/BIS

Snatch Press	120s	75% to 65%	6, 6, 8, 8, 10	5
Seated DB Press	90s	65%	8, 8, 10, 12	4
DB Lateral Raise	75s	75% to 65%	6, 8, 10, 12	4
Cable Reverse Fly	60s	65%	8, 8, 10, 10	4
Barbell Curl	60s	65%	8, 10, 12, 12	4
Cable Biceps Curl	60s	65%	8, 8, 10, 10	4
-	-	-	-	-

DAY

4

HAMS/BACK

Barbell Deadlift	90s	75% to 65%	6, 6, 8, 8, 10	5
Good Mornings	75s	75% to 65%	8, 10, 10, 12	4
Singled Leg Curls	75s	65%	10, 10, 12, 12	4
Reverse DB Lunges	90s	65%	8, 8, 10, 12	4
Barbells Rows	60s	75% to 65%	8, 8, 10, 10	4
Close Grip Pulldowns	60s	65%	10, 10, 12, 12	4
Single Arm DB Row	60s	65%	10, 10, 12, 12	4

WEEK SEVEN

Cycle Two: Intensity

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Decline Bench Press	90s	75% to 65%	6, 6, 8, 8, 10	5
DB Decline Press	75s	75% to 65%	6, 8, 8, 10	4
DB Incline Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Push-Ups	60s	65%	8, 8, 10, 10	3
Close Grip Barbell Bench	75s	75%	8, 8, 10, 12	4
DB Extensions	60s	65%	10, 10, 12, 12	4
DB Pull-Overs	90s	65%	10, 10, 12, 12	3

DAY

2

QUADS/CALVES/ABS

DB Front Squats	75s	75% to 65%	6, 8, 8, 10, 10	5
Walking DB Lunges	90s	65%	10, 10, 12, 12	4
Single Leg Extensions	90s	65%	8, 8, 10, 10	4
Seated Calf Raises	75s	65%	10, 10, 12, 12	4
Barbell Twists	60s	65%	15	3
Planks	60s	-	30s	3
-	-	-	-	-

DAY

3

SHOULDERS/BIS

Standing Overhead Press	120s	75% to 65%	6, 8, 8, 10, 12	5
DB Lateral T-Raise	90s	65%	8, 8, 10, 12	4
Front Plate Raises	90s	75% to 65%	6, 8, 10, 12	4
Reverse DB Fly	60s	65%	8, 8, 10, 10	4
Seated DB Curl	60s	65%	8, 10, 12, 12	4
Barbell Curl	60s	65%	8, 8, 10, 10	4
-	-	-	-	-

DAY

4

HAMS/BACK

Single Leg DB Deadlift	60s	75% to 65%	6, 6, 8, 8, 10	5
Laying Leg Curls	75s	75% to 65%	8, 10, 10, 12	4
DB Lunges	75s	65%	10, 10, 12, 12	4
Reverse Barbell Rows	60s	65%	8, 10, 10, 12	4
Straight Bar Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Wide-Grip Pulldowns	60s	-	to failure	4
-	-	-	-	-

WEEK EIGHT

Cycle Two: Intensity

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	90s	75% to 65%	6, 6, 8, 8, 10	5
DB Incline Press	75s	75% to 65%	6, 8, 8, 10	4
Decline Bench Fly	75s	65%	8, 10, 10, 12	4
Weighted Dips	60s	65%	10, 10, 12, 12	3
Decline Close Grip Bench	75s	75%	8, 8, 10, 10	4
Rope Extensions	60s	65%	10, 10, 12, 12	4
DB Pull-Over	90s	65%	10, 10, 12, 12	3

DAY

2

QUADS/CALVES/ABS

Barbell Squats	60s	75% to 65%	6, 8, 8, 10, 12	5
Barbell Walking Lunges	90s	65%	10, 10, 12, 12	4
Leg Extensions	75s	65%	8, 8, 10, 10	4
Standing Calf Raises	75s	65%	10, 10, 12, 12	4
Hanging Leg Raises	60s	65%	15	3
Medicine Ball Smash	60s	-	15	3
-	-	-	-	-

DAY

3

SHOULDERS/BIS

Seated Barbell Press	90s	75% to 65%	6, 8, 8, 10, 12	5
DB Lateral T-Raise	90s	65%	8, 8, 10, 12	4
Front DB Raises	75s	75% to 65%	8, 8, 10, 12	4
Reverse Cable Fly	60s	65%	8, 8, 10, 10	4
Seated Cable Curl	60s	65%	8, 10, 12, 12	4
Incline Spider Curl	60s	65%	8, 8, 10, 10	4
Cable Biceps Curl	-	-	-	-

DAY

4

HAMS/BACK

Barbell Deadlift	60s	75% to 65%	6, 6, 8, 8, 10	5
Standing Leg Curls	75s	75% to 65%	8, 10, 10, 12	4
DB Reverse Lunges	75s	65%	10, 10, 12, 12	4
Barbell Rows	60s	65%	8, 10, 10, 12	4
Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
DB Incline Rows	60s	75% to 65%	8, 8, 10, 10	4
-	-	-	-	-

WEEK NINE

Cycle Three: Dial Down

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Incline DB Press	75s	65%	8, 8, 10, 10, 12	5
DB Bench Press	75s	65%	10, 10, 12, 12	4
Cable Cross-Over	60s	65%	12	4
Reverse Grip Bench Press	60s	65%	8, 8, 10, 10	3
Overhead Extensions	60s	65%	10, 10, 12, 12	4
Triceps Bar Extensions	60s	65%	10, 10, 12, 12	4
Push-Ups	90s	-	25	3

DAY

2

QUADS/CALVES/ABS

Barbell Squats	75s	65%	8, 8, 10, 10, 12	5
Overhead Barbell Squats	60s	65%	8, 10, 10, 12	4
Single Leg Press	60s	65%	10, 10, 12, 12	4
Leg Extensions	75s	65%	10, 10, 12, 12	4
Calf Raise	60s	65%	8, 8, 10, 10	4
Hanging Leg Raise	60s	-	25	3
Barbell Roll Out	60s	-	15	3

DAY

3

SHOULDERS/BIS

Standing Overhead Press	75s	65%	8, 8, 10, 10, 12	5
Seated DB Press	60s	65%	8, 10, 10, 12	4
Cable Lateral Raise	60s	65%	12	4
Cable Front Raise	60s	65%	12	4
Rear DB Fly	60s	65%	10, 10, 12, 12	4
Alternating DB Curl	60s	65%	8, 8, 10, 10	4
Concentration Curl	60s	65%	8, 10, 12, 12	4

DAY

4

HAMS/BACK

Single Leg Deadlift	75s	65%	8, 8, 10, 10, 12	5
Leg Curls	60s	65%	8, 10, 10, 12	4
Single Leg Press	60s	65%	10, 10, 12, 12	4
Reverse Grip Barbell Row	75s	75% to 65%	6, 6, 8, 8	4
Close Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Single Arm Low Row	60s	65%	10, 10, 12, 12	4
Chin Ups	90s	-	12	3

WEEK TEN

Cycle Three: Dial Down

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	75s	65%	10, 10, 12, 12, 12	5
DB Flat Flys	60s	65%	12	4
DB Pull-Over	60s	65%	12	4
Close Grip Bench Press	60s	65%	8, 8, 10, 10	3
Overhead DB Extensions	60s	65%	10, 10, 12, 12	4
Triceps Rope Extensions	60s	65%	12	4
Push-Ups	90s	-	25	3

DAY

2

QUADS/CALVES/ABS

Front Squats	75s	65%	8, 8, 10, 10, 12	5
Barbell Squats	60s	65%	10, 10, 12, 12	4
Leg Press	60s	65%	10, 10, 12, 12	4
Single Leg Extensions	75s	65%	10, 10, 12, 12	4
Seated Calf Raise	60s	65%	8, 10, 10, 10	4
Weighted Leg Raise	60s	-	25	3
Crunches	60s	-	25	3

DAY

3

SHOULDERS/BIS

Seated DB Press	75s	65%	8, 8, 10, 10, 12	5
Arnold Press	60s	65%	10, 10, 12, 12	4
DB Lateral Raise	60s	65%	12	4
DB Front Raise	60s	65%	12	4
Standing Cable Face Pull	60s	65%	10, 10, 12, 12	4
DB Hammer Curl	60s	65%	8, 8, 10, 10	4
Concentration Curl	60s	65%	8, 10, 12, 12	4

DAY

4

HAMS/BACK

Barbell Deadlift	75s	65%	8, 10, 10, 12, 12	5
Single Leg Curls	60s	65%	10, 10, 12, 12	4
High Leg Press	60s	65%	10, 10, 12, 12	4
Barbell Row	75s	75% to 65%	6, 6, 8, 8	4
Close Grip Pulldowns	60s	75% to 65%	8, 8, 10, 10	4
Single Arm Incline Row	60s	65%	10, 10, 12, 12	4
Weighted Chin Ups	90s	65%	10, 10, 12, 12	3

WEEK ELEVEN

Cycle Three: Dial Down

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
Barbell Bench Press	60s	65%	10, 10, 12, 12, 12	5
Cable Cross-Over	60s	65%	12	4
DB Incline Press	60s	65%	12	4
Decline Close Grip Press	60s	65%	8, 8, 10, 10	3
Weighted Dips	60s	65%	to failure	4
Bent-Bar Extensions	60s	65%	12	4
-	-	-	-	-

DAY

2

QUADS/CALVES/ABS

Barbell Squats	75s	65%	8, 8, 10, 10, 12	5
Hack Squats	60s	65%	10, 10, 12, 12	4
DB Step-Ups	60s	65%	12	4
Leg Extensions	60s	65%	12	4
Donkey Calf Raises	60s	65%	12	4
Decline Oblique Crunches	60s	-	25	3
Hanging Leg Raises	60s	-	25	3

DAY

3

SHOULDERS/BIS

DB Shoulder Press	60s	65%	8, 8, 10, 10, 12	5
Cable Lateral Raises	60s	65%	10, 10, 12, 12	4
Barbell Front Raises	60s	65%	12	4
Reverse Incline DB Flys	60s	65%	12	4
Standing Cable Curls	60s	65%	12	4
DB Alternating Curls	60s	65%	10, 10, 12, 12	4
-	-	-	-	-

DAY

4

HAMS/BACK

Barbell Deadlift	75s	65%	10, 10, 12, 12, 12	5
Seated Leg Curls	60s	65%	10, 10, 12, 12	4
Reverse Hack Squat	60s	65%	10, 10, 12, 12	4
Seated Cable Row	60s	75% to 65%	6, 8, 8, 10	4
Wide Grip Pulldowns	60s	65%	8, 10, 10, 12	4
Barbell Rows	60s	65%	12	4
-	-	-	-	-

WEEK TWELVE

Cycle Three: Dial Down

DAY

1

CHEST/TRIS

EXERCISE	REST	INTENSITY (%1 RM)	REPS	SETS
DB Bench Press	60s	65%	12	5
DB Incline Press	60s	65%	12	4
DB Incline Flys	60s	65%	12	4
Incline Skull Crushers	60s	65%	12	4
Diamond Push-Ups	60s	-	to failure	3
Rope Extensions	60s	65%	12	4
-	-	-	-	-

DAY

2

QUADS/CALVES/ABS

Barbell Squats	60s	65%	12	5
Leg Press	60s	65%	12	4
Walking DB Lunges	60s	65%	12	4
Leg Extensions	60s	65%	12	4
Seated Calf Raises	60s	65%	12	4
Decline Crunches	60s	-	25	3
Hanging Leg Raises	60s	-	25	3

DAY

3

SHOULDERS/BIS

DB Shoulder Press	60s	65%	12	5
DB Lateral Raises	60s	65%	12	4
Front Plate Raises	60s	65%	12	4
Reverse Flys	60s	65%	12	4
DB Spider Curls	60s	65%	12	4
Barbell Curls	60s	65%	12	4
-	-	-	-	-

DAY

4

HAMS/BACK

Barbell Deadlift	60s	65%	12	5
Laying Leg Curls	60s	65%	12	4
Reverse Lunges	60s	65%	12	4
Barbell Rows	60s	65%	12	4
Pulldowns	60s	65%	12	4
Single Arm DB Rows	60s	65%	12	4
-	-	-	-	-

HIIT CARDIO EXAMPLES

The key to HIIT Cardio is to exercise between specific heart rates. For the slow to moderate intervals you want to be exercising at 65% of your maximum heart rate, while for the fast intervals you should target 85% of your maximum heart rate. As you become more adjusted to performing intervals your speed for your heart rate will improve! To calculate your maximum heart rate ranges use the following equation:

65% Maximum Heart Rate = (220 – your age) X 65%

85% Maximum Heart Rate = (220 – your age) X 85%

Be sure not to perform the same workout, 2 days in a row, vary how you perform the cardio by selecting a different machine each day, HIIT sessions can be performed on the treadmill, the step or the spin bike.

	CARDIO 1				CARDIO 2				CARDIO 3			
	SPEED ENDURANCE				SPEED ENDURANCE				SPEED ENDURANCE			
		PACE	TIME			PACE	TIME			PACE	TIME	
Warm	Spin	Slow	5 min		Jog	Slow	15 min		Step	Slow	10 min	
	1 Spin	Fast	1 min		1 Sprint	Fast	1 min		1 Step	Fast	1 min	
	2 Spin	Slow	1 min		2 Run	Mod	1 min		2 Step	Slow	1 min	
	Repeat 1 & 2, 10 times				Repeat 1 & 2, 5 times				Repeat 1 & 2, 5 times			
Cool	Spin	Low	5 min		Jog	Slow	5 min		Step	Slow	10 min	
	TOTAL TIME		30 min		TOTAL TIME		30 min		TOTAL TIME		30 min	

	MON	TUES	WED	THURS	FRI	SAT	SUN
Lean	REST	REST	DAY 1	REST	REST	REST	REST
Athletic	REST	REST	DAY 1	REST	REST	DAY 2	REST
Soft	REST	REST	DAY 1	REST	REST	DAY 2	DAY 3