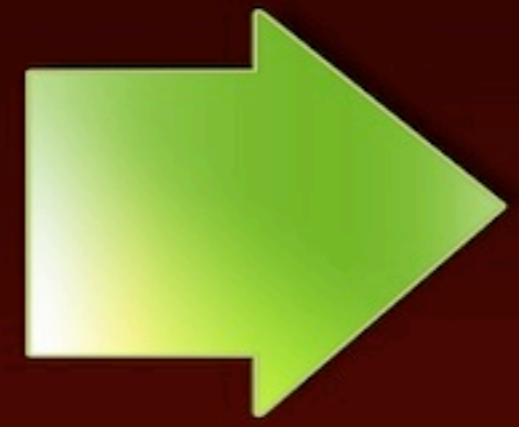
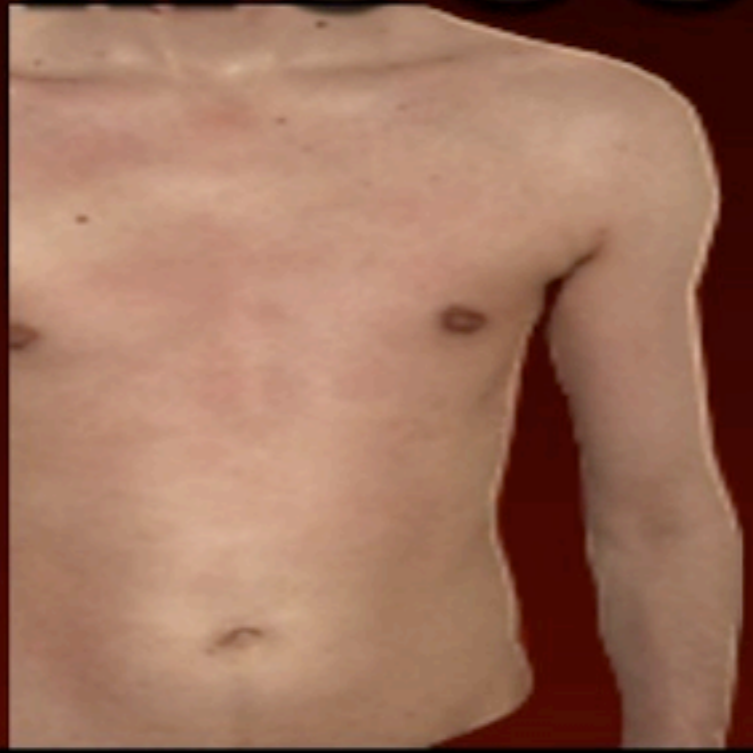


8-WEEK MUSCLE MAKEOVER

TIM ERNST

8-WEEK

MUSCLE MAKEOVER



HARD-GAINERS SECRETS TO BUILDING MUSCLE MASS



Turn Around Fitness
Turning Your Life Around
Through Building Muscle

By: Tim Ernst

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Important

This program is a step-by-step program that involves gradual but consistent progression to the point of lifting heavy weights. Proper warm-up is not an option and must be performed before any physical exercise to prevent injury. Turn Around Fitness and its owners, agents, affiliates and employees will not be held responsible or liable for any injury sustained while lifting weights anywhere at anytime.

Always consult with your physician before beginning any weight-training or any other physical exercise. If you experience any pain while training, stop immediately and consult with your family doctor.



Make Sure To Read This Program In It's Entirety

The first step to building muscle may surprise you. You may or may not of heard about this. It never starts with a physical thing. That's right you heard me, not physical. Ok you may be thinking "what kind of a program is this?"

Well I can tell you that it all starts in your MIND.

How many times do hear people make a New Years resolution to workout or loose weight and find themselves quitting after a few short months? I believe these people have the best intentions but, people fall into the trap of not feeling like it because of a long day, I'm not seeing results fast enough, or the biggest one "I don't have time.". If your serious about making a life change, the excuses stop **Right Now**

Fair Enough?



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Yesterday's Pain Tomorrow's Gain

INTRODUCTION

Chapter 1

Hello and Welcome!

Thank you for trusting in me and purchasing my book [Turn Around Fitness](#). This system will work for anybody, whether you want to gain weight or loose weight while at the same time building that desirable **Physique**.

By downloading this program, you have proven that you are not a talker but a DO-ER.

We know all to well that it's **APPLICATION** that gets you results.

Some of you are here to loose weight, gain weight, or simply get your life back, but whatever it is your trying to achieve you can get that Physique of your

DREAMS!



It's going to take some dedication and sacrifice. You got to get off the couch, turn your TV off, computer, or whatever else that takes up your time and

**STUDY
THIS**

PROGRAM





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How did I get there?

Well...The only way that you are going to get where you want to go is you have to set yourself a goal. Most people in life are just winging it. They wonder why they are not getting the results that they want. If you don't set yourself a goal, then you are doomed to fail. You know what I'm talking about?

EXACTLY!

You also need to go out and get yourself a work out journal so that you can keep track of your progress. What gets measured WILL get improved. I never tracked my progress in the beginning, but now I do and I see results all the time. Get a journal and track the following:

Time of Day Trained

Muscles Trained

Weight

Sets/Reps

Nutrition

Energy Levels



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Training Checklist

Chapter 2





Digital Scale

Get a digital scale. Not one of those scales that claims to be able to measure body fat by sending electrodes through your body. They do not work and are a waste of your money.

Accu-Measure Body Fat % Caliper

This is the cheapest and really effective way to measure body fat percentage. Accu-Measure claims to be within 1% of the most accurate body fat calculator, which is being an individual submerged in water.

Measuring Tape

You need measuring tape to get an accurate reading of your waist line in inches. You can get one of these at most thrift stores.

Shaker Cups

I can't begin to tell you how many of these I have in my kitchen. You can never have enough of these shaker cups laying around. They're great for putting all your shakes in. I've had some of these fly out of my cup holder in my car and they did not spill out or leak.

Gym Bag

Got to get a gym bag to put all your things in. Makes it easier to carry all the things you are going to need when you work out in the gym.



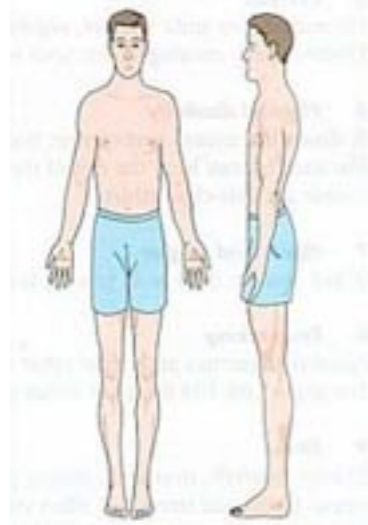
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THREE BODY TYPES

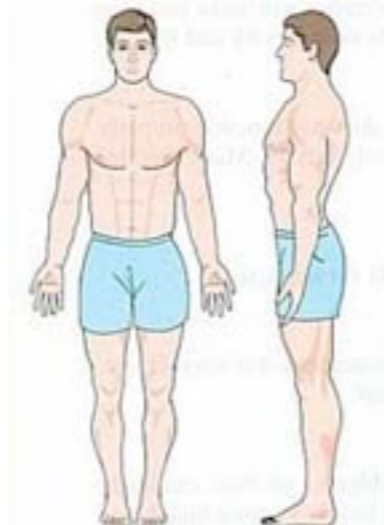
Chapter 3

THREE BODY TYPES



Ectomorph

- Small “delicate” frame and bone structure
- Classic “hardgainer”
- Flat chest
- Small shoulders
- Thin
- Lean muscle mass
- Finds it hard to gain weight
- Fast metabolism



Mesomorph

- Athletic
- Hard body with well defined muscles
- Rectangular shaped body
- Strong
- Gains muscle easily
- Gains fat more easily than ectomorphs



Endomorph

- Soft and round body
- Strong but often lacks energy
- Is generally short and “stocky”
- Round physique
- Finds it hard to lose fat
- Slow metabolism



ECTOMORPH'S

I've been noticing a trend lately with Ectomorph body types, (Skinny guys) at my job of what people are eating for lunch. The people I've been noticing are people in their 20's who have very unhealthy eating habits. Most of these people are skinny guys that appear to be either lazy to eat right or trying to gain weight. I think that in their minds they think that by eating anything they want it will some how help them to gain weight or does it?

These guys are known as hard gainers. They can eat anything they want and not gain weight. What they don't realize is what their putting into their body's will eventually do more harm than good.

Just the other day while I was eating my lunch I saw a guy who looked pretty skinny throw down a whole box of twinkies and washed it down with a bottle of soda. I watched him eat one by one until he was finished. I thought if only he knew what he was doing to himself he might rethink what he was doing. He looked pale, skinny, and just unhealthy.



ECTOMORPH'S

You see anything you put into your body, it has to break it down. So what happens when you put something unhealthy into your body? Your body needs certain nutrients to break down food so if you are eating unhealthy foods that do not have certain nutrients, your body has no choice but to pull those nutrients from somewhere. Your body is going to pull those nutrients from either muscle or bones to break it down leaving you looking unhealthy, skinny, and pale.

So the next time you think that by eating a twinkie is going to somehow help with gaining weight, you might want to consider replacing those foods with more nutritious foods.



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ECTOMORPH'S

If you really want to gain weight, you have to take in a lot more calories than other body types. If you don't take in the required amount of calories you will tend to burn off any muscle you may have gained. You as an ectomorph will benefit from diets high in carbohydrates, proteins and moderate in fat. The intake of carbohydrates in proportion to protein should be approximately 1:2 in ratio.

You may have to eat substantially more than you are comfortable with. Don't worry this will change as your body adapts and begins to absorb all of the extra calories.

To put on muscle fast, the Ectomorph should take in anywhere from 1 to 2 grams of protein per pound of bodyweight. The ectomorph's composition is naturally lean, and they therefore need more protein per pound than endomorphs in order to maintain their muscle-mass.



ECTOMORPH'S

Eat every 2-3 hours, starting with breakfast. Eating breakfast is a must! This will enable you to ingest enough calories throughout the course of the day to overwhelm the caloric needs of your fast metabolism and fuel your body for growth.

You as a hard gainer should eat a high carb diet. Focus on the complex carbs that provide long term energy to fuel your naturally fast metabolism. Keep simple carbs at a minimum. Wholegrain breads, oats, pastas, brown rice, sweet potato, quinoa, and ezekeiel cereal.

Keep raw nuts with you for healthy fats and eat them as a snack.

Drinking water is especially important for due to your high metabolism. Drink 2 to 3 liters of water daily especially when working out.



MESOMORPH'S

Mesomorphs are known as the genetical **freaks**. They are able to gain weight or loose weight very easily. They have the desired V Taper look that everyone in the gym wish they had. Mesomorphs have well defined muscles and large bone structure. Their Torso tapers to a relatively narrow and low waist. They also have a large square shaped jawbone.

Gains are seen quickly especially for beginners. Mesomorphs typically have to watch their caloric intake as they tend to gain weight quickly, the opposite for ectomorphs. The training method that is ideal for mesomorphs is a combination of cardio and weight training.

This is the physique that this whole program is about. It will strongly depend on you if you want to get this body type. You may not be gifted with great genetics but, I believe that it is possible to go far and beyond your genetic potential. You may not be even close to this body type but, you can get there. You may have to work a little harder than everyone else but it is obtainable, otherwise you would of not bought this program.



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ENDOMORPHS

Endomorphs have their challenges to. Their body type is typically solid and soft. Some endomorphs have short arms and legs. They tend to gain fat easily and have to watch their weight.

There is some great news for endomorphs, their **STRONG!** They are really strong doing squats. What a lot of people don't know is that by working the legs you release growth hormone that flows all the way up towards your upper body. Working the legs will make your other muscles grow naturally. If you asked me what body part to do if you could not get in the gym all the time, I would tell you to do legs or back. your legs and back are your largest muscles in your body so hit those body parts **HARD!** This is a great benefit that endomorphs have compared to other body types.

Nutrition is going to be key for loosing body fat mixed with cardio. I know cardio can be daunting and just down right hard. You have to start off slowly though, don't worry with time you will get better and leaner.



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THE 90 DAY TURN AROUND FITNESS PROGRAM

Chapter 8

Warm-Up

Before performing any exercise make sure to do the proper warm up for the muscle group that you are going to be working on. This is very important to get the blood flowing in your muscles and stretching the fascia around those muscle. Stretching will reduce injury and stretching will help you to build muscle properly. Every week you should be able to increase the amount of weight you do by at least 5-10%. This is where your workout journal will come in handy. Keep track of the reps and weight you do so you can go heavier the following week.

NOTE: *After every page are pictures on how to perform each movement/exercise properly.*

LEGS 1-2 WEEKS (QUADS&HAMS)

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|------------------------|------|-------|--|
| SQUATS | 4 | 8-12 | REST FOR 2 MINUTES BETWEEN SETS |
| LYING LEG CURL | 4 | 8-12 | REST FOR 45 SECONDS BETWEEN SETS |
| LEG PRESS | 4 | 8-10 | REST FOR 2 MINUTES BETWEEN SETS |
| SEATED LEG CURLS | 4 | 8-12 | REST FOR 45 SECONDS BETWEEN SETS |
| LEG EXTENSIONS | 4 | 10-15 | REST FOR 45 SECONDS BETWEEN SETS |
| STIFF-LEGGED DEAD-LIFT | 4 | 10-12 | REST FOR 60 SECONDS BETWEEN SETS |
| STANDING CALF RAISE | 4 | 8 | DROP SET. 20% DROP IN WEIGHT WHEN YOU REACH 8TH REP. YOU WILL DROP WEIGHT 4 TIMES. AFTER FOURTH DROP, REST 45 SECONDS & REPEAT 4 MORE TIMES. |

SHOULDERS 1-2 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|-------|--|
| DUMBBELL ARM CIRCLES | 3 | 10 | PERFORM THIS EXERCISE ROTATING YOUR ARMS FORWARD FOR 10 REPS THEN GO THE OTHER DIRECTION FOR AN ADDITIONAL 10 REPS. REST FOR 45 SECONDS AND REPEAT 2 MORE SETS TOTALING 3 SETS. |
| MILITARY BARBELL PRESS | 5 | 5 | PERFORM THIS EXERCISE FOR STRENGTH. TAKE A STAGGERED STANCE WITH THE BARBELL RESTING ON THE TOP OF YOUR CHEST AND THRUST THE WEIGHT UP, THEN BRINGING IT BACK DOWN. REST 2 MIN. |
| SEATED SIDE LATERAL RAISE SUPERSET/FRONT RAISE | 5 | 8 | RAISE YOUR ARMS TO YOUR SIDES. HOLD FOR 1 SECOND. RETURN TO STARTING POSITION. SUPERSET THIS WITH FRONT RAISES. RAISE YOUR ARMS IN FRONT OF YOU. HOLD FOR 1 SECOND. RETURN TO STARTING POSITION. REST FOR 45 SECONDS AND REPEAT 4 MORE TIMES, TOTALING 5 SETS. |
| REAR DEALT REVERSE FLY | 5 | 15-20 | LAY ON AN INCLINE BENCH WITH YOUR STOMACH FLAT ON THE BENCH. PERFORM A REVERSE FLY WORKING THE REAR DELT. |
| EZ BAR SEATED SHRUG | 4 | 12 | WHILE SEATED WITH BACK STRAIGHT, HOLD THE BAR OVER YOUR HEAD AND SHRUG YOUR SHOULDERS. |

BACK & BICEPS 1-2 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---------------------------------|------|------|---|
| DUMBBELL ROW | 4 | 8 | LEAN OVER ON A BENCH OR DUMBBELL RACK. KEEP BACK FLAT, GRAB WEIGHT PULL WEIGHT TOWARDS YOU WITH ELBOWS RETRACTING BACK AS FAR AS YOU CAN GO. |
| CABLE WIDE GRIP LAT PULLDOWN | 4 | 12 | ADJUST PULLY TO HIGHEST POSITION. KEEP CHEST OUT AND PULL TOWARDS THE FRONT OF YOUR CHEST. HOLD FOR A BRIEF SECOND AND RETURN TO STARTING POSITION. REST 45 SECONDS |
| CABLE PULLOVER | 4 | 20 | HOLD SHORT BAR WITH OVERHAND GRIP. WITHOUT BENDING YOUR ARMS PULL UNTIL BAR REACHES YOUR THIGH. REST FOR 45 SECONDS |
| SEATED CABLE ROW | 4 | 12 | WHILE SEATED GRAB PULLEY WITH YOUR BACK STRAIGHT AND PULL TOWARDS YOUR CHEST. HOLD FOR A SECOND AND RETURN TO STARTING POSITION. REST 60 SECONDS |
| CABLE FACE PULL | 4 | 15 | GRAB A STRAIGHT BAR. PUT ONE LEG ON SEAT AND PULL THE BAR TOWARDS YOUR FACE. HOLD FOR A SECOND AND RETURN TO STARTING POSITION. REST 45 SECONDS. |

BACK & BICEPS 1-2 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|----------------------------|---------------------------------|--|
| <p>“GIANT SET”</p> <p>1. EZ BAR CURL</p> <p>2. INCLINE BENCH DUMBBELL CURLS</p> <p>3. RUBBER BAND SPEED CURLS</p> | <p>4</p> <p>4</p> <p>4</p> | <p>8</p> <p>12</p> <p>20-25</p> | <p>PERFORM ALL OF THE EXERCISES BACK TO BACK WITH NO REST. ONCE THE CIRCUIT IS COMPLETE REST FOR 45 SECONDS AND REPEAT 3 MORE TIMES TOTALING 4 SETS.</p> |

CHEST & TRICEPS 1-2 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|---------------|---|
| INCLINE DUMBBELL CHEST PRESS/ PUSHUPS | 4 | 8 | START THE FIRST SET WITH A WARM UP SET OF 12 REPS. AFTER FIRST SET INCREASE WEIGHT BY 5-10 LBS ON THE OTHER 3. REST FOR 90 SECONDS BETWEEN SETS. AFTER 4TH SET DO 25 PUSHUPS. |
| ROPE PUSHDOWNS DROP SET SUPERSET WITH BENCH DIPS | 2 | 5 10 15 | STARTING WEIGHT SHOULD BE AT THE HEAVIEST YOU CAN DO FOR 5 REPS. WITH NO REST, DROP WEIGHT BY 20% AND DO 10 REPS. FINALLY DROP AGAIN BY 20% AND DO 15 REPS. ONCE FINISHED DO 20 BENCH DIPS. REST 2 MINUTES AND REPEAT 1 MORE TIME |
| SMITH MACHINE SEATED CHEST PRESS DROP SET | 1 | FAILURE | STARTING WEIGHT SHOULD BE AT THE HEAVIEST YOU CAN DO FOR 12 REPS. PRESS WEIGHT FOR 20 SECONDS WITHOUT STOPING. REST FOR 10 SECONDS, DROP WEIGHT AND PRESS AGAIN FOR 20 SECONDS. DO THIS FOR A TOTAL OF 4 DROPS AND FINALLY DO 20 PUSHUPS. |
| LOW PULLEY CABLE FLY | 4 | 15 | THIS EXERCISE IS DESIGNED TO WORK THE UPPER CHEST. LOWER PULLY AT THE LOWEST POINT. GRAB HANDLES AND PULL UPWARDS TOWARDS THE SAME LEVEL AS YOUR CHIN, LOWER WEIGHT BACK TO STARTING POSITION AND REPEAT. |
| CHEST PEC DEC | 4 | 12-15 | PERFORM THIS EXERCISE DONG 12 REPS. REST 30 SECONDS BETWEEN SETS. LAST SET DO A DROP SET DECREASING THE WEIGHT BY 20% |

LEGS 3-4 WEEKS (QUADS&HAMS)

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|--------|----------------------|---|
| BODYWEIGHT WALKING LUNGE | 1 | 100 (50 EACH LEG) | THIS IS A GREAT WARM-UP FOR YOUR KNEES AND JOINTS |
| BODYWEIGHT SQUATS | 1 | 20 | THIS SET IS GOING TO GET YOU READY FOR THE NEXT EXERCISE (THE BARBELL SQUAT) |
| BARBELL SQUAT SUPERSET/LEG CURLS | 4 4 | 8 15 | RIGHT AFTER BARBELL SQUAT GO INTO LEG CURLS, THEN REST FOR 1:30 MINUTES |
| LEG EXTENSION DROPSET SUPERSET/ BODYWEIGHT SQUAT | 2 2 | 5-10-15 20 | FIRST START WITH HEAVIEST WEIGHT FOR 5 REPS ON LEG EXTENSION. IMMEDIATELY AFTER THAT DROP WEIGHT BY 20% AND DO 10 REPS. FINALLY DROP WEIGHT AGAIN BY 20% AND DO 15 REPS. SUPERSET THIS WITH 20 BODYWEIGHT SQUATS |
| SEATED CALF PRESS | 4 | 8 | DROP SET. 20% DROP IN WEIGHT WHEN YOU REACH 8TH REP. YOU WILL DROP WEIGHT 4 TIMES. AFTER FOURTH DROP, REST 45 SECONDS & REPEAT 4 MORE TIMES. |

SHOULDERS 3-4 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|------|---|
| DUMBBELL ARNOLD PRESSES | 4 | 12 | START WITH THE DUMBBELLS IN YOUR HANDS, ABOVE YOUR SHOULDERS WITH YOUR PALMS FACING TOWARDS YOU. LIFT THE WEIGHT AND TURN YOUR WRIST FINISHING WITH YOUR PALMS FACING IN THE OPPOSITE DIRECTION. 45 SECOND REST |
| DUMBBELL CLEAN AND JERK (SINGLE ARM) | 4 | 12 | SQUAT DOWN. HOLD DUMBBELL BETWEEN YOUR LEGS. LIFT DUMBBELL OFF THE GROUND AND USE MOMENTUM TO RAISE THE DUMBBELL TO YOUR SHOULDER. SQUAT DOWN AGAIN AND THRUST THE DUMBBELL OVER YOUR SHOULDER. 45 SECOND REST. |
| DUMBBELL FRONT INCLINE BENCH RAISE. | 4 | 15 | LIE PRONE ON AN INCLINE BENCH. HOLD DUMBBELLS WITH AN OVERHAND GRIP. RAISE YOUR ARMS IN FRONT OF YOU, THEN BACK DOWN. 45 SECOND REST. |
| BENT OVER LOW- PULLY SIDE LATERAL | 4 | 15 | GRAB PULLY AT THE LOWEST POSITION WITH ONE HAND. BEND OVER WITH YOUR BACK FLAT. RAISE YOUR ARM ACROSS YOUR BODY LEAVING YOUR ARM PARALLEL TO THE FLOOR, HOLD FOR 1 SECOND AND THEN LOWER BACK TO STARTING POSITION. 30 SECOND REST. |
| BARBELL SHRUG | 4 | 20 | STAND SHOULDER WIDTH APART. GRAB BARBELL WITH OVER HAND GRIP AND SHRUG SHOULDERS UPWARDS, THEN BACK DOWN. 30 SECOND REST. |

BACK & BICEPS 3-4 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|--------|----------|--|
| WIDE GRIP PULL-UP | 4 | 12 | STAND UNDER PULL-UP BAR. TAKE A WIDE GRIP AND PULL YOUR BODY UPWARDS THEN BACK DOWN. REST 45 SECONDS. |
| BARBELL ROW | 8 | 8 | GRAB BARBELL. KEEP BACK FLAT. ROW TOWARDS THE BOTTOM OF YOUR CHEST, EXTENDING ELBOWS AS FAR BACK AS YOU CAN. LOWER WEIGHT BACK DOWN AND REPEAT. REST 1-2 MINUTES. |
| REVERSE GRIP LAT CABLE PULL DOWN | 4 | 12-15 | SIT ON SEAT AND GRAB PULLDOWN BAR WITH A REVERSE GRIP. KEEP CHEST OUT AND PULL WEIGHT TOWARDS YOU EXTENDING ELBOWS. RETURN WEIGHT AND REPEAT. REST 45 SECONDS. |
| DUMBBELL PULLOVERS/ SUPERSET WITH CABLE PULLOVERS | 4 4 | 12 12 | GRAB DUMBBELL AND LIE FLAT ON A BENCH SIDEWAYS. LET THE WEIGHT REST IN THE PALMS OF YOUR HANDS AND SLOWLY LOWER THE WEIGHT BEHIND YOUR HEAD THE BACK UP. IMMEDIATELY AFTER GRAB A SHORT STRAIGHT BAR AND RAISE PULLY TO THE HIGHEST POINT. LEAN YOUR BODY OVER WITH BACK FLAT AND PULL WEIGHT DOWN TOWARDS YOUR KNEES DOING 12 REPS. REST 45 SECONDS |
| HYPER- EXTENSIONS | 4 | 20 | GET ON HYPER-EXTENSION CHAIR WITH FEET LOCKED IN PLACE, LOWER YOUR BODY FORWARD THEN BACK UP. REST 45 SECONDS. |

BACK & BICEPS 3-4 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|----------|--------------|--|
| “GIANT SET” 1. PREACHER CURL | 4 | 8 | PERFORM ALL OF THE EXERCISES BACK TO BACK WITH NO REST. ONCE THE CIRCUIT IS COMPLETE REST FOR 45 SECONDS AND REPEAT 3 MORE TIMES TOTALING 4 SETS. |
| 2.ZOTAMANN CURLS | 4 | 12 | |
| 3. RUBBER BAND SPEED CURLS | 4 | 20-25 | |

CHEST & TRICEPS 3-4 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|------|-------|--|
| FLAT BENCH DUMBBELL PRESS SUPERSET WITH DUMBBELL FLY | 4 | 12 | PERFORM THIS EXERCISE FOR 12 REPS AND IMMEDIATELY FOLLOWED BY DUMBBELL FLYS. REST FOR 45 SECONDS BETWEEN SUPERSET. |
| OVERHEAD ROPE PULLS SUPERSET WITH CABLE KICK BACKS | 4 | 15 | RAISE THE ROPE ON A PULLY TO THE HEIGHT OF YOUR HEAD. PULL THE WEIGHT OVER YOUR HEAD AND AS YOU PULL, BEND YOUR WRIST DOWN TOWARDS THE FLOOR. BRING WEIGHT BACK TO STARTING POSITION AND REPEAT. WITHOUT REST DO CABLE KICK BACKS. REST FOR 45 SECONDS BETWEEN SUPERSET. |
| SMITH MACHINE DECLINE CHEST PRESS | 4 | 12 | STARTING WEIGHT SHOULD BE A WEIGHT WHERE YOU CAN DO 12 REPS. REST FOR 45 SECONDS AND REPEAT 3 MORE TIMES. ON YOUR 4TH SET DO A DROP SET 4 TIMES LOWERING THE WEIGHT 20% ON EACH DROP |
| MEDICINE BALL PUSHUPS SUPERSET WITH CABLE FLYS | 4 | 12-15 | DO PUSHUPS ON A MEDICINE BALL FOR 12-15 REPS FOLLOWED IMMEDIATELY BY CABLE FLYS. REST FOR 45 SECONDS BETWEEN EACH SUPERSET. |

LEGS 5-6 WEEKS (QUADS&HAMS)

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|----------------------------|---------------------------------|---|
| <p>GIANT SET NUMBER 1</p> <p>1. BARBELL SQUAT</p> <p>2. BULGARIAN SPLIT SQUAT</p> <p>3. LEG EXTENSIONS</p> | <p>4</p> <p>4</p> <p>4</p> | <p>8</p> <p>12</p> <p>20-25</p> | <p>WHEN DOING GIANT SETS YOU WILL COMPLETE ONE EXERCISE AND THEN IMMEDIATELY MOVE ON TO THE OTHER 2 WITH NO REST BETWEEN EXERCISES. WHEN FINISHED WITH THE FIRST CIRCUIT, REST FOR 60 SECONDS AND REPEAT FOR AN ADDITIONAL 3 MORE TIMES, TOTALING 4 SETS.</p> |
| <p>GIANT SET NUMBER 2</p> <p>1. STIFF LEGGED DEAD-LIFT</p> <p>2. LEG CURLS</p> <p>3. HYPER EXTENSIONS</p> | <p>4</p> <p>4</p> <p>4</p> | <p>8</p> <p>12</p> <p>20-25</p> | <p>WHEN DOING GIANT SETS YOU WILL COMPLETE ONE EXERCISE AND THEN IMMEDIATELY MOVE ON TO THE OTHER 2 WITH NO REST BETWEEN EXERCISES. WHEN FINISHED WITH THE FIRST CIRCUIT, REST FOR 60 SECONDS AND REPEAT FOR AN ADDITIONAL 3 MORE TIMES, TOTALING 4 SETS.</p> |

SHOULDERS 5-6 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|------|--|
| STANDING MILITARY PRESS/ FRONT TO BACK | 8 | 8 | STAND SHOULDER WIDTH APART AND GRAB BARBELL. RASIE BARBELL IN FRONT, OVER YOUR HEAD. LOWER BARBELL AND RASIE AGAIN ONLY THIS TIME WHEN LOWERING WEIGHT BRING DOWN BEHIND YOUR HEAD. REST 60 SECONDS |
| STABILITY BALL DUMBBELL SHOULDER PRESS | 4 | 12 | SIT ON A STABILITY BALL. KEEP CORE TIGHT AND RASIE DUMBBELLS OVER YOUR HEAD. REST 45 SECONDS |
| 1 ARM JAVELIN EZ-BAR PRESS | 4 | 12 | HOLD AN EZ-BAR CURL WITH ONE HAND. THRUST WEIGHT UP AND OVER YOUR HEADED LIKE A JAVELIN |
| B ARBELL UPRIGHT ROW | 4 | 12 | STAND SHOULDER WIDTH APART AND GRAB BARBELL. RASIE BARBELL TO YOUR CHIN AND SHRUG. LOWER AND REST FOR 45 SECONDS. |
| CABLE SHRUG | 4 | 20 | STAND SHOULDER WIDTH APART. GRAB PULLYS WITH BOTH HANDS AND SHRUG SHOULDERS. |

BACK & BICEPS 5-6 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|---------------------|-----------------------|---|
| (GIANT SET) 1. WIDE GRIP PULL-UP 2. LOW PULLY ROPE CABLE ROW 3. CABLE PULLOVERS | 4 4 4 | 8 12 20 | PERFORM ALL 3 EXERCISES BACK TO BACK. REST FOR 45-60 SECONDS THEN REPEAT. |
| HYPER- EXTENSIONS (SUPERSET) FACE PULLS. | 4 4 | 12 15 | PERFORM BOTH EXERCISES BACK TO BACK. REST FOR 45 SECONDS. |

BACK & BICEPS 5-6 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|--------|---------|--|
| BARBELL "21'S" | 4 | 21 | PERFORM 7 HALF BARBELL CURLS FROM THE BOTTOM THEN PERFORM 7 MORE CURLS FROM THE TOP AND FINALLY 7 FULL BARBELL CURLS TOTALING 21 REPS. REST FOR 60 SECONDS |
| EZ BAR CURLS SUPERSET/ HAMMER CURLS | 4 4 | 8 12 | PERFORM THESE 2 MOVEMENTS TOGETHER BACK TO BACK WITH NO REST. AFTER THE FIRST CIRCUIT IS DONE REST FOR 45 SECONDS AND REPEAT 3 MORE TIMES. |
| "SUPERSET" REVERSE ARM PREACHER CURL/ ZOTTAMAN DUMBBELL CURLS. | 4 4 | 8 12 | PERFORM THESE 2 MOVEMENTS TOGETHER WITH NO REST BETWEEN EXERCISES. AFTER 1 CIRCUIT IS COMPLETE, REST FOR 45 SECONDS AND REPEAT AN ADDITIONAL 3 MORE TIMES. |

CHEST & TRICEPS 5-6 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|--------|----------|--|
| BARBELL BENCH PRESS | 4 | 8 | BENCH WEIGHT FOR 8 REPS. REST FOR 45 SECONDS BETWEEN SETS. ON THE 4TH SET DO A DROP SET LOWERING THE WEIGHT BY 20% EACH TIME. |
| INCLINE POWER DUMBBELL FLY SUPERSET WITH INCLINE CABLE CHEST PRESS | 4 | 12-15 | GRAB AN INCLINE BENCH AND PUT IT BY A CABLE MACHINE. SIT ON BENCH AT AN INCLINE. GRAB DUMBBELLS AND WITH ELBOWS TUCKED IN TO YOUR BODY PERFORM A POWER FLY. WITH NO REST GRAB CABLES AND PERFORM AN INCLINE CHEST PRESS. REST FOR 45 SECONDS AND REPEAT 3 MORE TIMES. |
| BODY WEIGHT DIPS | 4 | 12-15 | PERFORM THIS EXERCISE ON A BODY WEIGHT DIP MACHINE. REST FOR 60 SECONDS BETWEEN SETS. |
| OVERHEAD DUMBBELL TRICEP EXTENSION SUPERSET/ DUMBBELL KICK BACKS | 4 4 | 12 15 | SIT ON A SHORT CHAIR AND GRAB A WEIGHT WHERE YOU CAN DO 12 REPS. PLACE DUMBBELL ON YOUR THIGH AND PUSH THE WEIGHT UP TO YOUR SHOULDERS. REST THE WEIGHT ON YOUR SHOULDER AND RAISE WEIGHT ABOVE YOUR HEAD. PRESS WEIGHT ABOVE YOUR HEAD UP AND DOWN. WHEN FINISHED GRAB THE BACK OF THE CHAIR AND DO LIGHT WEIGHT DUMBBELL KICK BACKS. REST FOR 45 SECONDS AND REPEAT. |

LEGS 7-8 WEEKS (QUADS&HAMS)

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|-------|--|
| LEG PRESS | 8 | 8 | DO THE HEAVIEST WEIGHT YOU CAN DO FOR 8 REPS. REST FOR 1 MINUTES BETWEEN SETS |
| BARBELL SPLIT SQUAT | 4 | 8-12 | REST FOR 45 SECONDS BETWEEN SETS |
| LEG EXTENSIONS FULL REP/HALF REP | 8 | 8-10 | PERFORM THE FIRST REP WITH A FULL RANGE OF MOTION THEN DO A HALF REP. REPEAT FOR A TOTAL OF 8-10 REPS REST 1 MINUTE BETWEEN SETS |
| HYPER EXTENSIONS | 4 | 8-12 | REST FOR 45 SECONDS BETWEEN SETS |
| STIFF-LEGGED DEAD-LIFT | 4 | 10-12 | REST FOR 60 SECONDS BETWEEN SETS |
| LYING LEG CURL | 4 | 10-15 | REST FOR 45 SECONDS BETWEEN SETS |
| SEATED DONKEY CALF RAISES | 4 | 8 | DROP SET. 20% DROP IN WEIGHT WHEN YOU REACH 8TH REP. YOU WILL DROP WEIGHT 4 TIMES. AFTER FOURTH DROP, REST 45 SECONDS & REPEAT 4 MORE TIMES. |

SHOULDERS 7-8 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|---|------|-------|--|
| 45LB PLATE FRONT SHOULDER RAISE | 4 | 12 | GRAB THE PLATE WITH BOTH HANDS AND RAISE UP AND STOP WHEN THE PLATE IS IN FRONT OF YOUR FACE REST 45 SECONDS |
| SEATED MACHINE SHOULDER PRESS | 5 | 5 | PERFORM THIS EXERCISE FOR STRENGTH. PRESS WEIGHT WHILE SEATED FOR 5 REPS. REST 2 MINUTES BETWEEN SETS |
| STANDING SIDE LATERAL RAISE SUPERSET/FRONT RAISE | 5 | 8-12 | RAISE YOUR ARMS TO YOUR SIDES. HOLD FOR 1 SECOND. RETURN TO STARTING POSITION. SUPERSET THIS WITH FRONT RAISES. RAISE YOUR ARMS IN FRONT OF YOU. HOLD FOR 1 SECOND. RETURN TO STARTING POSITION. REST FOR 45 SECONDS AND REPEAT 4 MORE TIMES, TOTALING 5 SETS. |
| REAR DELT DUMBBELL REVERSE FLY | 5 | 15-20 | LAY ON AN INCLINE BENCH WITH YOUR STOMACH FLAT ON THE BENCH. PERFORM A REVERSE FLY WORKING THE REAR DELT. |
| STANDING DUMBBELL SHRUG | 4 | 12 | WHILE STANDING WITH BACK STRAIGHT, HOLD THE DUMBBELLS AND SHRUG YOUR SHOULDERS. |

BACK & BICEPS 7-8 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------------------------------------|-----------|---|
| 8 MINUTE PULL-UP | AS MANY AS YOU CAN DO IN 8 MINUTES | 8 MINUTES | DO AS MANY AS YOU CAN DO IN 8 MINUTES. REST WHEN YOU HAVE TO BUT FOR ONLY 10-15 SECONDS. |
| SEATED WIDE GRIP CABLE ROW | 4 | 12 | ON YOUR LAST SET DO A REST PAUSE SET. THIS MEANS YOU WILL DO 12 REPS THEN REST FOR 10 SECONDS AND REPEAT 3 MORE TIMES |
| SMITH MACHINE LAT PULLDOWN SUPER-SET WITH DUMBBELL ROW | 4 | 8 | PERFORM THIS MOVEMENT ON A SMITH MACHINE LAT PULLDOWN AND SUPER-SET IT WITH DUMBBELL ROW. |
| WIDE GRIP CABLE PULLOVER | 4 | 15 | HOLD LONG BAR WITH OVERHAND GRIP. WITHOUT BENDING YOUR ARMS PULL UNTIL BAR REACHES YOUR THIGH. REST FOR 45 SECONDS |

BACK & BICEPS 7-8 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|------|---|
| FULLY EXTENDED/ PARTIAL CABLE CURLS | 4 | 8 | PERFORM 1 REP WITH A FULL RANGE OF MOTION THEN WITHOUT STOPPING PERFORM 1 PARTIAL REP, FINISH AT STARTING POSITION AND REPEAT |
| FRONT TO SIDE HAMMER DUMBBELL CURLS | 4 | 12 | PERFORM A REGULAR HAMMER CURL.. CURL YOUR ARM UPWARDS UNTIL YOU REACH YOUR SHOULDER THEN PERFORM A SIDE HAMMER CURL SWINGING YOUR ARM IN FRONT OF YOUR BODY. THIS IS DONE ALL IN 1 MOVEMENT. REST FOR 60 SECONDS AND REPEAT 3 MORE TIMES. |
| SEATED PREACHER EZ- BAR CURL SUPER- SET WITH ZOTTAMAN CURLS | 4 | 8 | PERFORM 8 REPS OF PREACHER CURLS USING EZ-BAR THEN STAND AND DO DUMBBELL ZOTTAMAN CURLS FOR 8 REPS |

CHEST & TRICEPS 7-8 WEEKS

| EXERCISE | SETS | REPS | REST/ DIRECTIONS |
|--|------|------|--|
| INCLINE DUMBBELL CHEST PRESS SUPERSET WITH INCLINE CABLE FLY'S AND PUSH- UPS | 4 | 8 | SET BENCH BETWEEN CABLE PULLEY FLYS FIRST. SET BENCH AT AN INCLINE AND DO 8 DUMBBELL CHEST PRESSES, SUPERSET WITH 8 REPS OF CABLE FLYS THEN DROP TO THE FLOOR AND PERFORM 8 PUSH- UPS. REST 45 SECONDS |
| LOW CABLE CHEST FLY | 4 | 15 | THIS EXERCISE IS DESIGNED TO WORK THE UPPER CHEST. LOWER PULLY AT THE LOWEST POINT. GRAB HANDLES AND PULL UPWARDS TOWARDS THE SAME LEVEL AS YOUR CHIN, LOWER WEIGHT BACK TO STARTING POSITION AND REPEAT. |
| V BAR PUSHDOWNS SUPERSET WITH CABLE KICK BACKS | 4 | 12 | PERFORM EXERCISE WITH TRICEP PRESS DOWNS FOR 12 REPS AND SUPERSET WITH 12 REPS OF CABLE KICK BACKS. |
| BENCH DIP | 2 | 20 | GET ON THE SIDE OF A BECNCH. WITH PALMS FACING DOWN AND HEALS ON THE FLOOR, PERFORM A BENCH DIP. REST FOR 45 SECONDS BETWEEN SETS |

CARDIO FOR FAT LOSS MONTH 1

| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|--|--|--|--|
| <p>INTERVAL TREADMILL CARDIO 20 MINUTES</p> <p>PERFORM THIS CARDIO SESSION BY WALKING FOR 1 MINUTE AND THEN RUNNING AS FAST AS YOU CAN FOR 1 MINUTE. ALTERNATE BACK AND FORTH FOR 20 MINUTES.</p> | <p>INTERVAL TREADMILL CARDIO 20 MINUTES</p> <p>PERFORM THIS CARDIO SESSION BY WALKING FOR 1 MINUTE AND THEN RUNNING AS FAST AS YOU CAN FOR 1 MINUTE. ALTERNATE BACK AND FORTH FOR 20 MINUTES. ADD .05 TO YOUR FASTEST SPEED</p> | <p>INTERVAL TREADMILL CARDIO 20 MINUTES</p> <p>PERFORM THIS CARDIO SESSION BY WALKING FOR 1 MINUTE AND THEN RUNNING AS FAST AS YOU CAN FOR 1 MINUTE. ALTERNATE BACK AND FORTH FOR 20 MINUTES. ADD ANOTHER .05 TO YOUR FASTEST SPEED</p> | <p>INTERVAL TREADMILL CARDIO 20 MINUTES</p> <p>PERFORM THIS CARDIO SESSION BY WALKING FOR 1 MINUTE AND THEN RUNNING AS FAST AS YOU CAN FOR 1 MINUTE. ALTERNATE BACK AND FORTH FOR 20 MINUTES. ADD ANOTHER .05 TO YOUR FASTEST SPEED</p> |

CARDIO FOR FAT LOSS MONTH 2

| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|---|---|---|---|
| <p style="text-align: center;">BODY WEIGHT EXERCISE CIRCUIT</p> <p>DO PUSHUPS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY MOUNTAIN CLIMBERS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY BUR-BEES FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY HIGH KNEE DRILLS FOR 15 SECONDS REST 15 SECONDS. LASTLY DO 15 SECONDS OF BODYWEIGHT SQUATS THEN REST FOR 1 MINUTE AND REPEAT CIRCUIT 2 MORE TIMES FOR A TOTAL OF 3.</p> | <p style="text-align: center;">BODY WEIGHT EXERCISE CIRCUIT</p> <p>DO PUSHUPS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY MOUNTAIN CLIMBERS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY BUR-BEES FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY HIGH KNEE DRILLS FOR 15 SECONDS REST 15 SECONDS. LASTLY DO 15 SECONDS OF BODYWEIGHT SQUATS THEN REST FOR 1 MINUTE AND REPEAT CIRCUIT 2 MORE TIMES FOR A TOTAL OF 3.</p> | <p style="text-align: center;">BODY WEIGHT EXERCISE CIRCUIT</p> <p>DO PUSHUPS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY MOUNTAIN CLIMBERS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY BUR-BEES FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY HIGH KNEE DRILLS FOR 15 SECONDS REST 15 SECONDS. LASTLY DO 15 SECONDS OF BODYWEIGHT SQUATS THEN REST FOR 1 MINUTE AND REPEAT CIRCUIT 2 MORE TIMES FOR A TOTAL OF 3.</p> | <p style="text-align: center;">BODY WEIGHT EXERCISE CIRCUIT</p> <p>DO PUSHUPS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY MOUNTAIN CLIMBERS FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY BUR-BEES FOR 15 SECONDS REST 15 SECONDS. FOLLOWED BY HIGH KNEE DRILLS FOR 15 SECONDS REST 15 SECONDS. LASTLY DO 15 SECONDS OF BODYWEIGHT SQUATS THEN REST FOR 1 MINUTE AND REPEAT CIRCUIT 2 MORE TIMES FOR A TOTAL OF 3.</p> |

CARDIO FOR FAT LOSS MONTH 3

| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|--|--|--|--|
| <p>BODY WEIGHT EXERCISE CIRCUIT</p> <p>10 PULLUPS 10 DIPS 15 PUSHUPS 15 BODYWEIGHT LUNGES REST FOR 1 MINUTE AND REPEAT AN ADDITIONAL 2 MORE TIMES</p> <p>20 MINUTES OF STAIR STEPPERS</p> | <p>BODY WEIGHT EXERCISE CIRCUIT</p> <p>10 PULLUPS 10 DIPS 15 PUSHUPS 15 BODYWEIGHT LUNGES REST FOR 1 MINUTE AND REPEAT AN ADDITIONAL 2 MORE TIMES</p> <p>20 MINUTES OF STAIR STEPPERS</p> | <p>BODY WEIGHT EXERCISE CIRCUIT</p> <p>10 PULLUPS 10 DIPS 15 PUSHUPS 15 BODYWEIGHT LUNGES REST FOR 1 MINUTE AND REPEAT AN ADDITIONAL 2 MORE TIMES</p> <p>20 MINUTES OF STAIR STEPPERS</p> | <p>BODY WEIGHT EXERCISE CIRCUIT</p> <p>10 PULLUPS 10 DIPS 15 PUSHUPS 15 BODYWEIGHT LUNGES REST FOR 1 MINUTE AND REPEAT AN ADDITIONAL 2 MORE TIMES</p> <p>20 MINUTES OF STAIR STEPPERS</p> |



There is a lot to say about recovery and you will not find many people talking about it. Lets face it, it's not that sexy. Most people would rather talk about how much can they lift and what's the latest and greatest supplement their taking. Most peoples priority is about their training and diet, but no one seems to talk about what their doing to recover. Do You? I could care less about how much you can lift, If you are not recovering properly you won't make that much of a significance in your development.

You will make **GREAT GAINS** if you recover properly!

Muscle builds and grows while you sleep. How much sleep is enough? Most of the fitness experts would say you need to get at least 7-8 hours of sleep every night. Also, it's a good idea to make sure you go to sleep before 12 a.m. Why? When you go to sleep before 12 a.m. you will feel like you got more sleep than if you were to go to bed after 12 a.m.



RECOVERY

Your body will tell you when you need to get some rest and often times staying up past 12 a.m. is to late.

What you can do to start the recovery process is right after your training take a cold shower. Taking cold showers is not that easy, but it works. Have you ever seen a baseball pitcher throw a long game? What does he do to relieve his soreness in his elbow? He puts it in ice water. There are a lot of athletes that soak themselves in a cold ice bath to reduce inflammation. You will not feel that sore the next day if you follow this strategy.

Next I would like to talk about an important supplement, fish oil. Fish oil is another way to speed up your recovery. Fish oil is great for reducing inflammation and soreness. One thing to be aware of is to take a high does of EPA and DHA otherwise taking lower dosages and poor quality will be useless.



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RECOVERY

Eating the right foods at the right times is essential to your recovery and muscle growth as well. After your workout you want to get a quick digesting protein into your body. The quickest way to do this is to consume a protein shake within 15-30 minutes after your workout. An hour after your workout you want to eat your first recovery meal. This is where you can take full advantage of upping your carbohydrate intake. Eating carbohydrates will replace all the glycogen that was lost in your muscles after your workout. Protein is important as well. You should always consume your protein first in your meal and then carbohydrates.

Why Protein First?

Eating protein first in a meal increases the efficiency of digestion. A greater amount of amino acids make it to the blood stream. The digestive system is geared this way and it improves digestion greatly for overall availability of proteins/amino acids from food for the body to use.

Proteins are digested primarily in the stomach.



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RECOVERY

Carbohydrates are digested 30% in the mouth. Carbohydrates are not digested in the stomach. If you were to eat carbohydrates first before your protein. This would result in a reduced amount of protein digestion and would leave some undigested and unabsorbable. If we were to eat this way, we would be eating to fail. So eat your protein first before anything else.