

FINAL PHASE MELTDOWN

EXERCISE PLAN

Take your **results** to the
next level

- *Shaun McGill*



**LOSE WEIGHT
FAST ACADEMY**
THE FAST AND HEALTHY WAY



Legal Disclaimer

As a health and fitness professional with over 8 years experience in coaching people to great results I believe 100% in what I'm sharing within these pages and know that if you apply the principles I'm sharing that you will get amazing results.

I know it sounds silly (and it is) but there are people who will claim that the exercise programme has caused them injury and they will get a lawyer to make a claim. Therefore, please read the following statement BEFORE you read the rest of this e-book or follow any of the advice given.

The purpose of this plan is to help healthy people reach their fitness goals by educating them in proper exercise guidelines. No health claims or exact results are made for this plan. The information is not intended as a substitute for any exercise routine, treatment or dietary regimen that may have been prescribed by your doctor. The advice in this exercise plan will not help cure, heal, or correct any illness, metabolic disorder, or medical condition.

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About Me

Hi, my name is Shaun McGill and I am a certified personal trainer from Newcastle Upon Tyne in the UK.

I really appreciate you choosing me to be your guide when it comes to losing weight, transforming your body shape and improving your health.

There are thousands of personal trainers, nutritionists and health professionals out there so it gives me great pleasure knowing you chose me to help you.

I promise I won't let you down and if you follow my advice I know it will help you achieve your health and fitness goals.

So why should you listen to me when it comes to your health and transforming your body.

Well first off I have struggled with my weight myself so I have experienced what it takes to lose weight and be healthy. There are a lot of trainers out there who have very good genetics and have 6 packs whilst still eating poor diets. I am not saying these people are bad trainers and can't help you, but most of them have never experienced what it is like to be overweight and how hard it can be to lose weight. I have first-hand experience in losing weight which helps me to understand exactly what you are going through. I really do believe that my experiences of losing weight has enabled me to help people more effectively as I am able to design programmes based on real world struggles rather than just programmes which look good on paper but are so hard to follow because the trainer has never actually experienced weight loss themselves. Yes a programme based on science is great and I always look to science as the foundation to my programmes, but even the best scientific programme is useless if people can't follow it. My weight loss experiences have given me a gift to be able to create programmes and give advice which can be used in the real world to help people to lose weight and improve their health.

Just because I have experienced weight loss myself doesn't necessarily mean you should listen to me. After all thousands of people have lost weight, but it doesn't mean you should listen to them. However, I have spent over £20,000 on courses and qualifications in the 8 years I have been a personal trainer so I am also very qualified when it comes to health and fitness. I have also worked as a trainer

on TV and I have worked with footballers wives, actresses and athletes which I hope demonstrates my experience in working with people who demand a high quality results based service. I am not saying this to brag or to massage my ego, I am telling you because I want you to trust the information I give you. I really believe that in order to follow the advice someone gives you, you must respect and trust the person. I hope by sharing how much I have spent on gaining knowledge and the type of clients I have worked with will help you to respect and trust me so you follow the information I provide. I know the information I provide works, so I hope I have gained your trust and respect so you follow it.

Just a quick reminder before you get into reading the information in this E-book. It is very important for you to know the information I provide is for education purposes only. It is not medical advice and is not intended to replace the advice of health-care professionals. Please consult your doctor before beginning or making changes to your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

If you would like to know more about me and the services I provide please visit www.loseweightfastacademy.com.

Good luck on your journey and thank you very much for letting me be your guide.

Get fit, get healthy, get happy

Your Coach For Life

Shaun McGill



Contents

Welcome	6
Final Phase Meltdown Exercise Plan	9
Lifting Tempo and Technique.....	10
Pyramid Training	13
Superset Opposing Muscles 3x8-12	17
5x5 Method	20
10x10 German Volume Training.....	23
Superset and Triset Same Muscles	26
CV Training.....	29
High Intensity Interval Training (HIIT)	30
Ab Workouts	32
Daily Exercise Planner	34
Exercise Library.....	35

Welcome

Welcome to the Final Phase Meltdown fat loss plan.

This plan is designed for those of you who want to take your results to the next level and get lean, toned and ripped.



Once you have lost a lot of weight like you have already following my programmes, fat loss begins to slow down, which means if you want to take your results to the next level you have to work even harder and smarter.

Getting ripped isn't easy so I won't lie to you and say this plan is easy, as it isn't. It is tough and only those who are 100% dedicated and willing to train hard will complete the 30 days fully and see amazing results at the end. But I promise those of you who are committed and work as hard as you can, will see unbelievable results at the end.

Most of my other programmes focus on nutrition and exercise is thrown in to help speed up the results rather than being essential to see results, however, with this programme both nutrition and exercise are 100% essential to see the amazing results you are after. You must follow the diet exactly as laid out and you must follow the exercise plan exactly as well.

The diet is going to help trick your body into losing body fat through carb cycling and to complete the exercise you must have access to a fully equipped gym. If you aren't a member of a gym then most gyms you are able to join up for a month, although it is typically more expensive than if you join up on a 6 month contract or a 12 month contract. When choosing a gym try and choose a quieter gym so you will be able to get on the equipment you need.

The exercise and nutrition are designed to work synergistically with each other so you must stick to the diet and exercise planned for each day. Also some days you might be training twice per day, but like I said before if you want to get ripped you have to be 100% dedicated and willing to go the extra mile. If it were easy everyone would be ripped. So in order to follow this plan exactly you will have to dedicate the next 30 days to this plan. If you are busy at work and getting stuck at work till late or you have lots of things planned then I would suggest you wait till you are able to dedicate 30 days to this programme so you don't fall off half way through. If you have lots of stress in your life or lots of prior engagements then the chances are you will get burned out and fall off the plan. For best results you need to do this plan at a time in your life where you can fully dedicate 30 days and you are able to give it your full attention. If you give this plan your full attention for 30 days, train as hard as you possibly can each and every workout and follow the nutrition plan exactly then you will completely transform your body at the end of the 30 days. The hard work will definitely be worth it for the results you will see.

Just like with all of my programmes I would recommend taking before and after measurements so you can see the progress you make. I would recommend only taking your before measurements at the start and your after measurements at the end of the programme rather than measuring yourself throughout. That way you can concentrate fully on what you have to do rather than stress about your weight. If you weigh yourself regularly you will be stressing over the weight which will have a negative impact on your results as stress can slow down weight loss. If you just concentrate fully on what you have to do throughout the 30 days and only measure yourself again at the end you will find it a lot easier to stick to the plan fully and you will see better results as you will be reducing the stress which comes with weighing yourself regularly.

Good ways to measure yourself are measuring your weight, taking before and after photos and also body measurements. I would recommend measuring your waist around your belly button, your hips

which is around the largest part of your bum, your arms which is around the middle of your upper arm and your legs which is 4 inches above your knee. My preferred measuring option for this programme is definitely before and after photos as we are looking to build muscle as well as burn fat, which means you may not lose as much weight as my other programmes. However, you will definitely change your physique and look more ripped which you will be able to see in the after photos.

Remember this programme is just 30 days long so please give it your all. In the grand scheme of your whole life 30 days is a tiny fraction of your life in which you can completely transform your body if you do exactly what it tells you to do in this plan. All I am asking is for you to believe in the programme, follow it exactly and give 100% effort to your workouts and I promise you will be rewarded with unbelievable results.

I wish you all the best on your body transformation journey over the next 30 days and beyond.

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Final Phase Meltdown Exercise Plan

The Final Phase Meltdown Exercise Plan is very tough, but it's not so tough that the average person couldn't do it. As long as you give the workout plan 100% commitment, put in 100% effort and not whinge that it's too hard then you will see amazing results in combination with the Final Phase Meltdown nutrition plan. Some of the days during the programme you will be training twice per day, in order to help your body burn the maximum amount of fat, so make sure you only start this programme if you are able to dedicate the training time to do so. If you don't have the time at the moment then wait until you do have the time before starting the programme. It is important you follow the programme exactly to see the amazing results you want to see.

The workouts are specifically designed to work synergistically with your nutrition plan so it is extremely important to stick to the exact workouts on the exact days. If you change the days you do the workouts or you don't do the workouts exactly then you won't see as good results.

The Final Phase Meltdown exercise plan incorporates 5 different weight training methods, a progressive ab routine, CV training and High Intensity Interval Training to give you an unbelievable training programme to help you get ripped in record time.

Before I tell you which days you will be doing which workout I am going to explain each workout you will be doing throughout the 30 days.



Lifting Tempo and Technique

Most people who weight train for muscle building lift weights at a fast pace, however, lifting weights slower and more controlled is better for building muscle as it tears the muscles in order for them to grow. Doing this also helps to release lactic acid which then stimulates the release of testosterone and human growth hormone which help you build muscle.

Lifting weights fast does have its place and we do this in some of the methods in the programme to help you build strength, but for body composition goals of building muscle or burning fat then you want to keep the exercises slow and controlled. This is because by doing this it tears the muscles and releases more testosterone and human growth hormone which will help you build muscle and burn fat faster. Lifting weights fast is better to be used when trying to increase your strength and power rather than when trying to build muscle or burn fat.

The tempo of the exercises is essential to the effectiveness of these weight training programmes. If you follow the tempos I have set for each programme then the programme will be far more effective than if you do the exercises at a fast pace like most people in the gym.

During these workout programmes we will be using a 4:0:2:0 tempo or you will be doing it at a normal fast pace. If it is at a normal pace then there will be a – in the tempo for that particular exercise.

The first number of the tempo is the eccentric phase. For example this is the lowering phase in the chest press or squat. This length is the longest as the eccentric phase is the part of the exercise which stimulates muscle growth. In the tempo 4:0:2:0 the eccentric contraction should last 4 seconds. The second number is the pause held before the concentric phase. We aren't using a pause which is why it is a 0. The third number is the concentric phase. This is the effort such as the press in the chest press or the curl in the biceps curl. In the tempo 4:0:2:0 the concentric contraction or the effort should last 2 seconds. The fourth number is the pause before the eccentric or lowering phase. Again this is 0 as there isn't a pause.

A lot of programmes manipulate the tempo so if you now see the tempo written in numbers like this you now know what it means.

Most people use reps and sets to overload the body but changing the tempo is another great way to overload the body. This is because changing the tempo you can manipulate whether you are training strength, power or endurance and you can also manipulate the amount of lactic acid, testosterone and human growth hormone released.

Because you are lifting at a slower tempo than you have probably done in the past, then the chances are you will have to use a lighter weight than you have been using. Even though you will be using a lighter weight you will still see far greater results using the exact tempo in each programme. You will also feel the burn more using the tempo in each programme. This burn is caused by lactic acid and it triggers the release of testosterone and human growth hormone which are your muscle building and fat burning hormones. The more it burns the more testosterone and human growth hormone is released, so the longer you can go with the burning feeling, the better.

The important thing is not to get put off by having to drop your weights slightly to use the exact tempo in each programme. Would you rather boost your ego and lift a little heavier or look better? If the answer to the question is look better then stick to the tempos in each programme.

Along with controlling your lifting tempo I want you to perform the exercises with perfect technique. If your technique starts to go and you start twisting or the rep range gets shorter and you start compensating to lift the weights then I want you to end that set. This programme is far more effective if you keep strict technique and when your strict technique goes this is failure rather than cheating to get extra reps in.

It might be frustrating at first slowing down the tempo, lifting lighter weights and only exercising with strict technique but it is very important you do this to see the best results possible.

I also recommend when doing each exercise you think about the muscle you are working as having a mind to muscle connection makes the exercise more effective and more muscle fibres are recruited. Along with thinking about the muscle you are working squeeze the muscle you are working throughout the exercise and especially at the end of the concentric part of the lift. This also recruits more muscle fibres. Squeezing the muscles throughout the exercise also releases more lactic acid so be prepared for the burn. The more it burns the better as lactic acid releases human growth hormone to help you burn fat. Try your best to do as much as you can whilst it's burning rather than stop as the longer you can go through the burn the better.

If you ignore the tempo and lifting correct form then it will have negative effects on your results so make sure you are very strict with your lifting tempo and form.



Pyramid Training Method

Pyramid training is great because it utilises both the hypertrophy (muscle building) repetition range and the strength training repetition range. It is a good programme to start with because you can test the weights you use for different rep ranges for each exercise. This makes choosing the weights you use for the different methods in this programme easier.

This programme is simply 4 sets of each exercise, with each set getting heavier. You should have 60 seconds rest in between each set. Make sure you keep the same amount of rest between each set.

Set 1 you should aim for using a weight for 10-12 reps to failure, set 2 use a weight for 8-10 reps to failure, set 3 you should use a weight for 6-8 reps to failure and set 4 you should use a weight for 4-6 reps to failure. In terms of weight used for each set typically you will increase the weight by 2kg per dumbbell or by 2.5kg weight each side when using barbells.

Most people will be able to manage this workout exactly as laid out in terms of if they start at 12 reps to failure then when increasing the weight slightly for each set they can manage the number of reps laid out for each set. However, some people may not manage the number of reps I have laid out and do less reps. Don't worry about this if it happens to you. The most important thing is to do between 10-12 reps to failure for your first set and each set after lift a slightly heavier weight to failure. You should never do more than 12 reps on your first set as more than 12 reps turns weight training more into endurance and if you go to 12 reps and it's not to failure then you're not giving your muscles the correct stimulus in order to grow bigger and stronger. The most important thing about this workout is to use a weight for 10-12 reps to failure in your first set then each set after use a slightly heavier weight.

To see results it is essential to continuously progress and overload your body so make sure you keep track of the weights you use and if you manage the reps for a particular exercise on each set make sure you increase the starting weight next time you use this method.

Also it is very important to keep track of your weights when using this method to help you select your weights in the other training methods we use throughout this programme.



Pyramid Training Workout 1

Exercise	Tempo	Set	Reps	Weight	Rest period
Barbell Back Squat	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Bulgarian Lunges With Dumbbells	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Flat Bench Press	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Single Arm Bent Over Row	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Standing Dumbbell Shoulder Press	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Barbell Biceps Curls Standing	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Triceps Pushdown On Cable Machine Using Rope	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		

Pyramid Training Workout 2

Exercise	Tempo	Set	Reps	Weight	Rest period
Deadlifts	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Pull Ups	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Dumbbell Chest Press	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Barbell Bent Over Row	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Standing Barbell Shoulder Press	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Dumbbell Biceps Curls Seated	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		
Dumbbell Triceps Extension	4:0:2:0	1	10-12		60 seconds
		2	8-10		
		3	6-8		
		4	4-6		

Superset Opposing Muscles

3x8-12 Method

Superset training is great because it enables you to get more work done in the same amount of time and doing two exercises back to back increases your metabolism.

Superset training is where you do 2 exercises back to back with no rest. After the 2 exercises you then rest for 60 seconds before repeating the superset again for the desired amount of sets.

The beauty of this superset programme is that you are training opposing muscles during the superset so you are still able to give maximal effort or near maximum effort in each exercise. Doing your superset this way means you will increase strength in both exercises and it also helps ensure you balance opposing muscle groups.

This programme is simply 3 sets of each superset which contains two exercises. In between each superset you have 60 seconds rest. Make sure you keep the same amount of rest between each set.

For best results do between 8 and 12 reps to failure for each exercise. 8-12 reps is the rep range that is best used for muscle hypertrophy (muscle gain). Once you manage 3 sets of 12 reps of a particular exercise then increase the weight your next session. Keep on at the new weight working to failure until again you manage 3 sets of 12 reps and can increase the weight again.

To see results it is essential to continuously progress and overload your body so make sure you keep track of the weights you use and if you hit 3 sets of 12 for a particular exercise make sure you increase the weight next time you use this method.



Superset Opposing Muscles 3x8-12 Workout 1

	Exercise	Tempo	Sets	Reps	Weight	Rest period
Superset	Deadlifts	4:0:2:0	3	8-12		60 seconds
	Standing Dumbbell Shoulder Press					
Superset	Dumbbell Chest Press	4:0:2:0	3	8-12		60 seconds
	Single Arm Bent Over Row					
Superset	Pull Ups	4:0:2:0	3	8-12		60 seconds
	Dumbbell Pec Flys On Exercise Ball					
Superset	Close Grip Pull Ups	4:0:2:0	3	8-12		60 seconds
	Triceps Dips					
Superset	Leg Extension	4:0:2:0	3	8-12		60 seconds
	Side Lateral raises					
Superset	Standing Dumbbell Biceps Curls	4:0:2:0	3	8-12		60 seconds
	Dumbbell Triceps Extension					

Superset Opposing Muscles 3x8-12 Workout 2

	Exercise	Tempo	Sets	Reps	Weight	Rest period
Superset	Barbell Back Squat	4:0:2:0	3	8-12		60 seconds
	Standing Barbell Shoulder Press					
Superset	Decline Bench Press	4:0:2:0	3	8-12		60 seconds
	Bent Over Barbell Row					
Superset	Bulgarian Lunges With Dumbbells	4:0:2:0	3	8-12		60 seconds
	Barbell Upright Row					
Superset	Hamstring Curls Machine	4:0:2:0	3	8-12		60 seconds
	Front Lateral raises					
Superset	Standing Dumbbell Hammer Curls	4:0:2:0	3	8-12		60 seconds
	Triceps Pushdown On Cable Machine Using Rope					
Superset	Concentration Curls	4:0:2:0	3	8-12		60 seconds
	Skull Crushers					

5x5 Method

The 5x5 training method is one of the most popular methods used to increase strength. This method is not a muscle building method, although you will build muscle, this method is aimed at rapidly increasing your strength because you stay in the strength training rep range for the whole workout. Through increasing your strength during these workouts it will make your other training methods more effective.

This programme is extremely simple and it's basically what it says it is, 5 sets of 5 reps for each exercise. At no point should you ever do more than 5 reps even if you feel like you can manage more. The aim is to manage 5 sets of 5 reps. Once you manage this then increase the weight and build up to 5 sets of 5 again. You may have more energy to lift more than 5 but if you do then you will not get the strength training stimulus you want.

Even though this is a 5x5 training method you will only be doing 5 sets of 5 very rarely. The 5 sets of 5 is the benchmark to increase your weight. When you are choosing your starting weight you want to find a weight you can do 5 times to failure. Once you have found this weight you will work to failure on the rest of your sets, however, if you hit 5 reps even if you haven't failed then stop. If you do less than 5 reps on the rest of your sets then that's not a problem because you are working up to completing 5 sets of 5. When you start it might look something like this set 1 - 5 reps, set 2 - 3 reps. Set 3 - 3 reps, set 4 - 2 reps, set 5 - 1 rep. The aim is to gradually build up the reps until each set you do 5 reps. Once you manage 5 sets of 5 then increase the weight and build up the reps again.

As this is a strength training programme you will want to take slightly more rest than a muscle building programme. In between each set you will want to take 90 seconds rest. Make sure you keep the same amount of rest between each set.

To see results it is essential to continuously progress and overload your body so make sure you keep track of the weights you use and if you hit 5 sets of 5 make sure you increase the weight next time you use this method.

FINAL PHASE MELTDOWN EXERCISE PLAN



5x5 Workout

Exercise	Tempo	Sets	Reps	Weight	Rest period
Back Squats	-	5	5		90 seconds
Deadlifts	-	5	5		90 seconds
Flat Bench Press	-	5	5		90 seconds
Bent Over Barbell Row	-	5	5		90 seconds
Standing Dumbbell Shoulder Press	-	5	5		90 seconds

10x10 German Volume Training Method

The 10x10 method has been popularised by world renowned strength coach Charles Poloquin in the form of his German Volume Training Protocol.

This programme is simply 10 sets of 10 reps of each exercise with a 90 second rest in between each set. Make sure you keep the same amount of rest between each set. At no point should you ever do more than 10 reps even if you feel like you can manage more. The aim is to manage 10 sets of 10 reps. Once you manage this then increase the weight and build up to 10 sets of 10 again.

Even though this is a 10x10 training method you will only be doing 10 sets of 10 rarely. The 10 sets of 10 is the benchmark to increase your weight. When you are choosing your starting weight you want to find a weight you can do 10 times to failure. Once you have found this weight you will work to failure on the rest of your sets, however, if you hit 10 reps even if you haven't failed then stop. If you do less than 10 reps on the rest of your sets then that's not a problem because you are working up to completing 10 sets of 10. When you start it might look something like this, set 1 - 10 reps, set 2 - 10 reps, set 3 - 10 reps, set 4 - 9 reps, set 5 - 9 reps, set 6 - 9 reps, set 7 - 8 reps, set 8 - 8 reps, set 9 - 7 reps, set 10 - 6 reps. The aim is to gradually build up the reps until each set you do 10 reps. Once you manage 10 sets of 10 then increase the weight and build up the reps again.

Even though it's a 10x10 method, which is for the main lifts, you will also be using a 3x10 method for the other exercises with a 60 second rest. Just like you are working up to 10 sets of 10 for the main exercises, you are also working up to 3 sets of 10 for your other exercises. As soon as you hit 3 sets of 10 you increase the weight and build up the reps again.

This programme is also done in a superset fashion. Superset training is where you do 2 exercises back to back with no rest. After the 2 exercises you then rest for the desired time frame before repeating the superset again for the desired amount of sets. By doing this workout as a superset you are able to get far more done than if you done the exercises on their own.

To see results it is essential to continuously progress and overload your body so make sure you keep track of the weights you use and if you hit 10 sets of 10 or 3 sets of 10 for a particular exercise then make sure you increase the weight next time you use this method.



10x10 German Volume Training Workout 1

	Exercise	Tempo	Weight	Reps	Sets	Rest period
Superset	Barbell back squat	4:0:2:0		10	10	90 seconds
	Dumbbell shoulder press					
Superset	Hamstring curl machine	4:0:2:0		10	3	60 seconds
	Side lateral raises					
Superset	Barbell biceps curls	4:0:2:0		10	3	60 seconds
	Dumbbell overhead tri- ceps extension					

10x10 German Volume Training Workout 2

	Exercise	Tempo	Weight	Reps	Sets	Rest period
Superset	Barbell bent over row	4:0:2:0		10	10	90 seconds
	Dumbbell chest press					
Superset	Lat pulldown	4:0:2:0		10	3	60 seconds
	Dumbbell Pec Flys On Exercise Ball					
Superset	Dumbbells biceps curls standing	4:0:2:0		10	3	60 seconds
	Triceps dips					

Superset and Triset Same Muscles Method

Superset and tri set training are great because they enable you to get more work done in the same amount of time.

Superset training is where you do 2 exercises back to back with no rest. After the 2 exercises you then rest for 60 seconds before repeating the superset again for the desired amount of sets.

Tri set training is where you do 3 exercises back to back with no rest. After the 3 exercises you then rest for 60 seconds before repeating the tri set again for the desired amount of sets.

In this workout for some body parts you will be using a tri set whereas other body parts you are using a superset.

When doing the trisets in this programme the last exercise of the tri set you are doing more reps than the previous two exercises. This is to completely fatigue the muscle to ensure it builds back bigger and stronger.

This programme is simply 3 sets of each superset or tri set for each body part. In between each superset or tri set you have 60 seconds rest. Make sure you keep the same amount of rest between each set.

For best results do between 8 and 12 reps to failure for each exercise or do the exact number of reps specified when doing the last exercise of the triset. 8-12 reps is the rep range that is best used for muscle hypertrophy (muscle gain). Once you manage 3 sets of 12 reps of a particular exercise then increase the weight your next session or if you manage the 25 reps as specified then increase this weight the next session. Keep on at the new weight working to failure until again you manage the full amount of reps and then can increase the weight again.

It is important to keep track of the weight you lift and how many reps you manage for each set so you can keep an eye on how well you are progressing. Make sure you keep track of every single workout you do.

Superset and Triset Same Muscles Workout

	Exercise	Tempo	Sets	Reps	Weight	Rest period
Triset	Barbell Back Squats	4:0:2:0	3	8-12		60 seconds
	Dumbbell Bulgarian Lunges					
	Jumping Squats With Dumbbells	-		25		
Triset	Straight Leg Deadlifts	4:0:2:0	3	8-12		60 seconds
	Good Mornings					
	Hamstring Curls With Exercise Ball	-		25		
Super-set	Pull Ups	4:0:2:0	3	8-12		60 seconds
	Barbell Bent Over Row					
Triset	Dumbbell Chest Press	4:0:2:0	3	8-12		60 seconds
	Chest Flys					
	Press Ups	-		25		
Triset	Seated Dumbbell Shoulder Press	4:0:2:0	3	8-12		60 seconds
	Front Lateral Raises					
	Side Lateral Raises	-		25		
Triset	Seated Dumbbell Twisting Biceps Curls	4:0:2:0	3	8-12		60 seconds
	Seated Dumbbell Straight Biceps Curls					
	Barbell 21s	-		7 half bottom, 7 half top, 7 full		
Triset	Dumbbell Triceps Extension	4:0:2:0	3	8-12		60 seconds
	Triceps Pushdown On Cable Machine Using Rope					
	Triceps Pullover On Cable Machine Using Rope					



CV Training

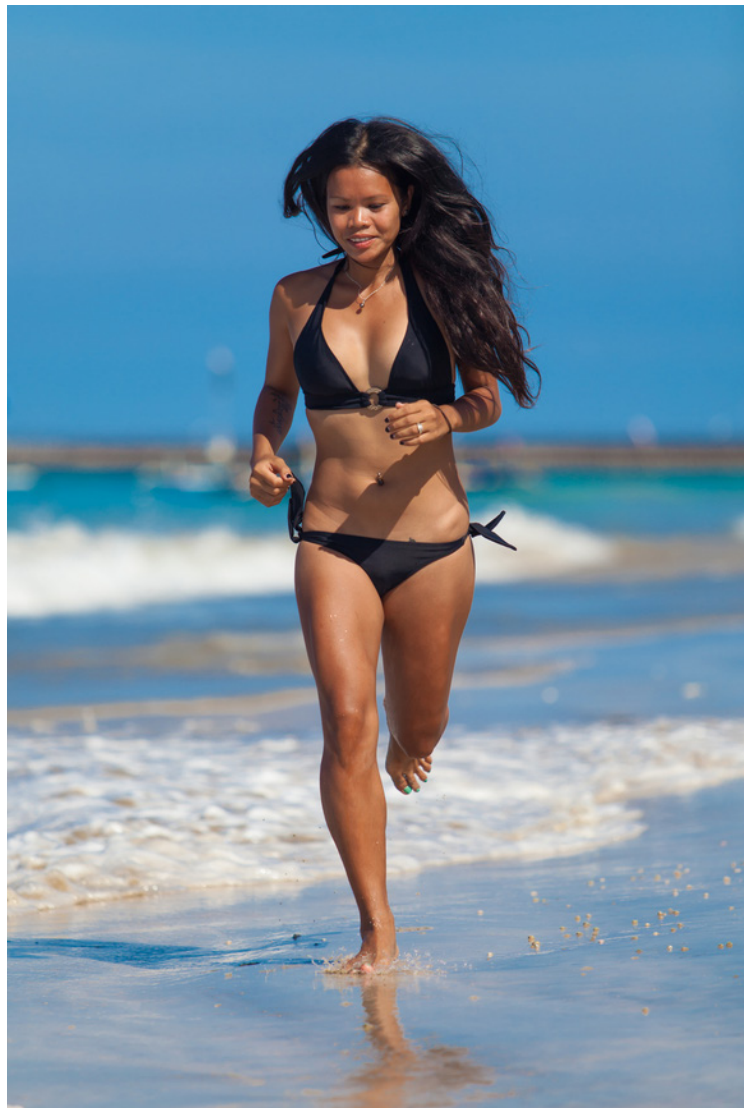
CV training is basically cardiovascular training or cardio for short.

For this method you can do any type of cardio from outdoor jogging, cycling, running on the treadmill, cross trainer, rowing or using the exercise bike, or you could do a combination of them.

CV isn't as great for fat burning as people think and you will probably have heard me talk about how weight training and High Intensity Interval Training are best, but having said that I am including cardio in this plan because it increases your blood flow around the body, strengthens your heart and improves your fitness. It also gives you a break from weight training and releases endorphins to make you feel good. And yes it will burn off some calories as well.

When you are using this exercise method I want you to do between 45 minutes and 1 hour. No More or no less than this. I don't want you to try killing yourself when doing your cardio, just workout at a comfortable intensity where you are out of breath and are getting hot and sweaty. Save pushing yourself hard for the weight training and High Intensity Interval Training workouts.

CV training workout – 45 minutes to 1 hour of cardio



High Intensity Interval Training (HIIT)

High intensity interval training is where you work as hard as you can, rest, work as hard as you can and then rest again. You repeat this cycle for 20 minutes. If you can go longer then you aren't working hard enough. The aim is to work as hard as you possibly can and by the end of your workout you can't physically do anymore. You should do a 5 minute warm up and a 5 minute cool down either side of the main exercise period.

You can do high intensity interval training at the gym on the treadmill, rowing machine or the exercise bike, but for best results it is best done on a treadmill as running burns more calories than being seated on a bike or rowing machine. You can also use different exercise machines every time you use this method to prevent boredom. But as you are only doing it a few times throughout this programme, if possible for best results stick to the treadmill and build up your speed over the workouts.

You need to find a speed or a level where at the end of your sprint you can't physically do anymore. You are best building up to this gradually. Pick a speed or a level you think you can do but will push you. If you manage each work period for the allotted length of time at that intensity then next session increase the speed or the level. Keep increasing the speed or level each session until you find a speed or level where you can't manage all of the work periods for the desired time. Once you find this speed or level then keep doing it until you can manage all the work periods fully for the desired time. Once you can manage it, increase the level or speed and keep training at that intensity until once again you can manage all the work periods fully. Once you manage all of the work periods fully, then again increase the level or speed. In order to see results you must keep progressing and by increasing the level every time you manage all of the work periods fully you will keep overloading your body to keep seeing results. If you keep using the same level or speed then you won't be overloading the body and you won't see results.

Alternatively you can do high intensity interval training outdoors. You can do it on a field or on a hill. It's very simple as all you do is mark the appropriate distance you want to sprint, sprint that distance, walk back and repeat for 20 minutes. During that time if you count how many times you

sprint you can try beating that number the next time you do it. Make sure you walk back each time. You are trying to fit more in by sprinting faster rather than by walking back faster. Make sure you stick to the same distance so you can see improvements.

The most important thing about this workout is intensity. Intensity is what helps you get rapid results rather than exercising for longer durations. For best results work as hard as you physically can for each work period. Don't hold back, give everything you have.

HIIT at the gym

Choose equipment – treadmill, rowing machine or exercise bike

5 minute warm up

1 minute sprint 1 minute rest repeated for 20

5 minute cool down

Important note - The rest periods should be done at walking speed on the treadmill which will be at speed 3.5 or lower, on the rowing machine you should stop completely and if on the bike you should

pedal slowly rather than decreasing the level. If you work harder than this during the rest periods it will affect your results as you won't be able to work as hard during the work periods.



HIIT outdoors

Mark out a distance between 100 metres and 200 metres on a field or a hill

5 minute warm up

Sprint the measured distance, walk back and repeat for 20 minutes

5 minute cool down

Ab Workouts

No programme to get ripped would be complete without an abs routine.

There are 4 abs routines to progress through. The abs should be done at the end of your weight training session and make sure you do the exact ab routine in the plan.

All of the routines are done in a circuit session where you do each exercise straight after each other. You should complete 3 rounds of the circuit without any rest.



Ab Routine 1

Hanging knee raises - 15 reps

Crunches – 25 reps

Plank –1 minute

Repeat circuit 3 times without rest

Ab Routine 2

Hanging leg raises to 90 degree – 15 reps

Crunches feet in the air – 25 reps

Suicide plank – 1 minute

Repeat circuit 3 times without rest

Ab Routine 3

Full hanging leg raises – 15 reps

Bicycle crunches – 30 reps

Plank walk out and back – 1 minute

Repeat circuit 3 times without rest

Ab Routine 4

Dragon flags - 6 reps

V-sit – 15 reps

Hover plank – 1 minute

Repeat circuit 3 times without rest

Daily Exercise Planner

Please print off this daily exercise plan and keep it somewhere accessible so you can read it daily to plan your days in advance.

Day	AM	PM
1		Pyramid Training Workout 1 Ab Routine 1
2		Pyramid Training Workout 2 Ab Routine 1
3		Supersets Opposing Muscles 3x8-12 Reps Workout 1 Ab Routine 1
4		Supersets Opposing Muscles 3x8-12 Reps Workout 2 Ab Routine 1
5	CV	Supersets Opposing Muscles 3x8-12 Reps Workout 1 Ab Routine 1
6	CV	Supersets Opposing Muscles 3x8-12 Reps Workout 2 Ab Routine 1
7		5x5 Workout Ab Routine 1
8		Supersets Opposing Muscles 3x8-12 Reps Workout 1 Ab Routine 2
9		Supersets Opposing Muscles 3x8-12 Reps Workout 2 Ab Routine 2
10	CV	HIIT
11		5x5 Workout Ab Routine 2
12		10x10 GVT Workout 1 Ab Routine 2
13		10x10 GVT Workout 2 Ab Routine 2
14	CV	HIIT
15		5x5 Workout Ab Routine 2
16	CV	HIIT
17		10x10 GVT Workout 1 Ab Routine 3
18		10x10 GVT Workout 2 Ab Routine 3
19		5x5 Workout Ab Routine 3
20	CV	HIIT
21		10x10 GVT Workout 1 Ab Routine 3
22		10x10 GVT Workout 2 Ab Routine 3
23		5x5 Workout Ab Routine 3
24	CV	HIIT
25		Superset and Triset Same Muscles Workout Ab Routine 4
26	CV	Superset and Triset Same Muscles Workout Ab Routine 4
27		5x5 Workout Ab Routine 4
28	CV	HIIT
29	CV	Superset and Triset Same Muscles Workout Ab Routine 4
30	CV	Superset and Triset Same Muscles Workout Ab Routine 4

Exercise Library

LEG EXERCISES

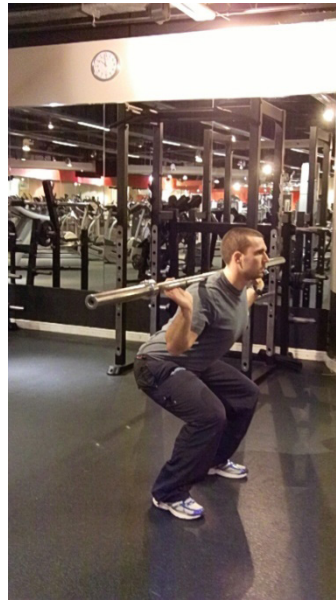
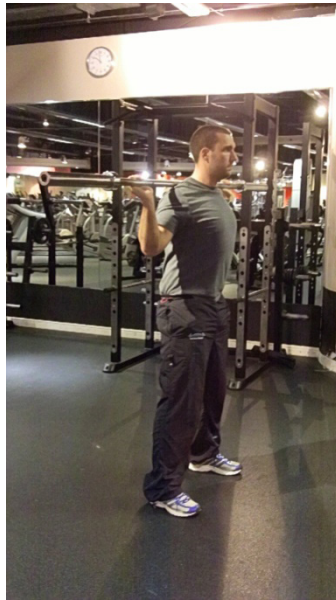
Hamstring Curl Machine



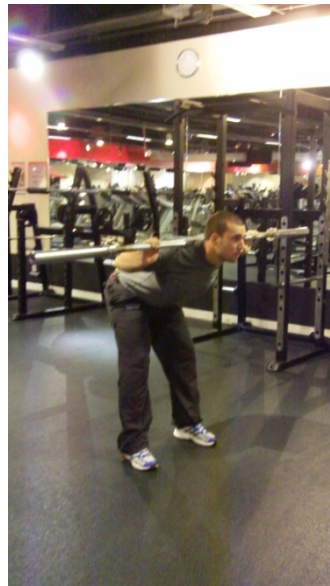
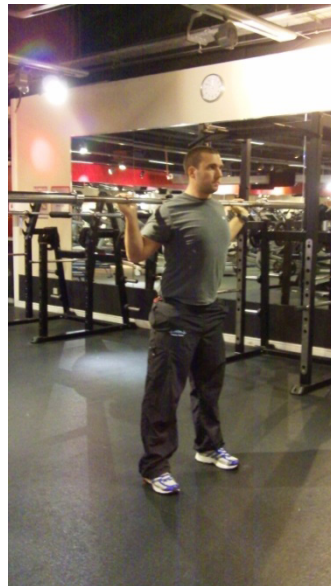
Leg Extension



Barbell Back Squat



Good Mornings



Deadlifts



Straight Leg Deadlifts



Bulgarian Lunges With Dumbbells



Jumping Squats With Dumbbells



Hamstring Curls With Exercise Ball



CHEST EXERCISES

Flat Bench Press



Decline Bench Press



Dumbbell Chest Press



Chest Flys



Dumbbell Pec Flys On Exercise Ball



BACK EXERCISES

Lat Pulldown



Pull Ups



Barbell Bent Over Row



Reverse Grip Barbell Bent Over Row



Single Arm Bent Over Row

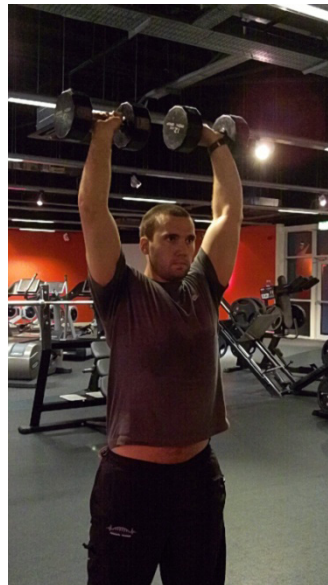
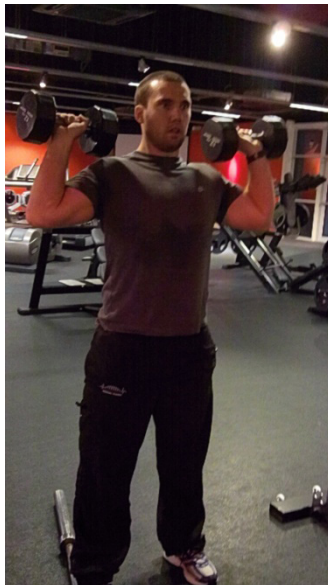


SHOULDER EXERCISES

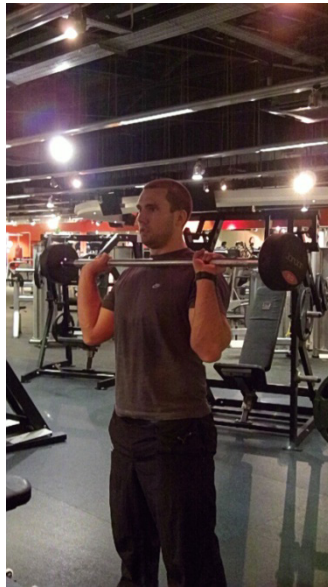
Seated Dumbbell Shoulder Press



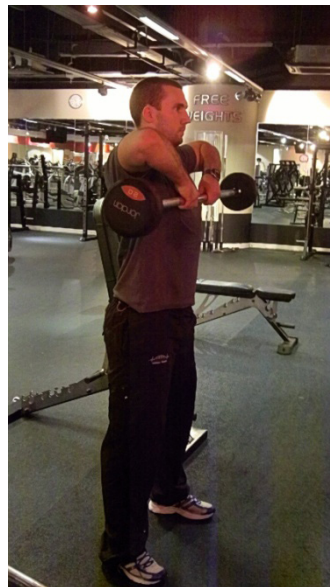
Standing Dumbbell Shoulder Press



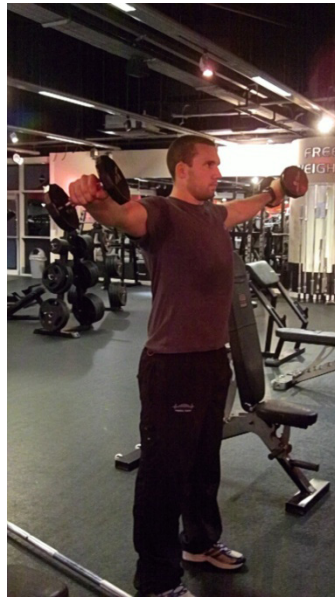
Standing Barbell Shoulder Press



Barbell Upright Row



Side Lateral Raises

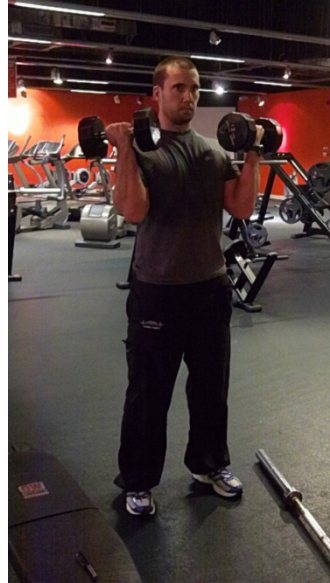


Front Lateral Raises



ARM EXERCISES

Dumbbell Biceps Curls Standing



Dumbbell Biceps Curls Seated



Seated Dumbbell Twisting Biceps Curls



Barbell Biceps Curls Standing



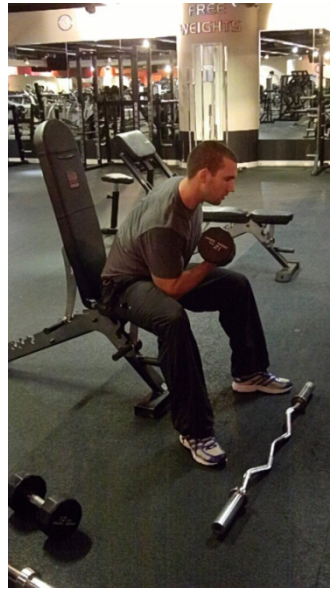
Close Grip Pull Ups



Standing Dumbbell Hammer Curls

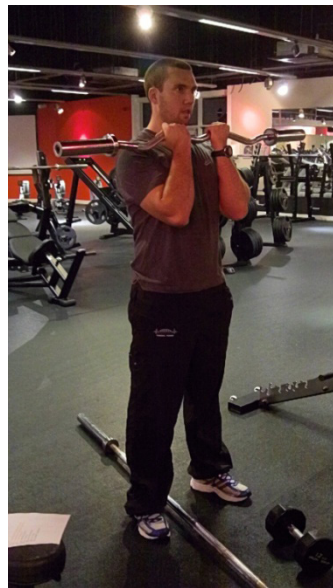
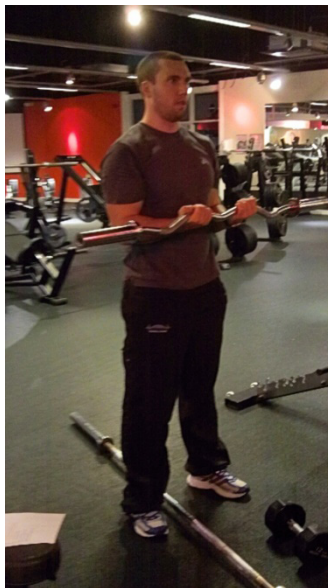


Concentration Curls

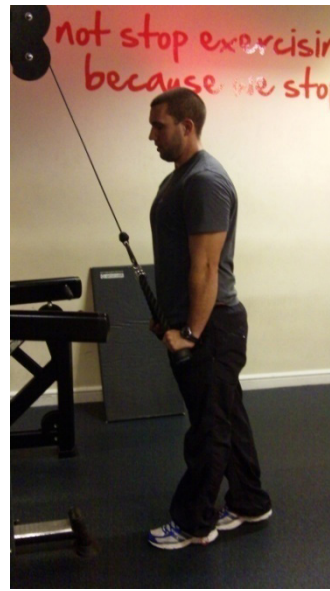


Barbell 21's

(7 reps bottom to middle, 7 reps middle to top, 7 full reps)



Triceps Pushdown On Cable Machine Using Rope



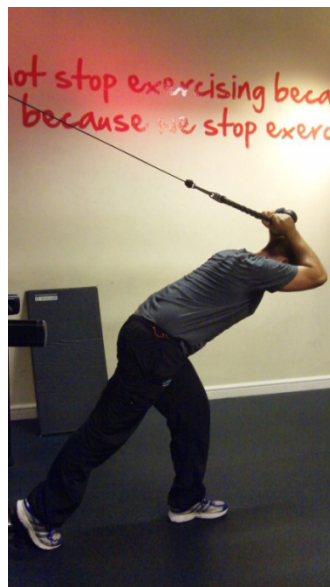
Dumbbell Triceps Extension



Triceps Dips



Triceps Pullover On Cable Machine Using Rope



Close Grip Bench Press



Skull Crushers



AB ROUTINE 1

Hanging knee raise



Crunch



Plank



AB ROUTINE 2

Hanging leg raises to 90 degree



Crunches feet in the air



Suicide plank



AB ROUTINE 3

Full hanging leg raises



Bicycle crunches



Plank walk out and back

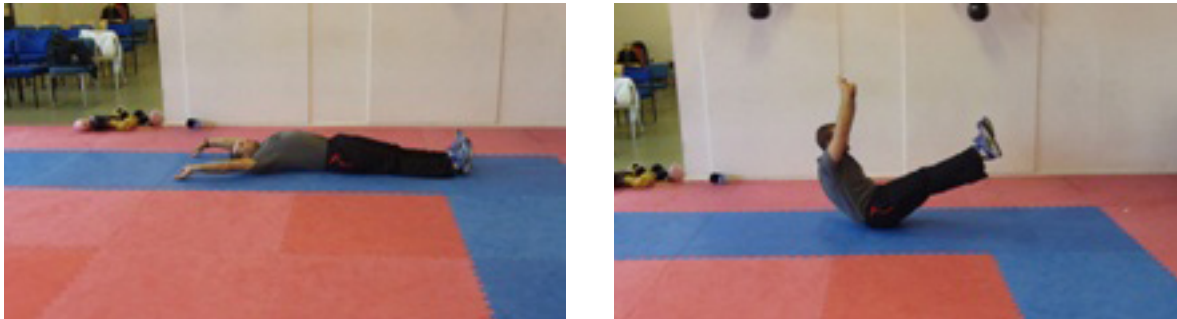


AB ROUTINE 4

Dragon Flag



V sit



Hover plank

