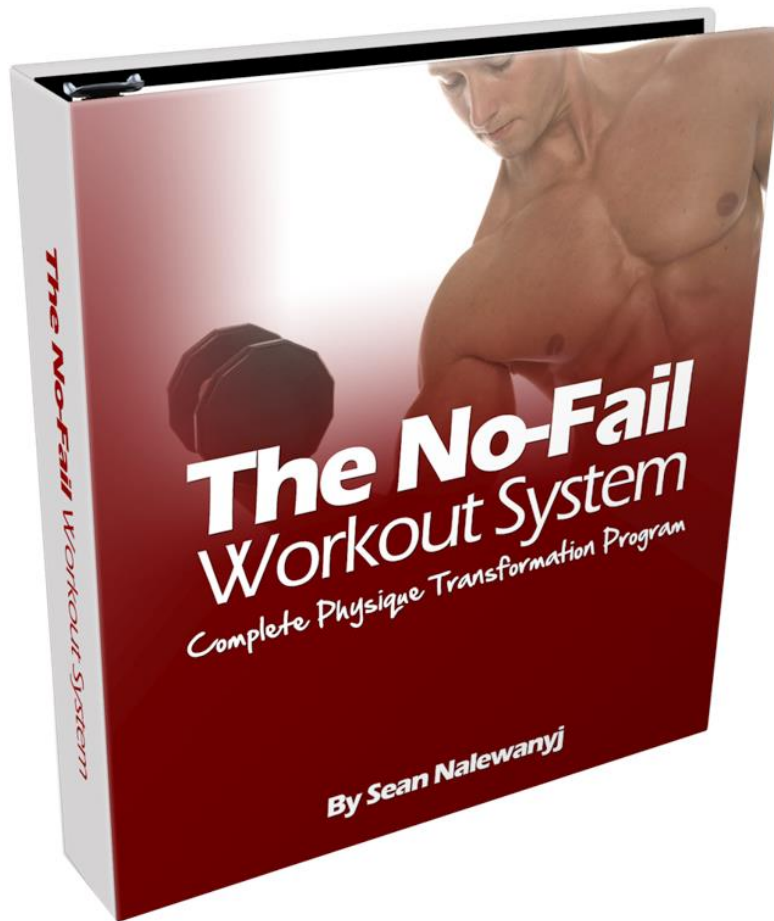


THE NO FAIL WORKOUT SYSTEM



Complete Physique Transformation Program

By Sean Nalewanyj

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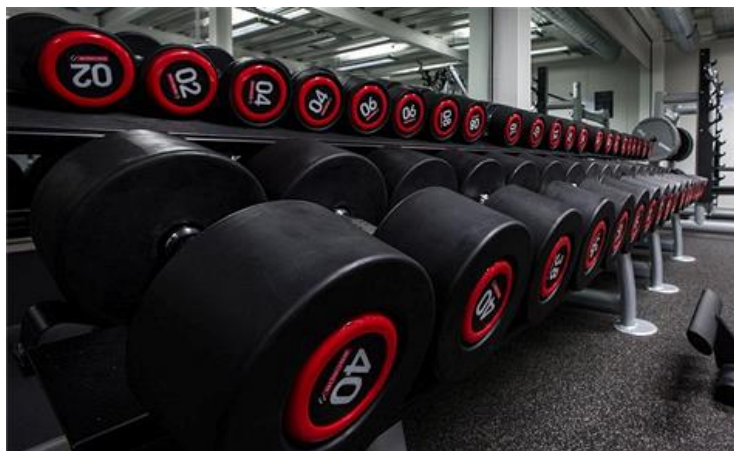
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INTRODUCTION



Welcome to The Body Transformation Blueprint Workout System. This step-by-step guide takes all of the training principles covered in the main manual and combines them into a fully structured routine outlining the exact weekly workout splits to follow along with the specific exercises, sets and rep ranges for each session.

The volume, frequency and choice of exercises have all been specifically configured to maximize the development of each muscle group based on their individual structure and functions and to produce a balanced, proportionate physique from top to bottom without any weak points.

Before getting started with one of the 3 training phases below, it's important that you read through chapters 4 and 5 of the main manual first in order to gain a full understanding of how the workouts should be implemented in terms of intensity levels, progression schemes, rep execution, rest between sets etc. (For a more concise explanation you can consult the program "quick-start guide" and scroll through to the weight training and cardio portion).

Next, make your way through the "Program Overview" section beginning on the next page, as this will explain how to select the appropriate training phase for yourself and how to map out your weekly days in the gym for optimal recovery and performance.

With those two steps completed, you can then dive into the actual workout plans by first reading through the individual weight training routines, then the cardio guidelines that follow, and lastly the warmup routines outlined at the end.

Also keep in mind that each exercise listed in the workout plans is clickable and will open up a video tutorial demonstrating how that lift is properly performed along with helpful form cues to maximize its effectiveness and minimize injury risk.

PROGRAM OVERVIEW



This workout system is broken up into 3 separate phases of training:

Phase 1: Full Body Workout 3x per week.

Phase 2: Upper/Lower Routine 3-4x per week.

Phase 3: Legs/Push/Pull Split 4-5x per week.

It is ideally recommended that the 3 phases be followed in order according to the guidelines given below, as this will provide the optimal progression sequence as you move through the beginner, intermediate and advanced stages of training. However, it should be noted that any one of the three can ultimately be used effectively by any trainee regardless of their experience level as long as progressive overload is being consistently achieved. For example, an advanced lifter can still make significant progress with a basic full body routine, as can a beginner following a legs/push/pull split.

If you do want to jump forward or back to a different phase based on personal preference or because it fits better into your schedule or lifestyle, that's ultimately up to you. But unless you have a specific reason for doing so, you'll be best off to start with the particular phase that lines up with your current experience level and progress forward from there.

Let's now go over each individual phase and discuss how it should be implemented for the best results...

Phase 1 (Full Body Workout 3x per week)

This phase is ideally aimed at beginning lifters who are just getting started in the gym, or those who do have previous training experience but have seen minimal results up to this point due to improper programming or lack of consistency.

A full body approach that trains each major muscle group three times per week using basic foundational lifts will allow you to maximize your initial “newbie gains” and build up an overall size and strength foundation as quickly as possible.

There are 2 separate workouts for this phase (Workout A and Workout B) that will be rotated through on any 3 non-consecutive days of the week. This means for week #1 you'll perform Workout A/B/A, on week #2 you'll perform Workout B/A/B, and then you'll simply repeat the cycle. Any 3 days of the week are fine as long as there is at least one day of rest inserted in between each session. For example, Mon/Wed/Fri, Tue/Thu/Sat etc.

Phase 1 should be followed for a minimum of 4 months before moving on to Phase 2, with 6-12 months being the ideal time frame to fully maximize progress during this cycle.

Phase 2 (Upper/Lower Routine 3-4x per week)

This training cycle is best suited to intermediate lifters that have completed the phase 1 full body workouts and who have achieved some notable muscle gains (approximately 10-15 pounds or more of quality lean mass for men and roughly half that amount for women) in the process.

Having separate upper body and lower body days will allow you to add in a wider variety of exercises and slightly more volume per session to further optimize the development of each individual muscle. There are 2 different upper body workouts and 2 different lower body workouts included (A1, B1, A2, B2) that should be rotated through 3-4 days per week.

Whether you go with 3 sessions per week (averaging out to 1.5 direct weekly workouts per muscle group) or 4 sessions per week (2 direct workouts per muscle) should be determined based on your individual training tolerance, how your body responds at lower or higher frequencies, as well as your specific goals and preferences.

All things equal, whichever training frequency allows you to gain strength at the fastest rate will also be the one that builds muscle at the fastest rate (this is very important to keep in mind since it applies to any workout split you're following), so the best thing to do is experiment and see which one produces the best results for you in terms of maximizing progressive overload from week to week.

When it comes to the 3 day per week structure, simply select any 3 non-consecutive days and rotate through the 4 workouts from day to day. For example, Mon/Wed/Fri, Tue/Thu/Sat etc. Week #1 would consist of workouts A1/B1/A2, Week #2 would be B2/A1/B1, Week #3 you'd perform A2/B2/A1 etc.

If you opt to train 4 days per week, one of the following two layouts would be recommended:

Option #1

Day 1: Workout A1

Day 2: Workout B1

Day 3: Rest

Day 4: Workout A2

Day 5: Workout B2

Day 6: Rest

Day 7: Rest

Option #2

Day 1: Workout A1

Day 2: Rest

Day 3: Workout B1

Day 4: Rest

Day 5: Workout A2

Day 6: Rest

Day 7: Workout B2

Another option for this phase is to simply train every other day, as this provides a middle-ground frequency of 3.5 weekly workouts, directly hitting each muscle 1.75 times per week on average.

Phase 2 should be followed for another 6-12 months of consistent training (4 months is still acceptable but would be considered as the minimum time frame) before moving on to Phase 3.

Phase 3 (Legs/Push/Pull Split 4-5x per week)

In this phase (ideally aimed at more experienced trainees with at least 1-2 years of proper consistent lifting under their belt) you'll be utilizing a "legs/push/pull" split performed 4-5 days per week. This style of training further reduces the total number of individual muscles trained per session so that you can hone in more closely on each body part in terms of exercise variation and volume.

The legs workout will train your lower body muscles, the push workout focuses on your upper body pushing muscles (chest, front/side delts, triceps), and the pull workout hits your upper body pulling muscles (back, rear delts, biceps). You'll be performing 2 different variations for each one, making for 6 total workouts that will be rotated through during the week (A1, B1, C1, A2, B2, C2).

Whether you go with 4 sessions per week on this split (averaging out to 1.33 direct workouts per muscle group per week) or 5 sessions per week (1.66 direct workouts per muscle) once again depends on your individual training tolerance and is something that will need to be experimented with to find the ideal frequency. The recommended approach for this phase would be to start off on the lower end at 4 days per week, optionally increasing to 5 if you find that you're easily recovering in between the workouts and you have the available time and energy to experiment with an additional weekly session.

For the 4 day split, one of the following two layouts will be ideal to optimize recovery throughout the week:

Option #1

Day 1: Workout
Day 2: Rest
Day 3: Workout
Day 4: Rest
Day 5: Workout
Day 6: Rest
Day 7: Workout

Option #2

Day 1: Workout
Day 2: Workout
Day 3: Rest
Day 4: Workout
Day 5: Workout
Day 6: Rest
Day 7: Rest

If you'll be using the 5 day frequency, this is what the weekly pattern would look like...

Day 1: Workout
Day 2: Workout
Day 3: Rest
Day 4: Workout
Day 5: Workout
Day 6: Rest
Day 7: Workout

If you'd prefer to go in the middle at an average of 4.5 workouts per week, the other option is to utilize a "2 on, 1 off" approach by training two days in a row, taking one day off, and then repeating.

It should also be noted that, while not optimal for maximizing hypertrophy since each muscle will only be directly trained once a week, this phase can optionally be performed just 3 days per week as well. You'll still make ongoing progress this way, but most likely at a reduced pace in comparison to a 4-5 day approach due to the decreased training frequency.

There's no set "limit" as to how long the legs/push/pull structure can be followed for, as this will be an effective style of training even for those in the highly advanced stages of lifting. A consistent 4 month cycle is once again recommended as a minimum, with 6-12 months being ideal to achieve the highest rate of overall progress. At that point you can either move on to a different routine altogether, or continue with a legs/push/pull split but swap in different exercises for variety.

PHASE 1 TRAINING PLAN
FULL BODY ROUTINE

WORKOUT A – FULL BODY

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
Incline Bench Dumbbell Row	3	5 - 7
Flat Dumbbell Press	3	5 - 7
Lying Leg Curl	3	8 - 10
Standing Cable Lateral Raise	2 per arm	10 - 12
Incline Dumbbell Curl	2	8 - 10
Standing Machine Calf Raise	3	8 - 10
Dumbbell Shrug	2	8 - 10

Notes:

- Start the workout off with warm up sequence A followed by 3 weight acclimation sets for barbell squats (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Perform 3 weight acclimation sets prior to incline bench dumbbell rows and flat dumbbell presses as well. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you are unable to perform regular barbell squats due to equipment limitations or lower back issues, other acceptable choices include [front squats](#), [Bulgarian split squats](#), [hack squats](#) or any other machine squat variation that feels comfortable for you.

- If you don't have access to a lying leg curl machine, a [seated leg curl](#) or [standing leg curl](#) can be used instead. If you have no leg curling machines available at all, substitute in a [lying dumbbell leg curl](#).

- If you don't have a cable machine available to perform standing cable lateral raises, perform an [incline bench dumbbell lateral raise](#) or [seated dumbbell lateral raise](#) instead.

- If your gym doesn't have a regular standing calf raise machine available, substitute in a [smith machine calf raise](#). If no smith machine is available either, perform a [leg press calf raise](#) or [one-legged dumbbell calf raise](#).
- If fully maximizing glute development is a primary training goal for you and you're able to handle the extra volume, you can optionally add 2-3 sets of [barbell hip thrusts](#) to this workout (inserted after the flat dumbbell press) to provide some additional stimulation beyond what the squats (and Romanian deadlifts found in Workout B) will provide. [Single leg hip thrusts](#) using a dumbbell or weight plate for added resistance are an acceptable choice as well.

WORKOUT B – FULL BODY

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
Overhand Pullup	3	5 - 7
Seated Overhead Dumbbell Press	3	5 - 7
Romanian Dumbbell Deadlift	3	8 - 10
Incline Cable Fly	3	8 - 10
Rope Pushdown	2	8 - 10
Kneeling Rope Crunch	2	10 - 12
Face Pull	2	10 - 12

Notes:

- Start the workout off with warm up sequence A followed by 3 weight acclimation sets for barbell squats (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Perform 3 weight acclimation sets prior to overhand pull ups (using an assisted pull up machine or lat pulldown) and seated overhead dumbbell presses as well. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you find that your legs, lower back or overall body in general feels excessively fatigued from squatting 3 times per week, the squats in this workout can be replaced with a [45 degree leg press](#) at 8-10 reps per set. A [seated leg press](#) is an acceptable choice as well if you find it more comfortable on your lower back. If you don't have access to a leg press machine (or would simply prefer a different movement altogether), perform [walking dumbbell lunges](#) instead at 5-7 reps per leg.

- If you are currently unable to perform overhand pull ups for at least 4 full reps using your body weight, start out with an easier variation such as [neutral grip pull ups](#) or [underhand chin ups](#). If you aren't yet strong enough to perform those either, use an [assisted pull up machine](#).

If you don't have an assisted pull up machine available, a regular [lat pulldown](#) can be performed instead.

- If you experience lower back discomfort on Romanian deadlifts despite performing them with proper technique, substitute in a [rope pull through](#) or [glute-ham raise](#).

- If you don't have a cable machine available for the lying incline cable fly (or if your gym setup simply isn't conducive to wheeling a bench in between a cable stand), perform an [incline dumbbell fly](#) instead.

- If you don't have access to a cable machine for rope pushdowns, substitute in a [one-arm overhead dumbbell extension](#) or [decline dumbbell skull crusher](#). (A [flat dumbbell skull crusher](#) is also acceptable if you don't have a decline bench available.)

- If you don't have a cable machine available to perform kneeling rope crunches, substitute in a [weighted decline crunch](#). If you don't have access to a decline bench, perform a basic [weighted floor crunch](#).

- If you don't have a cable machine available for face pulls, perform the exercise using resistance bands or substitute in a [dumbbell face pull](#).

- Once again, if fully maximizing glute hypertrophy is a primary goal for you and the additional volume doesn't pose any issues, add 2-3 sets of [seated machine hip abductions](#) to this workout at any point after Romanian deadlifts.

PHASE 2 TRAINING PLAN
UPPER/LOWER ROUTINE

WORKOUT A1 – UPPER BODY

EXERCISE	SETS	REPS
Overhand Pull Up	3	5 - 7
Flat Dumbbell Press	3	5 - 7
Chest-Supported T-Bar Row	3	8 - 10
Seated Overhead Dumbbell Press	3	5 - 7
Incline Cable Fly	2	8 - 10
Standing One-Arm Cable Curl	3 per arm	8 - 10
One-Arm Overhead Cable Extension	3 per arm	8 - 10
Face Pull	2	10 - 12

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for overhand pull ups (50% x 7 reps, 70% x 3 reps, 100% x 1 rep) using an assisted pull up machine or lat pulldown. Perform 3 weight acclimation sets prior to flat dumbbell presses as well. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you are currently unable to perform overhand pull ups for at least 4 full reps using your body weight, start out with an easier variation such as [neutral grip pull ups](#) or [underhand chin ups](#). If you aren't yet strong enough to perform those either, use an [assisted pull up machine](#). If you don't have an assisted pull up machine available, a regular [lat pulldown](#) can be performed instead.

- If you don't have access to a chest-supported t-bar row, any other basic machine rowing variation using an overhand grip (such as a Hammer Strength row) can be substituted in. A [seated cable row](#) is an acceptable option as well. If you'll be training with free weights only, perform an [incline bench dumbbell row](#) (using a slightly wider overhand grip) or a [Pendlay row](#).

- If you don't have a cable machine available for the lying incline cable fly (or if your gym setup simply isn't conducive to wheeling a bench in between a cable stand), perform an [incline dumbbell fly](#) instead.

- If you don't have access to a cable machine for standing one-arm cable curls, substitute in an [incline dumbbell curl](#).
- If you don't have access to a cable machine for one-arm overhead cable extensions, perform [one-arm overhead dumbbell extensions](#) instead.
- If you don't have a cable machine available for face pulls, perform the exercise using resistance bands or substitute in a [dumbbell face pull](#).

WORKOUT B1 – LOWER BODY / ABS

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
Romanian Dumbbell Deadlift	3	8 - 10
Walking Dumbbell Lunge	2	5 -7 per leg
Lying Leg Curl	3	8 - 10
Seated Machine Hip Abduction	2	10 - 12
Leg Press Calf Raise	3	8 - 10
Kneeling Rope Crunch	2	10 - 12
Hanging Leg Raise	1	10 - 12

Notes:

- Start the workout off with warm up sequence C followed by 3 weight acclimation sets for barbell squats (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you are unable to perform regular barbell squats due to equipment limitations or lower back issues, other acceptable choices include [front squats](#), [Bulgarian split squats](#), [hack squats](#) or any other machine squat variation that feels comfortable for you.

- If you experience lower back discomfort on Romanian deadlifts despite performing them with proper technique, substitute in a [rope pull through](#) or [glute-ham raise](#).

- If you don't have access to a lying leg curl machine, a [seated leg curl](#) or [standing leg curl](#) can be used instead. If you have no leg curling machines available at all, substitute in a [lying dumbbell leg curl](#).

- If fully maximizing glute hypertrophy is not a primary training goal for you, seated hip abductions can be optionally removed from the workout (or simply reduced down to a single set) since the squats, Romanian deadlifts and lunges will already provide a sufficient amount of glute stimulation on their own for those who do want to increase the development of these muscles but not necessarily to the highest possible degree. If developing your glutes to their highest potential is a priority for you, this exercise can be optionally increased to 3 sets.

- If you don't have access to a leg press or any other machines for the calf raise exercise, perform a [one-legged dumbbell calf raise](#).
- If you don't have a cable machine available to perform kneeling rope crunches, substitute in a [weighted decline crunch](#). If you don't have access to a decline bench, perform a basic [weighted floor crunch](#).
- If you aren't yet strong enough to perform hanging leg raises in proper form for at least 6 reps, start out with a [lying leg raise](#) instead.
- If your calves are a genetically weak body part that you'd specifically like to focus on, 1-2 sets of [seated machine calf raises](#) (8-10 reps) can be optionally added in after the leg press calf raise if the additional training volume is not an issue for you.

WORKOUT A2 – UPPER BODY

EXERCISE	SETS	REPS
Incline Dumbbell Press	3	5 - 7
One-Arm Dumbbell Row	3 per arm	5 - 7
Pec Deck	2	8 - 10
V-Bar Pulldown	3	8 - 10
Standing Cable Lateral Raise	3 per arm	10 - 12
Supinating Dumbbell Curl	3	5 - 7 per arm
Rope Pushdown	3	8 - 10
Dumbbell Shrug	2	8 - 10

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for incline dumbbell presses (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Perform 3 weight acclimation sets for one-arm dumbbell rows as well. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.
- If you don't have access to a pec deck machine, perform a [standing cable fly](#) instead. If you don't have access to a cable machine either, substitute in a [flat dumbbell fly](#).
- If you don't have a cable machine available for v-bar pulldowns, perform a [neutral grip pull up](#) instead.
- If you don't have a cable machine available to perform standing cable lateral raises, perform an [incline bench dumbbell lateral raise](#) or [seated dumbbell lateral raise](#) instead.
- If you don't have access to a cable machine for rope pushdowns, perform a [decline dumbbell skull crusher](#) instead. A [flat dumbbell skull crusher](#) can be used if no decline bench is available.

WORKOUT B2 – LOWER BODY / ABS

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
45 Degree Leg Press	3	8 - 10
Barbell Hip Thrust	2	8 - 10
Seated Leg Curl	3	8 - 10
Hyperextension	2	10 - 12
Standing Machine Calf Raise	3	8 - 10
Straight Plank	2	20 - 60 sec
Side Plank	1 per side	20 - 60 sec

Notes:

- Start the workout off with warm up sequence C followed by 3 weight acclimation sets for barbell squats (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.
- Barbell squats can once again be replaced with another variation ([Bulgarian split squats](#), [hack squats](#), machine squats etc.) if necessary.
- If you find it more comfortable on your lower back, a [seated leg press](#) can be optionally used in place of the 45 degree leg press. If you don't have access to a leg press machine, perform [dumbbell step-ups](#) at 3 sets per leg for 8-10 reps.
- Aside from the standard barbell hip thrust, [single leg hip thrusts](#) using a dumbbell or weight plate are an acceptable option as well. As mentioned in the notes for workout B1, if fully maximizing glute hypertrophy is not a specific goal for you, hip thrusts can be optionally removed from the workout or reduced down to just a single set. If building your glutes up to their full potential is a primary goal, they can be alternatively increased to 3 sets.
- If you don't have access to a seated leg curl machine, a [lying leg curl](#) or [standing leg curl](#) can be used in its place. If you have no leg curling machines available at all, substitute in a [glute-ham raise](#) for this workout. If you're unable to perform glute-ham raises for any reason, you can once again go with a [lying dumbbell leg curl](#).

- If your gym doesn't have a regular standing calf raise machine available, substitute in a [smith machine calf raise](#). If no smith machine is available either, perform a [leg press calf raise](#) or [one-legged dumbbell calf raise](#).
- Once again, if your calves are a genetically lagging body part that you'd like to specifically bring up, add in 1-2 sets of [calf jumps](#) (10-12 reps) after the standing machine calf raise if the additional volume is not an issue for you.
- Once you're able to hold a regular straight plank for a full 60 seconds with perfect form, graduate to a [Swiss ball plank](#). When you can hold the Swiss ball plank for 60 seconds, graduate to [stir-the-pot](#) for 8-15 reps. If you can perform 8-15 reps of stir-the-pot, superset the exercise with a swiss ball plank immediately after each set.
- Once you're able to hold a regular side plank for a full 60 seconds with perfect form, graduate to a weighted side plank using a dumbbell for added resistance.

PHASE 3 TRAINING PLAN
LEGS/PUSH/PULL ROUTINE

WORKOUT A1 – LEGS

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
Romanian Dumbbell Deadlift	3	8 - 10
Walking Dumbbell Lunge	3	5 - 7 per leg
Seated Leg Curl	2	8 - 10
Glute-Ham Raise	2	8 - 10
Seated Machine Hip Abduction	2	10 - 12
Leg Press Calf Raise	3	8 - 10

Notes:

- Start the workout off with warm up sequence C followed by 3 weight acclimation sets for barbell squats (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you are unable to perform regular barbell squats due to equipment limitations or lower back issues, other acceptable choices include [front squats](#), [Bulgarian split squats](#), [hack squats](#) or any other machine squat variation that feels comfortable for you.

- If you experience lower back discomfort on Romanian deadlifts despite performing them with proper technique, substitute in a [rope pull through](#).

- If you don't have access to a seated leg curl machine, a [lying leg curl](#) or [standing leg curl](#) can be used instead. If you have no leg curling machines available at all, substitute in a [lying dumbbell leg curl](#).

- If you are unable to perform glute-ham raises either due to equipment limitations or knee discomfort, substitute in a [reverse hyperextension](#) instead.

- If fully maximizing glute hypertrophy is not a primary training goal for you, seated hip abductions can be optionally removed altogether (or simply reduced down to a single set) since the other exercises included in this workout will already provide a sufficient amount of glute stimulation on their own for those who do want to increase the development of these muscles but not necessarily to the highest possible degree. If developing your glutes to their highest potential *is* a priority for you, this exercise can be optionally increased to 3 sets.

- If you don't have access to a leg press or any other machines for the calf raise exercise, perform a [one-legged dumbbell calf raise](#).
- If your calves are a genetically weak body part that you'd specifically like to focus on, 1-2 sets of calf jumps (10-12 reps) can be optionally added in after the leg press calf raise if the additional training volume is not an issue for you.

WORKOUT B1 – CHEST/SHOULDERS/TRICEPS/ABS

EXERCISE	SETS	REPS
Flat Dumbbell Press	3	5 - 7
Incline Machine Press	2	8 - 10
Standing Cable Fly	2	8 - 10
Seated Overhead Dumbbell Press	3	5 - 7
Standing Cable Lateral Raise	2 per arm	10 - 12
Rope Pushdown	3	8 - 10
Decline Dumbbell Skull Crusher	2	8 - 10
Kneeling Rope Crunch	2	10 - 12
Straight Plank	2	20 - 60s

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for flat dumbbell presses (50% x 7 reps, 70% x 3 reps, 100% x 1 rep). Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you don't have access to an incline machine press, substitute in either an [incline barbell press](#) or any other basic flat machine press or cable press.

- If you don't have a cable machine available for the standing cable fly, perform a [decline dumbbell fly](#) instead. A [flat dumbbell fly](#) can be used if you don't have access to a decline bench.

- If you don't have a cable machine available to perform standing cable lateral raises, perform an [incline bench dumbbell lateral raise](#) or [seated dumbbell lateral raise](#) instead.

- If you don't have access to a cable machine for rope pushdowns, perform 3 sets of decline dumbbell skull crushers as your primary triceps movement (use a flat bench if you don't have a decline bench available), followed by 2 sets of either a [close-grip barbell press](#) or [close-grip dumbbell press](#).

- If you don't have a cable machine available to perform kneeling rope crunches, substitute in a [weighted decline crunch](#). If you don't have access to a decline bench, perform a basic [weighted floor crunch](#).
- Once you're able to hold a regular straight plank for a full 60 seconds with perfect form, graduate to a [Swiss ball plank](#). When you can hold the Swiss ball plank for 60 seconds, graduate to [stir-the-pot](#) for 8-15 reps. If you can perform 8-15 reps of stir-the-pot, superset the exercise with a swiss ball plank immediately after each set.

WORKOUT C1 – BACK/SHOULDERS/BICEPS

EXERCISE	SETS	REPS
Overhand Pull Up	3	5 - 7
Chest-Supported T-Bar Row	3	8 - 10
Lat Pull-In	2	8 - 10
Face Pull	2	10 - 12
Standing One-Arm Cable Curl	3 per arm	8 - 10
Supinating Dumbbell Curl	2	5 - 7 per arm
Dumbbell Shrug	3	8 - 10

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for overhand pull ups using an assisted pull up machine or lat pulldown. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you are currently unable to perform overhand pull ups for at least 4 full reps using your body weight, start out with an easier variation such as [neutral grip pull ups](#) or [underhand chin ups](#). If you aren't yet strong enough to perform those either, use an [assisted pull up machine](#). If you don't have an assisted pull up machine available, a regular [lat pulldown](#) can be performed instead.

- If you don't have access to a chest-supported t-bar row, any other basic machine rowing variation using an overhand grip (such as a Hammer Strength row) can be substituted in. A [seated cable row](#) is an acceptable option as well. If you only have access to free weights, perform a [seal row](#) (using a slightly wider overhand grip) or a [Pendlay row](#).

- If you don't have access to a cable machine to perform lat pull-ins, perform a [dumbbell pullover](#) instead.

- If you don't have a cable machine available for face pulls, perform the exercise using resistance bands or substitute in a [dumbbell face pull](#).

- If you don't have access to a cable machine for standing one-arm cable curls, substitute in an [incline bench dumbbell curl](#).

WORKOUT A2 – LEGS

EXERCISE	SETS	REPS
Barbell Squat	3	5 - 7
45 Degree Leg Press	3	8 - 10
Barbell Hip Thrust	2	8 - 10
Lying Leg Curl	3	8 - 10
Leg Extension	2	10 - 12
Hyperextension	3	10 - 12
Standing Machine Calf Raise	3	8 - 10

Notes:

- Start the workout off with warm up sequence C followed by 3 weight acclimation sets for barbell squats. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.
- Barbell squats can once again be replaced with another variation ([Bulgarian split squats](#), [hack squats](#), machine squats etc.) if necessary.
- If you find it more comfortable on your lower back, a [seated leg press](#) can be optionally used in place of the 45 degree leg press. If you don't have access to a leg press machine, perform [dumbbell step-ups](#) at 3 sets per leg for 8-10 reps.
- Aside from the standard barbell hip thrust, [single leg hip thrusts](#) using a dumbbell or weight plate are an acceptable option as well. As mentioned in the notes for workout A1, if fully maximizing glute hypertrophy is not a specific goal for you, hip thrusts can be optionally removed from the workout or reduced down to just a single set. If building your glutes up to their full potential is a primary goal, they can be alternatively increased to 3 sets.
- If you don't have access to a lying leg curl machine, a [seated leg curl](#) or [standing leg curl](#) can be used instead. If you have no leg curling machines available at all, substitute in a [lying dumbbell leg curl](#).
- If you don't have access to a leg extension machine, substitute in a [dumbbell leg extension](#). If you are unable to perform leg extensions due to knee discomfort, replace the exercise with a [single-leg leg press](#) or [dumbbell rear lunge](#) at 2 sets per leg of 10-12 reps.

- If your gym doesn't have a regular standing calf raise machine available, substitute in a [smith machine calf raise](#). If no smith machine is available either, perform a [leg press calf raise](#) or [one-legged dumbbell calf raise](#).
- Once again, if your calves are a genetically lagging body part that you'd like to specifically bring up, add 1-2 sets of [seated machine calf raises](#) (8-10 reps) after the standing machine calf raise if the additional volume is not an issue for you.

WORKOUT B2 – CHEST/SHOULDERS/TRICEPS/ABS

EXERCISE	SETS	REPS
Flat Barbell Press	3	5 - 7
Incline Dumbbell Press	2	5 - 7
Pec Deck	2	8 - 10
Military Press	2	8 - 10
Incline Bench Dumbbell Lateral Raise	3	10 - 12
One-Arm Overhead Cable Extension	3 per arm	8 - 10
Narrow Grip Dip	2	8 - 10
Hanging Leg Raise	2	10 - 12
Side Plank	2 per side	20 - 60s

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for flat barbell presses. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.
- If you aren't able to perform flat barbell presses due to joint discomfort and/or not having a spotter available, perform either a [decline dumbbell press](#) or [flat machine press](#) instead.
- If you don't have a pec deck machine available, substitute in a [flat dumbbell fly](#).
- If you are unable to perform barbell military presses for any reason, substitute in an [Arnold press](#) or [overhead machine press](#).
- If you don't have access to a cable machine for one-arm overhead cable extensions, perform [one-arm overhead dumbbell extensions](#) instead.
- If you are unable to perform narrow grip dips for any reason, substitute in a [close-grip barbell press](#) or [close-grip dumbbell press](#).
- If you aren't yet strong enough to perform hanging leg raises in proper form for at least 6 reps, start out with a [lying leg raise](#) instead.

- Once you're able to hold a regular side plank for a full 60 seconds with perfect form, graduate to a weighted side plank using a dumbbell for added resistance.

WORKOUT C2 – BACK/SHOULDERS/BICEPS

EXERCISE	SETS	REPS
Incline Bench Dumbbell Row	3	5 - 7
V-Bar Pulldown	3	8 - 10
Machine High Row	2	8 - 10
Reverse Pec Deck	2	10 - 12
One-Arm Dumbbell Preacher Curl	3 per arm	5 - 7
Rope Hammer Curl	2	8 - 10
Rack Pull	3	8 - 10

Notes:

- Start the workout off with warm up sequence B followed by 3 weight acclimation sets for incline bench dumbbell rows. Prior to each other exercise in the workout, perform 3-4 reps with about 50% of your working weight, followed by 1-2 reps with roughly 75% to get a quick feel for the movement and develop a mind-muscle connection.

- If you don't have a cable machine available for v-bar pulldowns, perform a [neutral grip pull up](#) instead.

- If you don't have access to a machine high row, substitute in a [one-arm standing high cable row](#) or any other machine rowing variation where the weight is pulled higher up toward the lower chest region. If you'll be training with free weights only, perform a [one-arm dumbbell row](#) using an angled grip (half way between neutral and overhand), pulling higher up toward the lower chest.

- If you don't have access to a reverse pec deck machine, perform a [standing reverse cable fly](#). If you don't have cables available, go with a [bent over dumbbell lateral raise](#) instead.

- If you don't have access to a cable machine for rope hammer curls, substitute in [dumbbell hammer curls](#).

- If you're unable to perform rack pulls due to equipment limitations or lower back discomfort, substitute in a [barbell shrug](#).

CARDIO GUIDELINES



- Perform 2-3 weekly cardio sessions in addition to your weight training workouts, optionally increasing the frequency if you are in the later stages of a cutting phase and are looking to lose additional fat without decreasing your calorie intake any further.
- Cardio can be performed on the same day as weight training but at a different time (for example, weights in the morning and cardio in the evening, or vice versa), post-workout immediately after weight training, or on a different day altogether. The only time that cardio should be specifically avoided is immediately pre-workout.
- Both low intensity steady state cardio (LISS) performed for a longer duration and high intensity interval-based cardio (HIIT) for a shorter duration are equally acceptable options, and the choice between the two can simply be made based on personal preference. The only caveat is that HIIT cardio should ideally be limited to no more than twice per week.

Low Intensity Cardio Guidelines

Low intensity cardio should be performed for approximately 40-45 minutes per session at a steady continuous pace. If you ranked your perceived level of exertion from 0 (completely at rest) to 10 (100% all-out effort), these sessions should fall into a difficulty level of about 5-6.

Any form of sustained physical exercise can be used as a LISS cardio method, whether it be on a standard piece of gym cardio equipment or in the form of some other

physical activity such as cycling, swimming, light jogging, brisk walking, hiking, sports, gym classes etc. Just choose whichever method you find most enjoyable, convenient and that maximizes the chances that you'll remain consistent with your cardio over the long term.

Aside from a low intensity/longer duration structure, a middle-ground approach that utilizes a moderate intensity level (approximately a 7/10 in terms of perceived exertion) for a slightly reduced period of around 25-30 minutes is an acceptable option as well.

High Intensity Interval Cardio Guidelines

HIIT cardio is performed by alternating back and forth throughout the session between periods of high intensity work and active rest.

The work period should feel quite challenging and require a high degree of focus to complete, ranging from a perceived exertion level of around 8/10 up to a full 10/10 depending on the specific interval structure you'll be using.

During the resting phase, you'll reduce the intensity right down to a minimum level while still remaining in motion, allowing yourself a period of recovery before the next interval. For example, fast-paced running followed by walking, high intensity cycling followed by slow peddling etc.

Below you'll find 3 recommended interval structures to choose from, ranging from lower to higher difficulties and shorter to longer work and rest periods. Any one of these structures can be used effectively by any trainee, and the decision should once again come down to personal preference in terms of which approach is most sustainable for you.

The lower intensity structures are less challenging to perform but require a larger time investment, whereas the higher intensity structures are more demanding but can be completed more efficiently. It's up to you where on the intensity/duration spectrum you prefer to land. The only exception here is for complete beginners, as they'll want to start off on the lower intensity end first before optionally graduating to the more difficult variations.

Prior to performing any HIIT workout, make sure to get in a quick 3-5 minute moderate-paced warmup using the same cardio method that you'll be utilizing for the session. This will help to raise core temperature, improve blood flow and lubricate the joints for improved performance and reduced injury risk.

You can complete anywhere between 6-10 total rounds on each structure to constitute a complete cardio session, with the exact number depending on your individual fitness level and how much emphasis you are looking to place on cardio as a calorie burning and metabolic conditioning tool. In order to increase the difficulty over time as your cardiovascular fitness improves, you can gradually raise the speed and/or resistance level on the machine, increase the duration of the work period and/or reduce the duration of the rest period, or perform more total intervals per session.

Option #1 (Lowest Intensity): 80-100 seconds ON / 80-100 seconds OFF

With this lower intensity structure you'll exercise at a harder pace for anywhere from 80-100 seconds (the perceived exertion should fall around a 7.5-8 out of 10), and follow this up with an active rest period of 80-100 seconds. This structure is ideal for beginners or for those who simply prefer a slightly less intense pace over a longer period of time.

Option #2 (Medium Intensity): 30-60 seconds ON / 30-60 seconds OFF

With these intermediate intervals you'll be pushing yourself at a higher intensity level during the work periods followed by a shorter resting interval afterwards. You shouldn't be attempting an all-out sprint here, but you should be reasonably close to it with a perceived exertion of around 8.5-9 out of 10. This structure provides a good middle-ground balance between overall intensity/duration for the average trainee.

Option #3 (Highest Intensity): 10-20 seconds ON / 20 seconds-60 seconds OFF

These advanced intervals should be performed at a 9.5 intensity level right up to a full 10/10 maximum effort and only used by those with previous HIIT experience who are comfortable training at an all-out pace. This structure is extremely challenging to perform, but highly time-efficient. While any basic cardio machine or method can be used for the previous two interval options given above, those following this advanced structure will want to stick with exercises where the speed can be adjusted very quickly from a resting pace to a sprinting pace, such as a stationary bike, rower, airdyne, outdoor sprinting, swimming etc.

WARM UP ROUTINES & EXERCISES

Below you'll find the complete list of warm up routines with instructions for each exercise on the pages that follow.

Sequence A (Full Body)

- 1) Bent-Knee Iron Cross x 10-12 per side
- 2) Leg Swings x 10-12 per side/direction
- 3) Knee Circles x 10-12 per side
- 4) Thoracic Spine Foam Roll x 10-12
- 5) Scapular Wall Slides x 12-15
- 6) Face Pulls x 10-12
- 7) External Rotations x 10-12

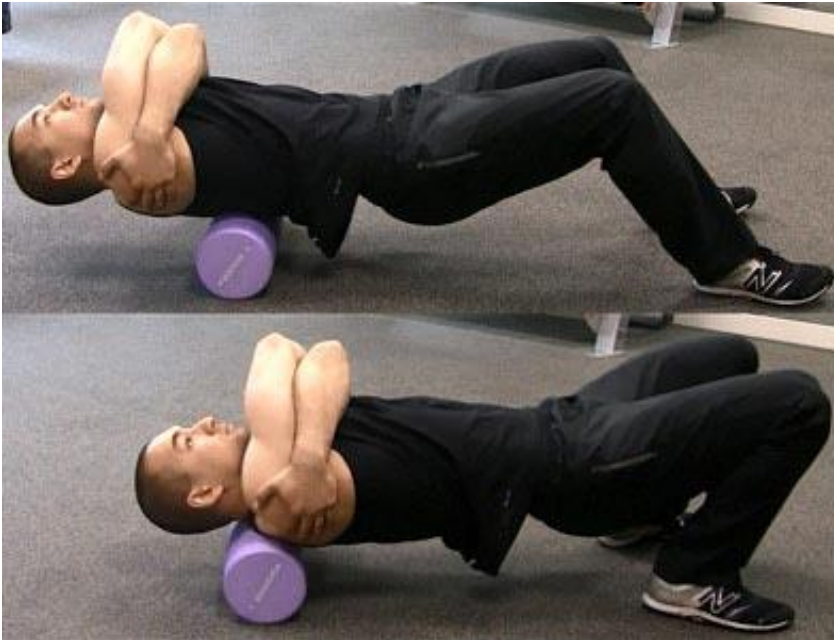
Sequence B (Upper Body)

- 1) Thoracic Spine Foam Roll x 10-12
- 2) Scapular Wall Slides x 12-15
- 3) Shoulder "Dislocations" x 10-12
- 4) Face Pulls x 10-12
- 5) External Rotations x 10-12

Sequence C (Lower Body)

- 1) Bent-Knee Iron Cross x 10-12 per side
- 2) Leg Swings x 10-12 per side/direction
- 3) Knee Circles x 10-12 per side
- 4) Hip Flexor Stretch x 30-45 seconds per side
- 5) Lying Piriformis Stretch x 30-45 seconds per side

Thoracic Spine Foam Roll



Wrap your arms around the opposite sides of your upper body in order to separate your scapula, and with your hips elevated and head in a neutral position, slowly roll up and down the center of your upper back.

Make sure to keep your muscles nice and relaxed here rather than tensing up.

After that, tilt your body to the left and perform the same movement along the left side of your upper back as well as the right side.

Scapular Wall Slides



Stand with your head, upper back and butt pressed firmly against a wall.

With your shoulders depressed and scapula retracted, place your upper arms and forearms against the wall at about a 90 degree angle.

From there, press your arms overhead until you feel a good contraction in your upper back, and lower them back down as far as you comfortably can.

Face Pulls



Place a rope attachment at upper chest height and hold onto it with a neutral hammer grip.

Keep your chest up, shoulders back and retract your scapula, and then pull the rope back towards your face while at the same time imagining that you're trying to pull the rope apart.

Think of it as though you were hitting a back double bicep pose on each rep, while making sure to keep your head stationary, and focus on squeezing your rear delts and upper back on each rep.

Bent-Knee Iron Cross



Lay flat on your back with your arms extended straight out to either side.

Raise your legs up off the ground with your thighs perpendicular to the floor and knees at a 90 degree angle.

From there, simply drop your knees to one side while at the same time dropping your head in the opposite direction, and then reverse the motion by dropping your knees and head the other way.

Leg Swings



Stand facing against a wall or any other object you can place your hands on for support.

Put all your weight on one foot and pick the other leg up off the ground. Now, simply swing that leg from side to side as far as you comfortably can in each direction while keeping your core tight.

Once you've completed a set from side to side, turn your body in the other direction and perform the same swinging motion, except this time going from front to back.

Repeat on the other leg.

Shoulder "Dislocations"



These can be done using either a resistance band or a broomstick.

Grab it with an overhand grip and start with the stick in front of your body touching your stomach. Then, while keeping your arms straight, rotate it back in a circular motion all the way behind your head and down to your lower back.

Your grip can be placed narrower or wider depending on your individual shoulder flexibility and limb length, so just find the distance that is most comfortable for you and that allows for a good stretch without any pain.

External Rotations



Place the cable pulley at elbow height and grip a single-hand attachment with your elbow at a 90 degree angle.

Position your elbow against your side with your forearm across your stomach, and then pull the cable attachment away from your body as far as is comfortable by externally rotating your shoulder.

Knee Circles



Kneel on all fours with your knees directly beneath your hips and hands directly beneath your shoulders.

With your arms straight and belly button pulled in, pull your heel up to your butt and begin “drawing circles” in the air with your knee. The idea here is to make the largest circles as possible with your knee without allowing the position of your upper body to change.

Once you’ve completed a set in one direction, reverse the motion by doing them in the opposite direction. Repeat on the other leg.

Hip Flexor Stretch



Kneel facing away from a flat bench and place one foot up on the bench, lunging forward with the other.

Flex the glute of the leg on the bench and then slowly lean your body upright and backward until you feel a good stretch in your hip flexor.

The specific angle that you place your leg at and how forward you lunge forward will depend on your individual flexibility.

Hold the stretch for 30-45 seconds and then repeat on the other leg.

Lying Piriformis Stretch



Lay on your back with both knees bent at roughly 90 degree angles and bring your ankle over top of the opposite thigh.

Raise your foot off the ground until your lower legs are roughly parallel to the floor and grip the underside of your thigh with your hands, drawing your knee toward your chest.

Keep your ankle flexed in order to take pressure off of your knee joint, and make sure your head and neck are relaxed on the ground. Hold for 30-45 seconds and repeat on the other side.