

LARON LANDRY
PRO FOOTBALL SUPERSTAR



BODYBUILDING.COM



PHASE 1

MP
MUSCLEPHARM
DIET + TRAINING SERIES

GET SWOLE
DIET + TRAINING GUIDE

MEATS:



- Chicken
- Mackerel
- Salmon
- Tuna
- Lean Beef
- Jerky
- Turkey
- Lunch Meat Ham
- Lunch Meat Roast Beef
- Eggs

CARBOHYDRATES:



- Brown Rice
- Sweet Potato
- Quinoa
- Oatmeal
- Whole Wheat Bread
- Ezekiel Bread
- Whole Wheat Spaghetti
- Yams
- Barley
- Rye Bread
- Pumpernickel Bread

FRUITS:



- Apples
- Strawberries
- Papaya
- Pears
- Fresh Prunes
- Orange
- Grapefruit
- Kiwi
- Peaches

VEGETABLES:



- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash

FATS:



- Avocado
- Almonds
- Cashews
- Olive Oil
- Whole Organic Butter
- Walnuts
- Kidney Beans
- Black Beans
- Brazil Nuts

CONDIMENTS + SEASONINGS:



- Spicy Mustard
- Hot Sauce
- Crushed Red Pepper
- Mrs. Dash Original Blend
- Mrs. Dash Fiesta Lime
- Mrs. Dash Extra Spicy
- Mrs. Dash Tomato Basil Garlic
- Mrs. Dash Lemon Pepper



EX. TIME: 7:00AM

Wake Up



SUPPLEMENT:

RE-CON®: 1/2 scoop
* Take with 8-12 oz. of water.
ARMOR-V™: 6 capsules
* Take with 8-12 oz. of water.



FOOD:

- 3 whole eggs
- 1/4 cup oatmeal
- 1 cup of fruit



EX. TIME: 10:00AM

Mid-Morning



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



FOOD:

No Food



EX. TIME: 1:00PM

Lunch



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:
Meat: 8 oz.
Carbohydrate: 1/2 cup
Ex: 8 oz. of tuna and medium sweet potato



EX. TIME: 4:00PM

Mid-Evening



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
2 oz. of heavy whipping cream.



FOOD:

No Food



EX. TIME: 7:00PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 8 oz.

Carbohydrate: 1 cup

Vegetables: 2 cups

Ex: 8 oz. of tuna, medium
sweet potato, 2 cups of broccoli



EX. TIME: 10:00PM

Pre-Sleep



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
2 oz. of heavy whipping cream.

Z-CORE PM™: 1 capsule



FOOD:

No Food

SUPPLEMENTS: PRE-WORKOUT



ASSAULT™

1 scoop with 8-12 oz. of water
20-30 minutes before workout.

SUPPLEMENTS: POST-WORKOUT



RE-CON®

1/2 scoop with 8-12 oz. of water
immediately after workout.

BCAA 3:1:2™

6 capsules with 8-12 oz. of water
immediately after workout.

CREATINE

3 scoops with 8-12 oz. of water
immediately after workout.

MONDAY: CHEST + BACK

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Wide Grip Pull-Ups	5 x failure	
	Flat Bench	5 x 12	
SUPERSET	Incline Dumbbells	5 x 12	
	Seated Row	5 x 12	
SUPERSET	Wide Grip Pull-Ups	5 x failure	
	Chest Fly	5 x 12	
	Single Dumbbell Pull-Over Across Bench	6 x 12	

TUESDAY: LEGS + ABS

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Squats	5 x 12	
	Leg Press	5 x 12	
SUPERSET	Stiff Leg Dead Lift	5 x 12	
	Hamstring Curl	5 x 12	
SUPERSET	Barbell Lunges	5 x 12	
	Weighted Calf Raises	5 x 12	
	Ab Wheel	50	

WEDNESDAY: ARMS

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Arnold Cheat Curls—Straight Bar	6 x 8	
	Incline French Press	6 x 8	
SUPERSET	Incline Alternating Dumbbell Curls	5 x 6, 5-second twist, then 4 more	
	Straight Bar Push-Downs	5 x 20, 20 x 1/4 rep	
SUPERSET	Bench Dips	5 x failure	
	Preacher Curl Machine	5 x 30	

THURSDAY: SHOULDERS + ABS

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Military Press—Bar	5 x 12	
	Upright Rows	5 x 12	
SUPERSET	Lateral Raises	5 x 12	
	Full Frontals	5 x 12	
	Ab Wheel	1 x 100	

FRIDAY + SATURDAY + SUNDAY: REST + RECOVER

* In Phase 1, you will take 3 full days off and focus on recovery. Growth occurs when you are not in the gym.

RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

* This will help you maintain your intensity in training on Monday.

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PHASE 2

MP
MUSCLEPHARM
DIET + TRAINING SERIES

GET SWOLE
DIET + TRAINING GUIDE



EX. TIME: 7:00AM

Wake Up



SUPPLEMENT:

RE-CON®: 1/2 scoop
* Take with 8-12 oz. of water.
ARMOR-V™: 6 capsules
* Take with 8-12 oz. of water.



FOOD:

Choose One of the Following:

- Option 1)** 3 whole eggs, 1/4 cup oatmeal, 1 cup of fruit
- Option 2)** 2 egg whites, 1 cup of fruit, 1/4 cup of yogurt
- Option 3)** 2 strips of organic turkey bacon, 1 cup of fruit, 1/4 cup of yogurt



EX. TIME: 10:00AM

Mid-Morning



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



FOOD:

2 oz. of nuts of choice and 1 cup of fruit



EX. TIME: 1:00PM

Lunch



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 1/2 cup

Ex: 10 oz. of tuna and medium sweet potato



EX. TIME: 4:00PM

Mid-Evening



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
1 oz. of heavy whipping cream.



FOOD:

1 cup of fruit



EX. TIME: 7:00PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 8 oz.

Carbohydrate: 2 cups

Vegetables: 2 cups

Ex: 10 oz. of tuna, medium
sweet potato, 2 cups of broccoli



EX. TIME: 10:00PM

Pre-Sleep



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
1 oz. of heavy whipping cream.

Z-CORE PM™: 1 capsule



FOOD:

1 cup of fruit

SUPPLEMENTS: PRE-WORKOUT



ASSAULT™
1 scoop with 8-12 oz. of water
20-30 minutes before workout.

SUPPLEMENTS: POST-WORKOUT



RE-CON®
1/2 scoop with 8-12 oz. of water
immediately after workout.

BCAA 3:1:2™
6 capsules with 8-12 oz. of water
immediately after workout.

CREATINE
3 scoops with 8-12 oz. of water
immediately after workout.

MONDAY: CHEST + BACK

EXERCISE	SET/REPS	TRAINING TIP
Under Grip Pull-ups	4x failure	
Incline Bench Press	12, 10, 8, 6	
Seated Row	12, 10, 8, 8, 8	
Flat Bench	5 x 5	
Wide Grip Pulldowns	15, 12, 10	
Chest fly with 4 count stretch at bottom	5 x 5	

TUESDAY: LEGS

EXERCISE	SET/REPS	TRAINING TIP
Squats	20, 15, 12, 10, 8	
Leg Press	20, 15, 12, 10, 8	
Leg Extension	25, 20, 15, 10	
Hamstring Curl	20, 15, 10, 5	
Calf Raises	25, 20, 25, 20	

WEDNESDAY: ARMS

* A giant set is a back-to-back grouping of multiple exercises with no rest in-between exercises.

	EXERCISE	SET/REPS	TRAINING TIP
LARRY SCOTT GIANT	Dumbbell Preacher Curl	5 x 10: 5 full reps, 5 half reps	Dumbbells first set, straight bar second set, reverse curl third set
	Straight Bar Preacher Curl	5 x 10: 5 full reps, 5 half reps	
	Reverse Preacher Curl	5 x 10: 5 full reps, 5 half reps	
	Bicep Curl Machine	5 x 30	
	Close-Grip barbell Bench Press	5 x 5	
	Tricep Rope Pushdown	4 x 40 reps: 20 full reps, 20 partial reps	
	Bench Dips	5 x failure	
	Straight bar Pushdowns	4 x 40: 20 full reps, 20 partial reps	

THURSDAY: SHOULDERS + ABS

EXERCISE	SET/REPS	TRAINING TIP
Military Press—Bar	15, 12, 10	
Military Press Dumbbells	12, 10, 8	
Lateral Raises	20, 15, 12, 10	
Full Frontals	5 x 5	
Barbell Shrug	5 x 5	5 count at the top and bottom
Abs	100	

FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO

* In Phase 2, you will take 3 full days off from lifting and focus on recovery and cardio.

CARDIO:

20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense then 1 minute steady.

RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

* This will help you maintain your intensity in training on Monday.

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PHASE 3

MP
MUSCLEPHARM®
DIET + TRAINING SERIES

GET SWOLE
DIET + TRAINING GUIDE



EX. TIME: 7:00AM

Wake Up



SUPPLEMENT:

RE-CON®: 1/2 scoop
* Take with 8-12 oz. of water.

ARMOR-V™: 6 capsules
* Take with 8-12 oz. of water.



FOOD:

Choose One of the Following:

Option 1) 4 whole eggs, 2 slices of organic turkey bacon

Option 2) 2 whole eggs, 2 slices of organic turkey bacon, 1 cup of fruit

Option 3) 2 whole eggs, 1 cup of carbs



EX. TIME: 10:00AM

Mid-Morning



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water & 2 oz. of heavy whipping cream.



FOOD:

1 cup of cottage cheese and 1 cup of fruit



EX. TIME: 1:00PM

Lunch



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 2 cups

Ex: 10 oz. of tuna and 2 cups of broccoli



EX. TIME: 4:00PM

Mid-Evening



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
1 oz. of heavy whipping cream.



FOOD:

No Food



EX. TIME: 7:00PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 10 oz.

Carbohydrate: 2 cups

Vegetables: 2 cups

Ex: 10 oz. of tuna, medium
sweet potato, 2 cups of broccoli



EX. TIME: 10:00PM

Pre-Sleep



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water &
1 oz. of heavy whipping cream.

Z-CORE PM™: 1 capsule



FOOD:

1 cup of fruit

SUPPLEMENTS: PRE-WORKOUT



ASSAULT™

1 scoop with 8-12 oz. of water
20-30 minutes before workout.

SUPPLEMENTS: POST-WORKOUT



RE-CON®

1/2 scoop with 8-12 oz. of water
immediately after workout.

BCAA 3:1:2™

6 capsules with 8-12 oz. of water
immediately after workout.

CREATINE

3 scoops with 8-12 oz. of water
immediately after workout.

MONDAY: CHEST + BACK

* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
TRI-SET	Dumbbell Press	4 x 12	
	Incline Dumbbell Press	4 x 12	
	Dumbbell Fly	4 x 12	
TRI-SET	Flat Bench	4 x 12	
	Cable Crossover	4 x 15	
	Incline Dumbbell Fly	4 x 12	
TRI-SET	Pull-Ups	4 x 15	
	Dumbbell Pull-Overs	4 x 15	
	Seated Rows	4 x 15	
TRI-SET	Pull-Downs	4 x 15	
	T-Bar Row	4 x 15	
	Stiff Arm Cable Crossover	4 x 15	

TUESDAY: LEGS

* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
TRI-SET	Squats	3 x 15	
	Leg Press	3 x 15	
	Leg Extension	3 x 15	
TRI-SET	Stiff Leg Deadlift	3 x 15	
	Hamstring Curls	3 x 15	
	Walking Lunges	3 minutes	

WEDNESDAY: ARMS

* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
TRI-SET	Preacher Curls	4 x 15	
	Forehead Curls	4 x 15	
	Hammer Curls	4 x 15	
TRI-SET	3-Way Skull Crushers	3 x 20 to nose, 3 x 20 to forehead, 3 x 20 to behind head	
	Close Grip Preacher Curls	3 x 30	
	Straight Bar Push-Downs	3 x 30	

THURSDAY: SHOULDERS + ABS

* A tri-set is a back-to-back-to-back grouping of your sets, alternating, with no rest in-between. Doing all 3 exercises once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
TRI-SET	Arnold Press	4 x 20	
	Dumbbell Military Press	4 x 20	
	Lateral Raises	4 x 20	
	Front Raises	4 x 20	
	Shrugs	20	2 count at the top and bottom
	Ab Wheel	100	

FRIDAY + SATURDAY + SUNDAY: REST + RECOVER + CARDIO

* In Phase 3, you will take 3 full days off from lifting and focus on recovery and cardio.

CARDIO:

20-30 minutes of cardio, apply to whatever equipment is available (ex. stair stepper, jump rope, treadmill, etc.). Alternate 1 minute intense and 1 minute steady.

RECOVERY:

- 1/2 scoop of RE-CON® with 8-12 oz. of water upon waking up
- Take ARMOR-V™ with breakfast
- 1/2 scoop of RE-CON® with 8-12 oz. of water at lunch
- BCAA 3:1:2™ and Z-CORE PM™ prior to bed

* This will help you maintain your intensity in training on Monday.

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PHASE 4

MP
MUSCLEPHARM
DIET + TRAINING SERIES

GET SWOLE
DIET + TRAINING GUIDE



EX. TIME: 6:30AM

Wake Up



SUPPLEMENT:

BCAA 3:1:2™: 6-8 capsules

* Take with 8-12 oz. of water.

SHRED MATRIX™: 2-3 capsules

* Take with 8-12 oz. of water.



FOOD:

No Food



EX. TIME: 7:00AM

Breakfast



SUPPLEMENT:

ARMOR-V™: 3 capsules

* Take with 8-12 oz. of water.



FOOD:

- 5 Egg whites
- 1/2 cup of carbs
- 1/2 cup of fruit



EX. TIME: 10:00AM

Mid-Morning



SUPPLEMENT:

No Supplement



FOOD:

1 cup of 1% cottage cheese



EX. TIME: 12:30PM

30 Minutes Before Lunch



SUPPLEMENT:

SHRED MATRIX®: 2-3 capsules
* Take with 8-12 oz. of water.



FOOD:

No Food



EX. TIME: 1:00PM

Lunch



SUPPLEMENT:

ARMOR-V™: 3 capsules
* Take with 8-12 oz. of water



FOOD:

Meat: 8 oz.
Vegetables: 2 cups
* Cook in Olive Oil



EX. TIME: 4:00PM

Mid-Evening



SUPPLEMENT:

No Supplement



FOOD:

Fat: 1 cup



EX. TIME: 7:00PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Meat: 8 oz.
Vegetables: 2 cups
* Cook in Olive Oil



EX. TIME: 10:00PM

30-45 Minutes Before Bed



SUPPLEMENT:

COMBAT POWDER®: 2 scoops
* Take with 8-12 oz. of water
Z-CORE PM™: 1 capsule
RE-CON®: 1/2 Scoop
* Take with 8-12 oz. of water



FOOD:

No Food



Off days on Sundays are truly an off day. Stay on top of your supplement regimen; however, instead of 5 meals, eat only 3 meals. Stay away from fried foods, fructose corn syrup and processed carbohydrates, but don't stay away from carbohydrates completely. Trust in the plan and your body will adjust within the first couple weekends.

SUPPLEMENTS: PRE-WORKOUT



ASSAULT™
1 scoop with 8-12 oz. of water
20-30 minutes before workout.

**PHASE 4 IS DIFFERENT
THAN ALL OTHER PHASES:**
YOU GET TO PICK **ONE OF THE TWO**
EXERCISES LISTED FOR EACH DAY.

SUPPLEMENTS: POST-WORKOUT



RE-CON®
1/2 scoop with 8-12 oz. of water
immediately after workout.

BCAA 3:1:2™
6 capsules with 8-12 oz. of water
immediately after workout.

CREATINE
3 scoops with 8-12 oz. of water
immediately after workout.

MONDAY: CHEST + BACK (WORKOUT #1)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	Alternate on of the following:		
	• Dumbbell Pull-Over	3-5 x 15	
	• Cable Crossover		
	• Hammer Strength Machine		
	Abs, chose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

MONDAY: CHEST + BACK (WORKOUT #2)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
	Abs, choose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:

YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

TUESDAY: ARMS (WORKOUT #1)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
	Abs, choose one of the following: <ul style="list-style-type: none"> • Weighted Crunch • Ab Wheel • Kneeling Ab Crunch 		
		100	

TUESDAY: ARMS (WORKOUT #2)

* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	EXERCISE	SET/REPS	TRAINING TIP
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
	Abs, choose one of the following: <ul style="list-style-type: none"> • Weighted Crunch • Ab Wheel • Kneeling Ab Crunch 		
		100	

**PHASE 4 IS DIFFERENT
THAN ALL OTHER PHASES:**

YOU GET TO PICK **ONE OF THE TWO**
EXERCISES LISTED FOR EACH DAY.

WEDNESDAY: LEGS (WORKOUT #1)

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
Abs, choose one of the following:		
• Weighted Crunch	100	
• Ab Wheel		
• Kneeling Ab Crunch		

WEDNESDAY: LEGS (WORKOUT #2)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
	Heavy Deep Squats	8 x 8	
	Leg Press	4 x 20	
SUPERSET	Leg Extensions	4 x 15	
	Hamstring Curl	4 x 15	
SUPERSET	Seated Calf Machine	28 method, 2-3 sets	
	Standing Calf Machine	28 method, 2-3 sets	
Abs, choose one of the following:			
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:

YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

THURSDAY: CHEST + BACK (WORKOUT #1)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Wide-Grip Chin-Ups	5 x 15	
	Flat Bench	5 x 12	Slow, use a 3 count down and up
SUPERSET	Under-Grip Chin-Ups	5 x 12	
	Incline Barbell Press	5 x 12	Slow, use a 3 count down and up
TRI-SET	Chest Fly	4 x 15	
	Dips	4 x 12	
	Alternate on of the following:		
	• Dumbbell Pull-Over	3-5 x 15	
	• Cable Crossover		
	• Hammer Strength Machine		
	Abs, choose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

THURSDAY: CHEST + BACK (WORKOUT #2)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Bench Press	5 x 12	
	T-Bar Rows	5 x 12	
SUPERSET	Incline Barbell Press	5 x 12	
	Under-Grip Weighted Chin-Ups	5 x 12	
SUPERSET	Dumbbell Pull-Over	5 x 12	
	Cable Crossover	5 x 20	
	Abs, choose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:

YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

FRIDAY: ARMS (WORKOUT #1)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
SUPERSET	Straight Bar Curls	5 x 15	
	Bench Dips	5 x 12	
SUPERSET	Incline Curls	5 x 8, 5 count twist then 4 more	
	Bench Dips	5 x 30	
SUPERSET	Preacher Curls	5 x 12	
	Tricep Push-Down	5 x 20	
	Forearm Curls	3 x 20	
	Abs, choose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

FRIDAY: ARMS (WORKOUT #2)

* Arm Gauntlet: set up 7-8 arm exercises and do 15 reps for biceps and 20 reps for triceps for 5 sets.

	EXERCISE	SET/REPS	TRAINING TIP
ARM GAUNTLET	Tricep Push-Down	20	
	Tricep Band Press-Down	20	
	Straight Bar Curls	15	
	Preacher Curl	15	
	Skull Crusher	20	
	Bench Dips	20-30	
	Incline Dumbbell Curls	8, twist 5 count, then do 4 more	
	Abs, choose one of the following:		
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

PHASE 4 IS DIFFERENT THAN ALL OTHER PHASES:
YOU GET TO PICK **ONE OF THE TWO** EXERCISES LISTED FOR EACH DAY.

SATURDAY: LEGS (WORKOUT #1)

EXERCISE	SET/REPS	TRAINING TIP
Squat	12 x 12	
Leg Extensions	10 x 12	
Hamstring Curls	10 x 10	Heavy as possible
Seated Calf Machine	28 method, 2-3 sets	
Standing Calf Machine	28 method, 2-3 sets	
Abs, choose one of the following:		
• Weighted Crunch	100	
• Ab Wheel		
• Kneeling Ab Crunch		

SATURDAY: LEGS (WORKOUT #2)

* A superset is a back-to-back grouping of your sets, alternating, with no rest in-between. Doing a set of each exercise once through is a set.

	EXERCISE	SET/REPS	TRAINING TIP
	Heavy Deep Squats	8 x 8	
	Leg Press	4 x 20	
SUPERSET	Leg Extension	4 x 15	
	Hamstring Curl	4 x 15	
SUPERSET	Seated Calf Machine	5 x 15	
	Standing Calf Machine	5 x 15	
Abs, choose one of the following:			
	• Weighted Crunch	100	
	• Ab Wheel		
	• Kneeling Ab Crunch		

SUNDAY: REST + RECOVER

* Use this day to rest and recover from the week's workouts.