

SCULPT

TRAINER LINDSEY'S

6 WEEK

FIT BODY

SCULPT

WORKOUTS





FIT BODY SCULPT WORKOUTS

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INTRODUCTION

Getting Started

Introduction

I'm so excited for you guys to dive right into this program and get your booty's into the gym! But before we get into too much nitty gritty, let me explain a few key points of the workout portion of the program first.

Warm-Up/Cool-Down

Your warm-up and cool-down is so important. It will prevent injury, minimize soreness and increase mobility to ensure you have proper form in your exercises. Follow the instructions below before every single lifting workout.

General Warm-Up (optional):

Right when you get to the gym, start with 2-3 minutes on a cardio machine to get blood flowing. This can be a light/

moderate intensity. If it's an upper-body day try to use the rower or an elliptical where your arms are involved in the movement. You can use any machine on a lower-body day.

Dynamic Warm-Up:

See the warm-up/cool-down book for exact routines to perform before each kind of workout.

Cool-Down:

Finish each workout by stretching the body part you worked. See stretching ideas in the warm-up/cool-down book.



Scheduling

I will give you a suggested schedule for each phase but feel free to adapt it to your own needs. You do not have to follow it exactly. Here are a couple things to note:

- Always do your lifting first if you combine it in the same workout as your cardio or abs.
- If you choose to split your lifting and cardio into two separate sessions to keep each session shorter, it's best to do your cardio first thing in the morning on an empty stomach and then lift later in the day. But if it's much better for your schedule to do it the opposite way, you can. It's not a deal breaker. If you ever do any sort of workout on an empty stomach make SURE you are drinking IdealLean BCAA's during that fasted workout! This is very important and can help prevent muscle loss due to not being fueled for your workout.
- Make sure you do the phases in order! This program is periodized over the six weeks, which means the sets and reps change each week to build the most strength possible over the course of the program. It's also perfect to repeat over and over because when you finish the lower-rep weeks at the end, your body will be ready to move back into the higher-rep weeks when you start the program over. To get the most out of this periodization, make sure you increase your weights and lift heavier as your reps get lower.

No Gym, No Problem!

I recommend doing this program in a gym, but if that's not a possibility for you, I do include at home substitutions at the end of each phase. Keep in mind you will lose some of the variety you'd get from all the different cables and machines at the gym, but that's OK. If you need to do the program at home, do it and put your whole heart and soul into it!

Make Sure You Push It!

In weightlifting, there is a concept called progressive overload and it is probably the most important aspect of lifting weights when it comes to getting results! What it means is simple: make sure you're always challenging yourself and working to increase your weight when you feel ready. A good rule of thumb is that if you could have lifted that weight for 2-3 more reps, increase your weight for the next set. This will happen naturally with the way the program is periodized (remember that term?). As you decrease the amount of reps in each set, increase your weights! It's a no-brainer to keep you progressing.



PHASE 1

Starting with the Basics

Phase 1

All different set and rep schemes have their place in a well-rounded workout program and we will move through a little bit of everything over the next six weeks. In Phase 1, we begin with high reps, but contrary to popular belief, this does not mean you can use “light weights” and “go easy.” You still need to push yourself as hard as you can for the sets and reps lifted. You will remember from the main eBook that lifting “heavy” means that you couldn’t have lifted that same weight very many more times after completing the recommended reps. If you could have done 2-3 more reps, increase the weight your next set. If you couldn’t quite finish the set, that’s OK! Just decrease your weight for the next set.

In this phase you’ll be starting with some basic movements and exercises to build the foundation for what is to come. Focus on really good form. Time your rests so you don’t take too long between sets. Bring the focus and energy to your workouts and push yourself. Now is the time to get this program off to a great start!

Suggested Schedule

You’ll notice there are three components: lifting workouts, HIIT cardio and abs. You can set up your schedule however you’d like, but make sure you keep at least 48 hours off between ab workouts and 72 hours off between the two leg workouts. Here is an example:

Monday: Shoulders/HIIT

Tuesday: Legs/Abs

Wednesday: Back/HIIT

Thursday: HIIT/Abs

Friday: Chest/Arms/HIIT

Saturday: Legs/Abs

Sunday: Rest Day

Phase 1 Setup

Phase 1 is set up in **straight sets**. This means you do all the reps for one exercise, rest, complete the next set of that exercise, rest and repeat for the recommended sets. For example, if it says 3 sets of 15 reps of squats you’ll do 15 squats, rest, 15 squats, rest, 15 squats. Then move on to the next exercise.

You’ll notice there are 60 second rest periods between each set. At first this rest period may seem long, especially if you’re used to circuit training workouts. It’s important that you’re pushing yourself hard enough to **NEED** this rest period. You need to rest so that you can push your muscles to exhaustion again the next set.

Phase 1

Lifting

Week 1: 3 sets of 15 reps, 60 seconds rest

Week 2: 4 sets of 12 reps*, 60 seconds rest

*Try to increase your weights from week 1

Monday: Shoulders

Seated dumbbell overhead press

Underhand dumbbell front raises, standing

Lateral raises

Lateral raise machine (yes, very similar to the last exercise)

Bent-over reverse flyes

Face pulls, rope attachment

Tuesday: Legs

Leg extension machine

Goblet squats

Leg press, feet shoulder-width apart

Walking lunges, barbell on back

Smith machine narrow squats, feet 6-8 inches apart

Wednesday: Back/Calves

Lat pulldown

Straight-arm lat pulldown, v-handle

Single-arm dumbbell row

Any seated row machine

Underhand close-grip pulldown

Seated calf raises

Thursday: Rest Day

This is a great day to do some yoga, go on a long walk or just take a complete rest day. If you need to move your rest day to a different day in the week you can. If you'd like, you CAN do abs and HIIT on this day, like the schedule says, but you don't have to set it up that way.

Friday: Chest/Arms

Push-ups

Dumbbell flyes, flat bench

Incline dumbbell curls

Preacher curl machine

Dumbbell tricep kickbacks

Seated overhead dumbbell extension

Saturday: Legs

Lying leg curl machine

Straight leg deadlifts, barbell

Stationary lunges w/ weights forward and toe on plate

Weighted hip thrusts, barbell

Straight-leg glute cable kickback

Sunday: Rest Day

This is a great day to do some yoga, go on a long walk or just take a complete rest day. If you need to move your rest day to a different day in the week you can.

Phase 1

Cardio+Abs

HIIT: 20 minutes, 4 days a week

After a 2-3 minute warm up, begin your sprints. Push yourself as hard as you can for 30 seconds and recover for 60 seconds at a very low intensity. This should be life or death type of sprinting. Imagine that a bear is chasing you and you have to get away or you'll get eaten. :-) Your recovery period is either a walk or low intensity on the machine you're using. Do not jog during your recovery! If you can jog during recovery, you weren't sprinting fast enough! You may even find that just standing on the sides of the treadmill trying to catch your breath takes a full minute and, if that's the case, it's totally OK! After 20 minutes of sprints, cool down for 3-5 minutes decreasing your intensity as you go.

You may use any machine or cardio modality you'd like. Feel free to get creative with this. For ideas, including "at home" bodyweight cardio ideas see **Appendix 1**.

Ab Circuits:

Choose ONE workout out of the two choices below. Do these ab circuits 2-3 times each week, alternating between the two workouts. For example, the first time you do abs you'll do Workout 1. The second time you do abs, you'll do Workout 2. The third time you'll repeat Workout 1 trying to go a little faster or rest a little less than you did the first time, and so on. Have fun with the ab circuits and keep track of how far you get in 10 minutes each session. Try to beat your "score" next time!

Workout 1:

Stability ball crunches, [15 reps](#)

Roman chair bent leg raises, [10 reps](#)

Single-leg jackknives, [10 each side](#)

Superman hold, [60 seconds](#)

Repeat for 10 minutes, trying to rest as little as possible

Workout 2:

Roman chair oblique bent leg raises, [6 each side](#)

Bicycle crunches, [15 each side](#)

Flutter kicks, [20 each leg](#)

Plank, [30 seconds](#)

Repeat for 10 minutes, trying to rest as little as possible

Phase 1

At Home Alternatives

Barbells:

Anything that uses a barbell you can mimic the move with dumbbells.

Machines:

Think about the move you're doing on the machine and do that same move with dumbbells. Examples of this would be: leg press/squats, overhead press machine/dumbbell overhead press, etc.

Lat Pull-Down Variations:

If you have a set of bands, you can anchor them high by wrapping the band around the back of a door. Then mimic the hand position with your bands.

Phase 1 Exercises: At-Home Alternatives

Lateral raise machine - Lateral raises

Face pulls - Bent-over reverse flies

Leg extension machine - Stationary lunges

Leg press - Squats

Smith machine narrow squats - Narrow squats with stability ball behind back

Lat pulldown - Bent over straight-arm lat pull

Straight-arm lat pulldown - Bent over straight-arm lat pull

Underhand close-grip pulldown - Bands or bent-over underhand row

Row machine - Bent-over row with palms facing in

Seated calf raises - Standing calf raises

Incline dumbbell curls - Use a stability ball to put your body at an incline

Preacher curl machine - Use a stability ball to rest your tricep on and use as a preacher bench

Lying leg curl machine - Stability ball leg curl

Straight-leg glute cable kickback - Weighted donkey kicks

Roman chair bent leg raises - Lying leg raises

Roman chair oblique bent leg raises - Lying diagonal leg raises (using obliques)

Keep in mind when you do this program at home that you will lose some of the variety that you have with gym equipment so you may have some repetition. This is ok! It's totally fine if you do the same exercise twice in a workout.



PHASE 2

Introducing Finishers

Phase 2

You've done sets of 15 reps and sets of 12 reps. Now in Phase 2, we are going to take it one step further. We will be doing even lower rep sets; do not be afraid to go heavy on these! As always, form is most important. If you feel your form slipping, decrease your weights.

With these heavier weight workouts, I want you to do one or two warm-up sets just for the first exercise of the workout. Instead of jumping right in with your low rep set, do one or two sets with a light weight and 12-15 reps. You do not need to push yourself to failure in these warm up sets. They're basically just getting your muscles and joints ready for the heavier work that's to come without tiring yourself out too much.

Feel free to take slightly longer rests if needed. Remember, pushing heavy weights and resting is NOT bad! You should need a 60-90 second rest in order to lift your best each and every set.

I am introducing you to a couple new concepts this phase. We will be adding **finishers** to your back, shoulder and leg workouts. These are five minute high-volume, low-rest add-on's to your lifting workout. These finishers will leave you feeling completely fatigued knowing that you worked that muscle group to your absolute max. Finishing your workout with high-volume work will increase your natural production of growth hormone which will help in building muscle and those feminine curves we all want! These are optional, so if you're short on time you can skip them. If you really want to get a great pump and increase blood flow and burn out the muscle though, make sure you plan time for these! Feel free to choose whichever finisher you'd like to do as long as it corresponds to the body part you are working that day. There are no finishers for your chest/arm day.

See all finisher workouts in **Appendix 2**.

You'll also notice that the Tone Track has some added **steady-state (SS) cardio**. This cardio can be done using any machine or cardio modality and should be completed at a steady, even pace the whole time. Choose an intensity that you can keep up for the full duration. This extra cardio is for the Tone Track only! If you're on the Strength Track and

really focused on building as much muscle as possible, extra cardio CAN hurt your efforts and slow that process down.

Have fun with this you guys—low-rep sets are my favorite! Focus on pushing yourself and keeping perfect form and you will leave the gym feeling like you can conquer the world!

Suggested Schedule

You'll notice there are four components: lifting workouts, finishers*, cardio and abs. You can set up your schedule however you'd like but make sure you keep at least 48 hours off between ab workouts and 72 hours off between the two leg workouts. Here is an example:

Monday: Shoulders/Finisher*/HIIT

Tuesday: Legs/Finisher/Abs/SS Cardio**

Wednesday: Back/Finisher/HIIT

Thursday: HIIT/Abs

Friday: Chest/Arms/HIIT

Saturday: Legs/Finisher/Abs/SS Cardio**

Sunday: Rest Day

*See all finishers written up in **Appendix 2** of this book

**The extra SS cardio is only for the Tone Track

Phase 2 Set-Up

Phase 2 is set up in straight sets. This means you do all the reps for one exercise, rest, complete the next set of that exercise, rest and repeat for the recommended sets. For example, if it says "3 sets of 10 reps of squats" you'll do 10 squats, rest, 10 squats, rest, 10 squats. Then move on to the next exercise.

You'll notice there are 60-90 second rest periods between each set. It's important that you're pushing yourself hard enough to NEED this rest period. You need to rest so that you can push your muscles to exhaustion again the next set.

Don't forget your finisher! Choose ONE finisher (five minutes) for the SAME body part you worked that day to complete after each leg, back and shoulder workout. These should be done immediately after your lifting workout—not another time during the day. The idea is to really "finish off" your muscles and push them to their absolute max! Again, these are optional but try to fit them in if you can! See Appendix 2 for a list of all finisher workouts.

Phase 2

Lifting

Phase 2, Week 1: 4 sets of 10 reps, 60-90 seconds rest

Phase 2, Week 2: 4 sets of 8 reps*, 60-90 seconds rest

*Try to increase your weights from week 1

Monday: Shoulders

Rotated dumbbell lateral raises

Single-arm leaning lateral raises

Landmine press*

Standing Smith machine overhead press**

Rear delt pulldown

*If your gym doesn't have a landmine attachment on the floor, try pushing the end of a barbell into a corner. If you can't do that, do any front press machine where your elbows are directly in front of your body during the press.

**If your smith machine isn't tall enough for you to stand and press bring a bench over and do them seated.

Tuesday: Legs

Hack squat machine, feet touching*

Barbell squat

Stationary lunge, w/dumbbells

Leg extension machine

Straight-leg calf raises

*If your gym doesn't have a hack squat machine do a Smith machine squat with feet touching.

Wednesday: Back/Calves

Landmine row*

Single-arm cable row, standing

Smith machine overhand row

Wide lat pulldown

Assisted pull-ups

*If your gym doesn't have a landmine attachment on the floor, try pushing the end of a barbell into a corner. If you can't do that do any row machine.

Thursday: Rest Day

This is a great day to do some yoga, go on a long walk or just take a complete rest day. If you need to move your rest day to a different day in the week you can. If you'd like, you CAN do abs and HIIT on this day, like the schedule says, but you don't have to set it up that way.

Friday: Chest/Arms

Incline chest press machine

Cable chest flyes

Assisted dip machine

Close grip push-ups

Twisting incline curls

Alternating dumbbell curls

Saturday: Legs

Lying leg curl machine

Sumo deadlift, w/barbell

Bent-over single-leg squat

Smith machine stationary lunge*

Straight-leg deadlift

*On your lunge, don't go all the way up at the top to keep the tension in the muscle and squeeze through your glutes.

Sunday: Rest Day

Finishers

Choose ONE finisher to do after each workout. Choose a finisher that works the SAME body part as the workout you just did. See all finisher workouts in **Appendix 2**.

Phase 2

Cardio+Abs

HIIT: 20 minutes, 4 days a week*

After a 2-3 minute warm up, begin your sprints. Push yourself as hard as you can for 30 seconds and recover for 60 seconds at a very low intensity. This should be life or death type of sprinting. Imagine that a bear is chasing you and you have to get away or you'll get eaten. :-) Your recovery period is either a walk or low intensity on the machine you're using. You may even find that just standing on the sides of the treadmill trying to catch your breath takes a full minute and if that's the case that's totally ok! After 20 minutes of sprints, cool down for 3-5 minutes decreasing your intensity as you go.

You may use any machine or cardio modality you'd like. Feel free to get creative with this. For ideas, including "at home" bodyweight cardio ideas see **Appendix 1**.

Tone Track:

Add two 30 minute steady-state cardio sessions in addition to the four HIIT sessions above. You'll have six total cardio sessions each week. For the SS cardio session, hold the highest intensity that you can maintain for the full 30 minutes. You should be able to barely keep up a conversation. This session should ideally be done in a fasted state either first thing in the morning before meal one (if you lift later in the day) or right after you lift. This can be done using any cardio modality.

***The Strength Track should only do the four HIIT sessions. The Tone Track will do four HIIT sessions and two steady-state sessions.**

Ab Circuits: Choose ONE workout out of the two choices below.

Do these ab circuits 2-3 times each week, alternating between the two workouts. For example, the first time you do abs you'll do Workout 1. The second time you do abs, you'll do Workout 2. The third time you'll repeat Workout 1 trying to go a little faster or rest a little less than you did the first time, and so on. Have fun with the ab circuits and keep track of how far you get in 10 minutes each session. Try to beat your "score" next time!

Workout 1:

Decline 3/4 sit-ups with weight, **10 reps**

Decline Russian twists, **20 each side**

Plank, **30 seconds**

Straight-leg bicycle crunches, **15 each side**

Repeat for 10 minutes, trying to rest as little as possible

Workout 2:

Weighted side-plank hip dips w/feet elevated, **10 reps each side**

Stability ball oblique step-offs, **15 reps each side**

Roman chair straight-leg hanging leg raises, **10 reps**

Stability ball crunches, **15 reps**

Repeat for 10 minutes, trying to rest as little as possible

Phase 2

At Home Alternatives

Barbells:

Anything that uses a barbell you can mimic the move with dumbbells.

Machines:

Think about the move you're doing on the machine and do that same move with dumbbells. Examples of this would be: leg press/squats, overhead press machine/dumbbell overhead press, etc.

Lat Pull-Down Variations:

If you have a set of bands, you can anchor them high by wrapping the band around the back of a door. Then mimic the hand position with your bands.

Phase 2 Exercises: At-Home Alternatives

Landmine press - Single-arm front press (elbow in front of body)

Standing Smith machine overhead press - Standing dumbbell overhead press

Rear delt pull down - Bent-over reverse fly

Hack squat machine, feet touching - Stability ball wall squats, feet touching

Leg extension machine - Stationary lunges

Landmine row - Bent-over two arm row, palms in, elbows close to body

Single-arm cable row, standing - Single-arm dumbbell row

Smith machine overhand row - Bent-over wide row, elbows straight out from shoulders

Wide pulldown- Use bands or bent-over underhand row

Assisted pull-ups - Bent-over straight arm lat pull

Incline chest press machine - Stability ball incline bench press



A black and white photograph of a woman in a gym, wearing a tank top and leggings, holding a battle rope. She is in a ready stance, looking directly at the camera. The background is dark with some gym equipment visible.

PHASE 3

Drop Set, Supersets, and Pyramid Sets

Phase 3

We started this program with higher reps and have slowly increased our weights and decreased our reps each week. During this phase, we are going to be introducing some fun techniques to your lifting workouts such as **drop sets, supersets and pyramid sets**.

When doing a drop set, you're going to push yourself as hard as you can during your actual set (just like you have been) and then instead of stopping after the set you'll immediately grab lighter weights and keep on going pushing PAST your "failure" point. Get ready to feel the burn!

With supersets, you'll be combining two exercises without rest and doing one right after the other. Not only is this a great time saver but it's also a great way to get more volume in the same amount of time!

Pyramid sets are fun because you'll decrease the reps and increase the weight each set so you'll really work into some heavy sets and you'll feel super strong!

The rests in this phase can range from 60-90 seconds. Rest as long as you feel you need to before you can go hard again.

You will also be continuing the same finishers you did in Phase 2, so make sure to save time for those!

Your HIIT intervals will be changed up during this phase so make sure to pay attention to that. The Tone Track also has a little bit more steady-state cardio after your HIIT. Let's burn that fat, baby!

I hope you guys love this phase; it's time to have a little more fun in the gym!

Suggested Schedule

You'll notice there are four components: lifting workouts, finishers*, cardio and abs. You can set up your schedule however you'd like, but make sure you keep at least 48 hours off between ab workouts and 72 hours off between the two leg workouts. Here is an example:

Monday: Shoulders/Finisher*/HIIT

Tuesday: Legs/Finisher/Abs/SS Cardio**

Wednesday: Back/Finisher/HIIT

Thursday: Optional Shoulders/HIIT/Abs

Friday: Chest/Arms/HIIT

Saturday: Legs/Finisher/Abs/SS Cardio**

Sunday: Rest Day

*See all finishers written up in **Appendix 2** of this book.

**The extra SS cardio is only for the Tone Track. The Tone Track also has a little SS cardio after the HIIT session.

Phase 3 Set-Up

Phase 3 is set up with a mix of different techniques. You'll be doing straight sets, supersets, drop sets and pyramid sets. See the exact instructions regarding sets, reps and rest times along with each workout.

Don't forget your finisher!! Choose ONE finisher (five minutes) to complete after each leg, back and shoulder workout; remember to choose a finisher for the SAME body part that you worked that day. These should be done immediately after your lifting workout—not another time during the day. The idea is to really "finish off" your muscles and push them to their absolute max!! Again, these are optional but try to fit them in if you can!

See **Appendix 2** for a list of all finisher workouts.

Phase 3

Lifting

Monday: Shoulders (Supersets)

Instructions: Three sets of each exercise or superset. The first exercise is a straight set. Do three sets of 12 reps with a 60 second rest between each set. Then you will move on to the supersets. Do 10 reps of exercise 2A, 15 reps of exercise 2B, rest 60 seconds, 10 reps of exercise 2A, 15 reps of exercise 2B, rest 60 seconds, and 10 reps of exercise 2A, 15 reps of exercise 2B, rest 60 seconds for three sets total. Then move on and do the same thing with exercise 3A and 3B and then 4A and 4B. For exercises 5A-5D do one set of 5A, one set of 5B, one set of 5C and one set of 5D and THEN rest for 60 seconds. Repeat twice more for three sets total.

Three sets of 12 reps with a 60 second rest between each set:

1. Overhead press machine, seated backwards

Complete 2a and 2b without resting between:

2a. Arnold press (10 reps)

2b. Lateral raises (15 reps)

Rest for 60 seconds and repeat superset for a total of three sets

3a. Dumbbell Alternating Front Raises (10 reps)

3b. Lateral Raises (15 reps)

Rest for 60 seconds and repeat superset for a total of 3 sets

Complete 4a and 4b without resting between:

4a. Reverse fly machine (10 reps)

4b. Lateral raises (15 reps)

Rest for 60 seconds and repeat superset for a total of three sets

Complete 5a - 5d without resting between:

5a. Single-arm lateral raises, right arm (10 reps)

5b. 45-degree rotators, right arm (15 reps)

5c. Single-arm lateral raises, left arm (10 reps)

5d. 45-degree rotators, left arm (15 reps)

Rest for 60 seconds and repeat superset for a total of three sets

Phase 3, Weeks 1 and 2: see exact sets and reps with each workout below, 60-90 seconds rest

*The sets and reps are the same for both weeks but try to increase your weights from week 1 to week 2 if you can.

Tuesday: Legs (Pyramid sets)

Instructions: For pyramid sets, you'll do five sets of each exercise resting 60-90 seconds between each set. The reps will change each set. As the reps decrease, try to increase your weight. On the fifth set when the reps increase you will need to drop your weight, but try to do more weight than you did the first set. These are straight sets so do all sets of one exercise before moving on to the next one.

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 15 reps

Leg extension, toes pointed slightly out

Reverse hack squat, feet shoulder width apart, toes slightly out*

Bulgarian split squat

Sumo leg press

*If your gym doesn't have a hack squat machine, do a Smith machine squat with feet shoulder-width apart, toes slightly out.

Wednesday: Back/Calves (Drop Sets)

Instructions: Do four sets of 10 reps of each exercise with 60 seconds rest between sets. After each third and fourth set, without resting, drop the weight 30% and keep going until failure. Example: Let's say for cable row you can do sets of 10 with 50lbs. You do 10 reps with 50lbs for your third set. As soon as you finish, change the weight to 35lbs (or you can round up to 40lbs if you can't choose 35lbs) and continue until failure. It doesn't matter if you can do 10 more reps or if you can only do three more. Just go until failure. Do the same thing after the fourth set.

Cable row, narrow attachment

Narrow grip lat pulldown

Underhand barbell row*

Wide lat pulldown

Straight-arm lat pulldown, rope attachment

Leg press calf raises*

Phase 3

Lifting

Thursday: Optional Shoulders (Drop Set)

Instructions: Do four sets of 10 reps of each exercise with 60 seconds rest between sets. After each third and fourth set, without resting, drop the weight 30% and keep going until failure. Example: Let's say for overhead press you can do sets of 10 with 20lb dumbbells. You do 10 reps with 20's for your third set. As soon as you finish, change the weight to 15's and continue until failure. It doesn't matter if you can do 10 more reps or if you can only do three more. Just go until failure. Do the same thing after the fourth set.

Seated dumbbell overhead press

Front press machine, elbows forward

Single-arm cable lateral raises*

Seated lateral raises

Cable reverse flyes

*Do not do drop sets on this exercise

Friday: Chest/Arms (Drop Sets and Supersets)

Instructions: For the straight sets at the beginning, do four sets of 10 reps of each exercise with 60 seconds rest between sets. After each third and fourth set, without resting, drop the weight 30% and keep going until failure. For the supersets, do not perform drop sets on these exercises. Instead, set them up as supersets and do one set of each exercise without resting between. Rest 60 seconds after the superset and then repeat the superset for three times total doing 15 reps of each exercise. Example: 15 reps bicep curl, 15 reps barbell skull crushers, 15 reps dumbbell curls, rest 60 seconds and repeat twice more for three sets total.

Straight Sets with Drop Sets

Four sets of 10 reps with a 60 second rest between each set, with a drop set after the 3rd and 4th set:

Dumbbell flat bench press

Incline dumbbell flyes

Complete 15 reps of 3a, 3b, and 3c without resting between:

3a. Barbell bicep curls

3b. Barbell skull crushers

3c. Alternating dumbbell curls

Rest for 60 seconds and repeat superset for a total of three sets

Complete 15 reps of 4a, 4b, and 4c without resting between:

4a. Cable tricep kickbacks

4b. Cable curls with straight bar

4c. Cable push downs

Rest for 60 seconds and repeat superset for a total of three sets

Saturday: Legs (Pyramid Sets)

Instructions: For pyramid sets, you'll do five sets of each exercise, resting between each set. The reps will change each set. As the reps decrease, try to increase your weight. On the fifth set when the reps increase you will need to drop your weight, but try to do more weight than you did the first set. These are straight sets, so do all sets of one exercise before moving on to the next one.

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 15 reps

Lying leg curl machine

Straight-leg deadlift, w/ dumbbells

Single-leg leg press, foot high, push through heel

Weighted hip thrusts, Smith machine

Sunday: Rest Day

Finishers

Choose ONE finisher to do after each workout. Choose a finisher that works the SAME body part as the workout you just did. See all finisher workouts in Appendix 2.

Phase 3

Cardio+Abs

HIIT: 20 minutes, 4 days a week*

After a 2-3 minute warm up, begin your sprints. Push yourself as hard as you can for 30 seconds and recover for 60 seconds at a very low intensity. This should be life or death type of sprinting. Imagine that a bear is chasing you and you have to get away or you'll get eaten. :-) Your recovery period is either a walk or low intensity on the machine you're using. You may even find that just standing on the sides of the treadmill trying to catch your breath takes a full minute and if that's the case that's totally ok! After 20 minutes of sprints, cool down for 3-5 minutes decreasing your intensity as you go.

You may use any machine or cardio modality you'd like. Feel free to get creative with this. For ideas, including "at home" bodyweight cardio ideas see **Appendix 1**.

Tone Track:

Keep the two extra SS cardio sessions from Phase 2 and add 10 minutes of steady-state cardio after each HIIT session. It can be done on any machine you'd like. Just take out the intervals and continue on at a steady pace for 10 more minutes. You will still have six cardio sessions each week but they will all be 30 minutes long.

***The Strength Track should only do the four HIIT sessions. The Tone Track will do four HIIT sessions and two steady-state sessions.**

Ab Circuits:

Choose ONE workout out of the two choices below. Do these ab circuits 2-3 times each week, alternating between the two workouts. For example, the first time you do abs you'll do Workout 1. The second time you do abs, you'll do Workout 2. The third time you'll repeat Workout 1, trying to go a little faster or rest a little less than you did the first time, and so on.

Have fun with the ab circuits and keep track of how far you get in 10 minutes each session. Try to beat your "score" next time!

Workout 1:

Stability ball pikes/knee pull ins, [10 reps](#)

Stability ball froggies, [15 reps](#)

Stability ball low back glute extensions, [20 reps](#)

Stability ball roll-outs, [10 reps](#)

Repeat for 10 minutes, trying to rest as little as possible

Workout 2:

Weighted crunch machine, [15 reps](#)

Oblique twist machine, [15 each side](#)

Plank, [hold 60 seconds](#)

Plank twists, [20 each side](#)

Repeat for 10 minutes, trying to rest as little as possible

Phase 3

At Home Alternatives

Barbells:

Anything that uses a barbell you can mimic the move with dumbbells.

Machines:

Think about the move you're doing on the machine and do that same move with dumbbells. Examples of this would be: leg press/squats, overhead press machine/dumbbell overhead press, etc.

Lat Pull-Down Variations:

If you have a set of bands, you can anchor them high by wrapping the band around the back of a door. Then mimic the hand position with your bands.

Keep in mind when you do this program at home that you will lose some of the variety that you have with gym equipment so you may have some repetition. This is OK! It's totally fine if you do the same exercise twice in a workout.

Phase 3 Exercises: At-Home Alternatives

Overhead press machine, seated backwards - dumbbell overhead press

Reverse fly machine - bent-over reverse fly

Leg extension, toes pointed slightly out - stationary lunge

Reverse hack squat, feet shoulder width apart, toes slightly out - stability ball wall squats, feet shoulder width apart, toes slightly out - stability ball wall squats, feet touching

Sumo leg press - sumo squat

Cable row - bent-over neutral grip row (palms facing in)

Narrow grip lat pulldown - band lat pulldown OR bent over straight-arm pulldown

Wide lat pulldown, overhand - band lat pulldown OR single arm row with elbow out

Straight-arm lat pulldown - bent over straight-arm pulldown

Front press machine, elbows forward - front press (elbows in front of your shoulders)

Single arm cable lateral raises - lateral raises

Cable reverse flyes - bent-over reverse fly

Cable tricep kickbacks - dumbbell tricep kickbacks

Cable curls w/straight bar - dumbbell curls

Cable pushdowns - overhead tricep extension with dumbbell

Lying leg curl machine - stability ball leg curl

Single-leg leg press, foot high, push through heel - stationary lunge with weights forward, toe elevated

Weighted hip thrusts, Smith machine - single-leg bridges

Weighted crunch machine - stability ball crunches with weight

Oblique twist machine - Russian twists with weight

YOU'RE DONE!

CONGRATIS!

Appendix 1

For your cardio sessions, you may use any machine or cardio modality you'd like. Feel free to get creative with this and mix it up! Some ideas are:

Incline treadmill jog/speed walk
Flat treadmill sprints
Outdoor sprints
Elliptical
Arc trainer
Step mill
Battle ropes
Sled pushes
Spin bike

If you need to do your cardio at home you can use any bodyweight moves* such as:

Burpees
Mountain climbers
Squat thrusts
Jump rope
Box jumps
Jump squats
Jumping lunges
Skaters

*If you choose to do one of these options make sure you are pushing AS HARD AS YOU CAN for 30 seconds. If you could go longer than 30 seconds, it wasn't hard enough. If you need to do your cardio from home with these kind of movements and 30 seconds isn't long enough, you can do 60 seconds hard and 60 second recovery.

Appendix 2

Finishers

Choose ONE finisher to do after each back, shoulder and leg workout. Make sure you combine ONE back finisher with a back workout, ONE leg finisher with a leg workout, etc. Don't mix and match body parts.

Back

Back 1: 5 min Barbell Row Burner

Beg: 20lb barbell

Adv: 45lb barbell

10 overhand rows, 10 underhand rows, 20 sec rest for five minutes

Back 2: 7 Set Burn Out

Straight-arm lat pulldown with rope attachment

30 seconds on, 30 seconds off for five minutes

Back 3: Pull it Up!

Choose a weight on the assisted pull-up machine that you can complete 10 reps with. Do as many reps as possible (around 10) at that weight. Rest 30 seconds. Leaving the weight the same, do as many reps as possible again. Rest 30 seconds. Repeat until you can only do two reps. Then immediately after the two rep set, drop the weight 30% and continue to failure.

Shoulders

Shoulders 1: Run the Rack

Starting with the lowest dumbbells you have, do 10 lateral raises. Then pick up to the next set of dumbbells you have and do 10 lateral raises. Repeat, increasing the weight until you can't do 10 reps. Rest for 30 seconds and repeat starting at the highest weight. Continue, dropping down through your sets of dumbbells, doing 10 reps with each set. If you have to rest for a few seconds mid-set that's ok. At the bottom rest for 30 seconds. Repeat the sequence for five minutes.

Shoulders 2: Shoulders on Fire

Choose one dumbbell that is light for you and complete all exercises below without resting in between. Rest 90 seconds and repeat the circuit.

Right arm front raises - 15 reps

Left arm front raises - 15 reps

Right arm lateral raises - 15 reps

Left arm lateral raises - 15 reps

Right arm overhead press - 15 reps

Left arm overhead press - 15 reps

Right arm 45 degree rotators - 15 reps

Left arm 45 degree rotators - 15 reps

Shoulders 3: 3-Part Press Combo

Using a small pre-loaded barbell, sit upright at the end of a flat bench and bring the bar up as if you were about to do an overhead press. Holding the bar in the low position, press up with your right arm and bring it back down to the starting position. Then press with your left arm. Then complete the press with both arms together. This is one "3-part" rep. Complete 10 "3-part" reps like this and then, without resting, complete 5-10 regular presses. Rest for 30 seconds and repeat for five minutes. If you need to drop your weight in order to continue that is fine. If you don't have a barbell light enough, you can sub in two dumbbells.

Appendix 2

Legs

Legs 1: Quad Killer

Leg extension—feet together, toes slightly pointed out. Choose the heaviest weight you can safely do five reps with. Do five reps of that weight and immediately drop to the next lower plate and do five more. Continue dropping one plate at a time and doing five reps until you finish the stack. Rest 30 seconds and repeat for five minutes. If you have to rest mid-set it's ok, but pick right back up where you left off as soon as you can.

Legs 2: Stability Ball Leg Curl Combo

Lying face up on the floor, put your heels and lower calves on a stability ball. Lift hips off the ground and do 15 stability ball leg curls. Immediately put the soles of your feet on the ball and do 15 bridges. Without resting, straighten your legs and do 15 straight-leg bridges with feet on the ball. Without resting, stand up and do 15 reverse squats. Rest for 30 seconds and repeat for five minutes.

Legs 3: Body Weight Squat Combo

15 ¼ squats
15 ½ squats
15 full squats
5 jump squats
Rest 30 seconds

20 ¼ squats
20 ½ squats
20 full squats
5 jump squats
Rest 30 seconds

Continue for five minutes adding five reps per round. It doesn't matter if you're going to exactly ¼ squat or exactly ½ squat. The idea is that you start shallow and get deeper each time.

Legs 4: Bulgarian Split Squat Combo:

Put left leg on a bench a few feet behind you, toes facing down. Do 10 bodyweight Bulgarian split squats. Without resting, bend over reaching for the floor and do 10 more bodyweight bent over Bulgarian split squats. Stand upright and hold for 10 seconds and then do five Bulgarian split squat jumps. If you can, hold for 10 more seconds. Rest for 30 seconds and repeat on the other side. Rest for 30 seconds and repeat. Do two sets on each leg.

Legs 5: Smith Machine Frog Combo

Using the Smith machine, position your body under the bar as if you were about to do squats. Do 10 jump squats using the bar. Rest 15 seconds and do 10 double squats using the bar weight. Rest 15 seconds and do 10 full squats (thighs below parallel, if possible). Rest 30 seconds and repeat for five minutes. Modification: you can jump squat without the bar and rest mid-set, if needed.
