

## Chapter 10

### The Low T Book Get Lean & Strong Exercise Guide

#### The Low T Book Guide to Cardiovascular Days

This particular cardiovascular plan is highly effective for fast loss. Follow it as it is laid out. You are going to perform your aerobic plan 2 or 3 days each week. One of these days in the plan is an optional rest day; take it if you need it. Remember, More is NOT better. Let me repeat.....MORE IS NOT BETTER. You will stress your body enough and more will just be overtraining and lead to one of two overtraining syndromes counterproductive to your hormone optimization goal.

The best time to perform your cardiovascular exercise is first thing in the morning in a fasted state. Why is this? There are numerous studies that document that cardiovascular exercise performed in a fasted state causes a massive increase in growth hormone. Human growth hormone is a herculean fat burner! It has also been documented that 30-second high intensity efforts increase human growth hormone by over 500% if performed properly. This means lean and strong men!

First, 30 minutes prior to exercise drink one 8 oz. cup of black coffee. If you do not tolerate caffeine or do not want to use it, it is ok you will still get great results. Next, you will perform aerobic activity in 10-minute sections for a total of 30 minutes on 3 different pieces of aerobic equipment according to the following tables. You can choose from the following equipment: treadmill, stair-climber, elliptical, stationary cycle, rowing machine or jumping rope. I have found that the two best machines for this aerobic plan are the stair-climber and the treadmill. Every day that you do your cardiovascular exercise, change up the order of the equipment that you use. If Monday you went in the order of treadmill, stair-climber, rowing machine, on Wednesday change to rowing machine, treadmill and then stair-climber. Always mix up the order of the equipment on your 13 cardiovascular exercise days. If you only have access to one piece of equipment, such as a treadmill, that is fine to use for all 3 stages of exercise.

**1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

**2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNCES OF COLD WATER***

**3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

Ok, so what are 50% effort and 90% effort? Quite simply it is this:

- What is 50% effort? While running on the treadmill you have some difficulty holding a conversation with increased breathing. The effort is moderate.
- What is 90% effort? While running on the treadmill you CAN NOT hold a conversation. Slightly gasping for breath, the effort is hard.

**Exercise Pausing and Increased Fat Loss**

The type and intensity of exercise you perform directly affects how adrenaline and noradrenaline are released from the adrenal glands and the nerve terminals and this plays a major role in fat loss. Which is why I am such a fan of High Intensity Interval Training; it's short, it's fast, and it's done with great results.

But let's take a closer look as exercise intensity goes up so does the release of adrenaline and noradrenaline. Once you cross the lactate threshold then adrenaline and noradrenaline release explode. Now you'll notice that in the cardiovascular days I have you take a **5 minute break after your initial 20 minutes of HIIT** that's because there is a large release of fatty acids into the bloodstream about 5 minutes after your HIIT training ends.

Now if we do nothing those fatty acids that were released during the 5-minute break will be **re-stored** in the fat cell and in estrogen dominant men that means around the waist. So...that's why after your 5-minute break you get back on the treadmill and run at a slower pace about 50% effort for 10-20 minutes to utilize the free fatty acids floating in the bloodstream. Now they are gone for good and you are feeling lighter and leaner than ever! This simple strategy can literally bust you through any plateau in your training yet it is one of the least utilized.

### **The Low T Book Guide Strength Training Days**

This particular strength-endurance training plan is highly effective for fast loss. Follow it as it is laid out. You are going to perform your strength-endurance training plan 4 days each week. More is NOT better. Let me repeat.....MORE IS NOT BETTER. You will stress your body enough and more will just be overtraining and lead to one of two overtraining syndromes counterproductive to your weight loss goal.

The best time to perform your strength-endurance training days is in the afternoon around 4 to 6, so just after work for many of you. Why is this? The way I have your meals structured you will need the extra carbohydrates on your strength-endurance training days to achieve a highly effective workout. I have this staged accordingly for your complete success, just follow the plan.

There are 3 strength phases to moving a weight. The lifting phase, lowering phase and the holding phase. The holding phase is the strongest, the lower phase is the next strongest, and the lifting phase is the least strong. You can change the pace of the reps for all the phases to stimulate your muscles and cause muscle adaptation. The rate of the repetition can be anywhere from 4-60 seconds.

Your one rep pace should be a 6 second count with a slight pause at the end of the lifting phase. ***So perform a 3 count during lifting phase, pause, and then a 3 count in lowering phase.*** Choose a weight that is 40-65% of your one rep max weight with proper form. You should be able to complete between 13 and 18 repetitions. If you cannot complete 13 repetitions then the weight is too heavy and if you complete 18 reps without any fatigue the weight is too lite. The total time under tension for each set will be greater than 70 seconds. This type of strength-endurance training will stimulate type 1a muscle fibers, which will help to create a strong, lean athletic physique. Lean and mean. Evolutionarily speaking it's not the biggest and strongest that survive it's the most efficient.

This 30-day plan rotates carbohydrate volume daily. On strength training days you will be eating approximately 100 grams of carbohydrates, on aerobic training days you will be eating approximately 50 grams of carbohydrate. After 2 weeks you may increase your carbohydrates to 200 grams on strength training days and 100 grams on aerobic training days. At any time you can use this rotational plan to control your weight, always keeping yourself within striking distance of your best body.

### **The Warm Up**

Prior to each Strength-Endurance Training session perform this warm up. Use a weight that is 30% of your max weight. Take a 30 second rest between exercises.

PUSH UP-20 REPS

BODYWEIGHT SQUATS-20 REPS

2 POINT DUMBBELL ROW-20 REPS

KNEE UPS-50 REPS

CURL AND PRESS-20REPS

## **The Low T Book Guide Exercises**

### **Body-Weight Squat**

Stand tall with your feet shoulder-width apart, arms straight in front of you at shoulder level. Keep your chest up and engage your core by pulling your belly towards your spine and lower your body by bending your knees and pushing your hips back, stop. Then slowly push yourself back up to the starting position.

### **Burlesque Squat**

With or without weight stand with your heels on a 2 inch piece of wood with your feet together engage your core by pulling your belly towards your spine. Squat down until your thighs are parallel with the floor then slowly raise yourself back up again.

### **Single Leg Calf Raises**

Standing on the edge of a step or the cross bar of an incline bench with the balls of your feet planted firmly on the step and your heel hanging over the edge engage your core by pulling your belly towards your spine and raise your heel a few inches above the edge of the step so you are on your tiptoe. Hold the position for a moment and then lower your heel below the edge of the step and repeat. To add weight to this exercise hold a dumbbell on the same side as the calf you are exercising.

### **Dumbbell Lunge with Bicep Curl**

While holding dumbbells at your side step your right foot forward and bend your knee until your thigh is parallel to the floor and as you lunge curl the weights up the reverse and return to start and repeat with the left leg.

### **Reverse Dumbbell Lunge**

While holding dumbbells at your side step your left foot backwards and bend your knee until your thigh is parallel to the floor. Remember to engage your core by pulling your belly towards your spine. Return to the start position and repeat on the other side.

### **Forward Dumbbell Lunge**

While holding dumbbells at your side step your left foot forward and bend your knee until your thigh is parallel to the floor. Remember to engage your core by pulling your belly towards your spine. Return to the start position and repeat on the other side.

**Single Leg Lunge**

Place one leg behind you on the bench and extend the other leg out in front. With your hands on your hips lower yourself to the floor making sure your extended leg becomes parallel to the floor then push yourself back up. After you finish the number of reps, switch to the other side.

**Dumbbell Step Ups**

Stand in front of a bench with your feet shoulder width apart, bend at your knee then step onto the bench. Step down to the floor and then repeat.

**Reverse Lunge and Sweep**

Stand with your feet shoulder width apart and your hands clenched in fists in front of your face. Lunge back with your left leg in a slight curtsy fashion then rise back up shifting your weight to your right leg and then sweep your left leg out and up to touch your right hand, put your left arm behind you for balance. Repeat till reps are finished and then switch to the other leg.

**Dumbbell deadlift**

Start by picking up the dumbbells at your feet and pulling the weights up with the backs of your legs until you are standing up straight then return back to the starting position but stopping about 6 inches from the floor before you return back up.

**Abdominal Wheel Rollout**

This classic piece of equipment will help you strengthen your abdominals. Master this beginning exercise rolling out from your knees; make sure there is padding under your knees, keep your chin tucked, your arms straight and pull your stomach into your spine as you rollout keeping your core tight. As you improve you can start from your feet.

**Alternating Knee Lift**

Lift the right knee up to your waist level touching your knee to your right hand. Return to the start position and repeat on the left side. Focus on keeping your core tight and pulled into your spine. You can add intensity by increasing the speed but remember to stay in control.

**Two Point Dumbbell Row**

Holding a dumbbell in one hand assume a two point stance with your feet shoulder width apart and stagger the foot on the weight side slightly behind the opposite foot. Rest your nonworking hand on either knee or unsupported in the air. Maintain the natural arch to your spine and pull the dumbbell straight up your side keeping the dumbbell close to your body and then lower. If you feel too much pressure in your low back decrease the amount of weight.

**Dumbbell Upright Row**

Stand with your feet shoulder width apart. Engage your core by pulling your belly towards your spine. Palms of your hands facing you pull the dumbbells straight up using your elbows and stop when your elbows are slightly above the level of your shoulders. Return to the start position.

**Dumbbell Face Pulls**

Holding dumbbells in both hands stand with feet shoulder width apart and bend at the waist until your chest is parallel with the floor. Engage your core by pulling your belly towards your spine. Let your arms hang straight down from your shoulders with palms facing you and lift dumbbells towards the sides of your forehead simultaneously squeezing your shoulder blades together and then lower the dumbbells. You can also perform this exercise lying chest down on an incline bench to remove the pressure off your lower back.

**Dumbbell Lawn Mower Pull**

Holding a dumbbell in your right hand palm facing you assume a two point split stance with your feet shoulder width apart and stagger the foot on the weight side behind the opposite foot. Engage your core by pulling your belly towards your spine. Bend your left knee and hips until they are about 45 degrees to the floor and let the dumbbell hang out in front. Then rotate your torso and row the dumbbell to your shoulder return to start and repeat on the opposite side.

**Standing Dumbbell Shoulder Press**

Stand with your feet shoulder width apart. Engage your core by pulling your belly towards your spine. Lift the dumbbells to your shoulders (start position) then with palms facing outwards press the weight overhead. Return to the start position and repeat.

**Seated Dumbbell Shoulder Press**

Sit with your feet flat on the floor. Engage your core by pulling your belly towards your spine. Lift the dumbbells to your shoulders (start position) then with palms facing outwards press the weight overhead. Return to the start position and repeat.

**Incline Triceps Extension**

Set your bench to a 30-45 degree angle. Sit back on the bench with both feet flat on the floor. Engage your core by pulling your belly towards your spine. Keeping your elbows in tight and your upper arm perpendicular to the floor lower the dumbbell towards the sides of your forehead then contract your triceps to extend your elbows overhead. Repeat on other side.

**Two Point Triceps Kickbacks**

Holding a dumbbell in one hand assume a two point stance with your feet shoulder width apart and stagger the foot on the weight side slightly behind the opposite foot. Rest your nonworking hand on either knee. Engage your core by pulling your belly towards your spine. Keeping your elbows in tight and your upper arm parallel to the floor and palm facing you raise the dumbbell by straightening your arm until it is parallel with the floor.

**Standing Dumbbell One Arm Triceps Extension**

Stand with your feet shoulder width apart. Engage your core by pulling your belly towards your spine. Hold the dumbbell in your right hand and lift overhead keeping upper arm and elbow close to your head and lower dumbbell in an arc behind your head then raise dumbbell back up to the starting position. Repeat on opposite side.

**Hammer Curl**

Stand with feet shoulder width apart. Engage your core by pulling your belly towards your spine. Turn your hands so your palms face each other and lift the weights to your shoulders focusing on keeping your elbows stationary. Do not “swing” the weights.

**Incline Biceps Curl**

Set your bench to a 30-45 degree angle. Sit back on the bench with your arms hanging straight down and your hands facing forward. Curl the dumbbells upwards towards your shoulders while keeping your upper arms still. Pause at the top position and slowly lower.

**Biceps Curl and Press**

Standing begin by keeping your chest up engage your core by pulling your belly towards your spine with a bilateral biceps curl then bring the weights to your shoulders rotating the palms of your hands outward and then push the weights overhead. Returning to the start position is one repetition.

**Dumbbell Concentration Curl**

Either sitting or standing raise the dumbbell with the biceps muscle to the front of the shoulder just before the apex of the movement rotate your wrist outward ending the lifting phase with concentration on the long head of the biceps muscle. Return to the start position and lift with the opposite arm.

**Pushup**

Start your pushup in the up position with your feet together and your hands slightly wider than your shoulders. Engage your core by pulling your belly towards your spine. Your body should be straight from your head to your feet. Lower your body till your chest almost touches the floor, pause and then push yourself back up to the starting position.

**Heart to Heart Pushup**

Start the pushup in the up position with your feet shoulder width apart and your hands together beneath your chest. Engage your core by pulling your belly towards your spine. Your body should be straight from your head to your feet. Lower your body till your chest almost touches the floor, pause and then push yourself back up to the starting position.

**Wide-Hands Pushup**

Start the pushup in the up position with your feet together and your hands twice shoulder width apart. Engage your core by pulling your belly towards your spine. Your body should be straight from your head to your feet. Lower your body till your chest almost touches the floor, pause and then push yourself back up to the starting position.

**Close-Hands Pushup**

Start the pushup in the up position with your feet together and your hands closer than shoulder width apart. Engage your core by pulling your belly towards your spine. Your body should be straight from your head to your feet. Lower your body till your chest almost touches the floor, pause and then push yourself back up to the starting position.

**Plank**

Start in a pushup position then bend your elbows and rest your weight on your forearms, your body will form a straight line then squeeze your core as if you were about to be punched in the stomach and hold for 30 seconds. Do this eight to ten times.

**Kettle bell or Barbell Swing**

Stand with your feet a little more than shoulder width apart, squat down and grab the kettle bell or dumbbell, thrust your hips forward, straighten your knees and swing the weight up to the level of your chest then let the weight return back down between your legs and swing back up.

**Incline Dumbbell Fly**

Set your bench to a 30-45 degree angle. Sit back on the bench with both feet flat on the floor. Engage your core by pulling your belly towards your spine. Hold dumbbells with palms facing one another. Extend your arms above your chest with arms slightly bent. Lower your arms out to your sides about shoulder level and contract your chest muscles to bring your arms together.

**Dumbbell Squat and Press**

Start with your feet shoulder width apart, hold the weights at your shoulders with your elbows bent, bend at your knees and squat to the floor, then as you stand back up press the weights over your head until your arms are straight and return to the start position.

**Dumbbell Chest Press**

This can be performed with a bench or a stability ball. With your feet flat on the floor, hold the weights by your chest with your elbows bent and palms facing forward. Press the dumbbells towards the ceiling then return back to start.

### **Incline Dumbbell Chest Press**

Performed with an incline bench. Place your feet flat on the floor, hold the weights by your chest with your elbows bent and palms facing forward. Press the dumbbells towards the ceiling then return back to start.

### **Alternating Dumbbell Chest Press**

This can be performed with a bench or a stability ball. With your feet flat on the floor, hold the weights by your chest with your elbows bent and palms facing forward. Alternate pressing the dumbbells towards the ceiling then return back to start.

### **Standing Alternating Front Dumbbell Raise**

Holding a pair of dumbbells, stand with your feet shoulder width apart and dumbbells at your side. Engage your core by pulling your belly towards your spine. Using either palms facing you or palms down grip lift the dumbbell on your right side raising your arm straight out in front of you until parallel with the floor pause and return. Repeat on the other side.

### **Lateral Dumbbell Raises**

Holding the weights by your side with palms facing you engage your core by pulling your belly towards your spine and lift the weights to the level of your shoulders and then slowly lower.

### **Dumbbell Front Raises**

Holding the dumbbell in front of you with palms facing inwards engage your core by pulling your belly towards your spine and lift the dumbbell to the level of your shoulders and then slowly lower.

### **Bent Dumbbell Lateral Raises**

Bending at the waist hold the weights under your shoulders with palms facing you engage your core by pulling your belly towards your spine and lift the weights to the level of your shoulders and then slowly lower.

### **T-Stabilization**

Start in the pushup position, keeping your arms straight and your core engaged shift your weight onto your right arm and rotate your torso and reach your left arm into the sky so that your body forms a T. Pause then return to start and repeat on the other side.

**Ski Jump**

Start in the semi squat position with your feet shoulder width apart and your arms in front of you like you are holding ski poles. As you stand up raise onto your toes and bend your arms at the elbows kicking your arms back then return to start.

**Push Up Rows**

Get into the push up position with your hands gripping the dumbbells and your feet about shoulder width apart. You can perform a pushup or not then pull one dumbbell to the side of your chest lower it then repeat on the other side.

**Squat and Thrust or Burpee**

With your feet shoulder width apart then bend your knees to put your hands on the floor and then thrust your legs back into a pushup position. Quickly return to the standing start position.

**Hip Raise**

Lie on the floor on your back with your knees bent and your feet flat on the floor then squeeze your glutes and raise your hips into the sky until your body forms a straight line pause and then lower to the starting position.

**Plank Alternating Knee to Elbow**

Start in the pushup position with your hands under your shoulders engage your core by pulling your belly towards your spine and bring your right knee to your left elbow and pause and then return and bring your left knee to your right elbow and pause repeat 8-10 times.

**Mountain climber**

Start in the pushup position and engage your core by pulling your belly towards your spine and then quickly alternating your knees to your chest as if you are running.

**Single Leg Romanian Deadlift**

Stand with your feet shoulder width apart then raise your right foot off the floor and extend your right arm in front of you. Bend forward at the hips and keep your back flat and raise your right leg behind you so your body forms a T. Then return to the start position and repeat for the given number of reps then do the other side.

### 30-Day Countdown to The Low T Book Lean and Mean Body



**Note: All strength training day meals and snacks are interchangeable with other strength training day meals and snacks. Likewise, all aerobic training day meals and snacks are interchangeable with other aerobic training day meals and snacks.**

## Day 30- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces

**The Low T Book Strength Training Exercise**

**Dumbbell Concentration Curls**

**Perform 2 sets of these exercises.**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 1:13-18 reps,

**Pushup**

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Incline Dumbbell Curls**

Choose a weight that is 40-65% of your one rep max weight with proper form.

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

When performing the Plank you will hold the position for 30 seconds then rest for 10 seconds and repeat 4-6 times.

**Dumbbell Upright Row**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Standing Dumbbell Shoulder Press**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Incline Dumbbell Fly**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Plank**

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

**Fat Burning Finishing Exercise:**

**Kettle bell/barbell swing-perform 4 sets of 25 reps**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 29- The Low T Book Aerobic Day Meals****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 28- The Low T Book Strength Training Day Meals****Meal 1**

2 large eggs with ½ cup of egg whites scrambled with 1 teaspoon of crushed red pepper ¼ cup steel cut oats & ¼ red river cereal. After you cook it add cinnamon and/or nutmeg & 5 almonds (20 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### **Bench Step Ups**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### **Deep Knee Burlesque Squats**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### **Dumbbell Deadlift**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### **Reverse Dumbbell Lunge**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### **Squat and Press**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### **Incline Dumbbell Press**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### **Abdominal Wheel Rollouts**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### **Fat Burning Finishing Exercise:**

**Kettle bell/barbell swing-perform 4 sets of 25 reps**

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 27- The Low T Book Aerobic Day Meals****Meal 1***Oatmeal Protein Pancakes:*

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

**Snack**

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, or beef) on bed of 2 cups mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 26- The Low T Book Strength Training Day Meals****Meal 1**

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Close Hand Push ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Standing Dumbbell One Arm Triceps Extensions

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Seated Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Dumbbell Upright Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Triceps Kickbacks

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Front Raise

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

### Fat Burning Finishing Exercise:

### Kettle bell/barbell swing-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 25- The Low T Book Aerobic Day Meals /Optional Exercise OFF Day****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 24- The Low T Book Strength Training Day Meals****Meal 1**

2 large eggs with ½ cup of egg whites scrambled with 1 teaspoon of crushed red pepper  
 ¼ cup steel cut oats & ¼ cup red river cereal. After you cook it add cinnamon and/or nutmeg & 5 almonds (20 grams of carbs)  
 1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
 1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
 2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

## The Low T Book Strength Training Exercise

### Standing Calf Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps,

### Dumbbell One Leg Calf Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Lawn Mower Pulls

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Bicep Curl and Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Lateral Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Face Pulls

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise

Kettle bell/barbell swing-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 23- The Low T Book Aerobic Day Meals****Meal 1**Oatmeal Protein Pancakes

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

**Snack**

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 22- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Front Dumbbell Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### 2 point Dumbbell Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Wide Hand Push ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Shoulder Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Triceps Kickback

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

### Fat Burning Finishing Exercise:

### Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps,

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

Choose a weight that is 40-65% of your one rep max weight with proper form.

**Day 21-The Low T Book Aerobic Day Meals /Optional Exercise OFF Day****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 20- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Reverse Dumbbell Lunges

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Deep Knee Burlesque Squats

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Stiff Leg Deadlift

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Step Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Squat and Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise

Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps,

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

Choose a weight that is 40-65% of your one rep max weight with proper form.

## Day 19-The Low T Book Aerobic Day Meals

### Meal 1

#### Oatmeal Protein Pancakes:

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

### Snack

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of strawberries (3 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 18- The Low T Book Strength Training Day Meals****Meal 1**

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

### The Low T Book Strength Training Exercise

#### Front Dumbbell Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

#### 2 point Dumbbell Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

#### Wide Hand Push ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

#### Standing Dumbbell One Arm Triceps Extensions

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Standing Shoulder Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Dumbbell Triceps Kickback

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

#### Fat Burning Finishing Exercise:

Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 17-The Low T Book Aerobic Day Meals****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 16- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces

\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces

## The Low T Book Strength Training Exercise

### Heart to Heart Pushup

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Dumbbell Stiff Leg Deadlift

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Step Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Squat and Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Bent Lateral Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

## Day 15- The Low T Book Aerobic Day Meals

### Meal 1

#### Oatmeal Protein Pancakes:

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

### Snack

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of strawberries (3 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 14- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Dumbbell Hammer Curls

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Standing Dumbbell Concentration Curls

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Seated Shoulder press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### 2 point Dumbbell Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Front Raise

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Bent Dumbbell Lateral Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 13- The Low T Book Aerobic Day Meals /Optional Exercise OFF Day****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of strawberries (3 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 12- The Low T Book Strength Training Day Meals****Meal 1**

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Deep Knee Burlesque Squats

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Reverse Dumbbell Lunges

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Step Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Curl and Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Front Dumbbell Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

## Day 11- The Low T Book Aerobic Day Meals

### Meal 1

#### Oatmeal Protein Pancakes:

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

### Snack

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

\_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces  
 \_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 10- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

### The Low T Book Strength Training Exercise

#### Wide Hand Push Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

#### Incline Triceps Extensions

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

#### Heart to Heart Push Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

#### Dumbbell Triceps Kickback

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Seated Dumbbell Shoulder Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Dumbbell Upright Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

#### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

#### Fat Burning Finishing Exercise:

#### Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 9- The Low T Book Aerobic Day Meals****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 8- The Low T Book Strength Training Day Meals****Meal 1**

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_ 12ounces

## The Low T Book Strength Training Exercise

### One Leg Calf raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Incline Dumbbell Fly

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Lateral Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Alternating Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Shoulder Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Front Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

## Day 7- The Low T Book Aerobic Day Meals

### Meal 1

#### Oatmeal Protein Pancakes:

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

### Snack

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 6- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Dumbbell Bench Step Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Plank Alternating Knee to Elbow

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Triceps Kickbacks

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Bent Dumbbell Face Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Flat Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Lateral Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

### Fat Burning Finishing Exercise:

### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Day 5- The Low T Book Aerobic Day Meals /Optional Exercise OFF Day****Meal 1**Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

**Snack**

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

**Day 4- The Low T Book Strength Training Day Meals****Meal 1**

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

**Snack**

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

**Meal 2**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

**Snack**

15 raw almonds or walnuts (4 grams of carbs)

**Meal 3**

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

**Snack**

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

**Water**

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Dumbbell Bench Step Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Deep Knee Burlesque Squats

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Dumbbell Straight Leg Deadlift

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Dumbbell Reverse Lunge

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Forward Lunge

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Front Dumbbell Raise

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Squat and Thrust-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

## Day 3- The Low T Book Aerobic Day Meals

### Meal 1

#### Oatmeal Protein Pancakes:

2 scoops of protein powder mixed with  $\frac{3}{4}$  cup of egg whites,  $\frac{1}{4}$  teaspoon of cinnamon, one tablespoon of oats (10 grams). Add enough water for batter type consistency, spray skillet with cooking spray. Top with sugar free syrup or butter. (10 grams of carbs).  $\frac{1}{2}$  cup of strawberries (6 grams of carbs)

### Snack

5.3-ounce container of plain Greek yogurt with  $\frac{1}{4}$  cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of cauliflower lightly stemmed and mashed with  $\frac{1}{2}$  teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

$\frac{1}{4}$  cup of cottage cheese with  $\frac{1}{4}$  of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces

\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces  
\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 2- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs)  
1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar  
1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)  
2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces  
\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Push Ups

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

### Dumbbell Single Leg Calf Raises

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

### Flat Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

Choose a weight that is 40-65% of your one rep max weight with proper form.

### Dumbbell Upright Row

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Lateral Raise

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Plank

30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_, 30 secs\_\_\_\_\_

### Fat Burning Finishing Exercise:

#### Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

## Day 1- The Low T Book Aerobic Day Meals

### Meal 1

#### Protein shake

½ cup of organic lactose free milk (7 grams of carbs)

1 scoop of protein powder (4 grams of carbs)

½ cup of blueberries or ½ cup of strawberries (10 grams of carbs)

¼ teaspoon of cinnamon

Add 1 cup of water, 3-5 ice cubes and blend in mixer

### Snack

5.3-ounce container of plain Greek yogurt with ¼ cup of added fruit (10 grams of carbs) or 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of cauliflower lightly stemmed and mashed with ½ teaspoon of olive oil (12 grams of carbs) or 12 asparagus spears.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_ 12ounces

## **The Low T Book Guide Cardiovascular Exercise**

### **1<sup>st</sup> Machine for 10-minutes**

10 minutes warm up at 50% effort

### **2<sup>nd</sup> Machine for 10 minutes**

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

1:30 seconds @ 50% effort

30 seconds @ 90% effort

***REST FOR 3-5 MINUTES AND DRINK 6-8 OUNZES OF COLD WATER***

### **3<sup>rd</sup> Machine for 10-20 minutes**

10-20 minutes at 50% effort

## Day 0- The Low T Book Strength Training Day Meals

### Meal 1

Two large organic eggs with ½ cup of egg whites scrambled and one diced pepper, 1 tsp of crushed red pepper on a bed of 2 cups of spinach or arugula 2 slices of multigrain toast with butter (22 grams of carbs) 1 cup of halved strawberries (12 grams of carbs)

### Snack

1 medium apple (20 grams of carbs) and 2 scoops of protein pudding

### Meal 2

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef) on a bed of 2 cups of mixed leaf lettuces or spinach or romaine lettuce (2 grams of carbs) with a teaspoon of extra virgin olive oil and fresh lemon squeezed or 1 tbsp. of apple cider vinegar

1 medium apple (20 grams of carbs) or half a sweet potato

### Snack

15 raw almonds or walnuts (4 grams of carbs)

### Meal 3

4-6 ounces of a lean protein (chicken breast, turkey, tuna, salmon, beef)

2 cups of broccoli lightly stemmed (24 grams of carbs) or 2 bunch of broccoli rabe or 2 cups of brussel sprouts.

### Snack

¼ cup of cottage cheese with ¼ of blueberries (7 grams of carbs) or 2 scoops of protein pudding

### Water

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

\_\_\_\_\_12ounces

## The Low T Book Strength Training Exercise

### Seated Incline Dumbbell Curl

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Standing Dumbbell Curl

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Fly

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Squat and Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Incline Dumbbell Press

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Dumbbell Front Raise

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Abdominal Wheel Rollouts

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_

### Fat Burning Finishing Exercise:

### Ski Jump-perform 4 sets of 25 reps

Set 1\_\_\_\_\_, Set 2 \_\_\_\_\_, Set 3\_\_\_\_\_, Set 4\_\_\_\_\_

**Perform 2 sets of these exercises.**

Set 1:13-18 reps

Set 2:13-18 reps. <30 seconds rest between sets and 60 seconds rest between exercises.

Choose a weight that is 40-65% of your one rep max weight with proper form.