

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chest / Shoulders / Triceps + Cardio/Core	Back & Biceps + Legs / Cardio / Core	Full Body Stretches + Body Weight Exercises	Chest / Shoulders / Triceps + Cardio/Core	Back & Biceps + Legs / Cardio / Core
CARDIO Stretches + 20 Minutes Stairmaster 5 Minutes Level 6 5 Minutes Level 7 10 Minutes Level 8	CARDIO Stretches + 20 Minutes Stairmaster 5 Minutes Level 6 5 Minutes Level 7 10 Minutes Level 8	CORE AT HOME Plank (1 x 90 Seconds) + Alternating Push Ups Spine Stretches (1 x 10) Child's Pose (1 x 10) Windshield Hip Stretches (1 x 30) Core Leg Extensions On Back Abs Engaged (1 x 30 Slight Raise) (1 x 30 Full Raise) Alternating Elbow to Knee Crunches (1 x 60) Glute Bridge (1 x 10) Superman Stretches/Core Superset (2 x 3 x 15)	CARDIO Stretches + 20 Minutes Stairmaster 5 Minutes Level 6 5 Minutes Level 7 10 Minutes Level 8	CARDIO Stretches + 20 Minutes Stairmaster 5 Minutes Level 6 5 Minutes Level 7 10 Minutes Level 8
CHEST Flat Bench (4 x 12) Incline Bench (4 x 12) Decline Bench (4 x 12) Cable Fly's Dropset (4 x 12)	BACK Low Wide Underhand Seated Rows (4 x 12) Underhand Lat Pulldown (4 x 12) Barbell Bent Over Rows (3 x 12) Dumbbell Pullovers (3 x 15) Low Back Extensions	SHOULDER Shoulder Press (4 x 12) Front & Side Dumbbell Deltoid Raises (4 x 12) Rear Deltoid Cable Fly's (3 x 15) Upright Rows (4 x 12)	CHEST Seated Bench (4 x 12) Seated Incline (4 x 12) Seated Decline (4 x 12) Dumbbell Fly's (4 x 12)	BACK Low Narrow Underhand Seated Rows (4 x 12) Overhand Lat Pulldown (4 x 12) Chainsaw Row (3 x 12) Machine Pullovers (3 x 15) Low Back Extensions
SHOULDER Shoulder Press (4 x 12) Front & Lateral Deltoid Machine Raises (4 x 12) Rear Deltoid Cable Fly's (3 x 15) Upright Rows (4 x 12)	BICEPS Bicep Alternating Curls One Arm Concentration Curl Drop Set (6 x 12) Forearm Curls (3 x 12)	SHOULDER Shoulder Press (4 x 12) Front & Side Dumbbell Deltoid Raises (4 x 12) Rear Deltoid Machine Fly's (3 x 15) Shrug Machine (3 x 20)	SHOULDER Shoulder Press (4 x 12) Front & Side Dumbbell Deltoid Raises (4 x 12) Rear Deltoid Machine Fly's (3 x 15) Shrug Machine (3 x 20)	BICEPS Bicep Alternating Curls Barbell Curls Superset with Straight Bar Curls (2 x 3 x 12) Forearm Curls (3 x 12)
TRICEPS Tricep Dips (4 x 12) Close Grip Barbell Bench Press (4 x 12) Tricep T-Bar Pushdown + Rope Pushdown Superset (2 x 4 x 12)	LEGS Leg Extensions Dropset (4 x 15) Standing Hack Slide (4 x 12) Prone Hamstring Curl Dropset (4 x 15) Standing Calf Raises (4 x 12) Walking Lunges (3 x Lengths)	MORE CARDIO After Dinner Before Starting 16 Hour Fast – 20 Minutes on Treadclimber	TRICEPS Tricep Dips (4 x 12) Close Grip Barbell Bench Press (4 x 12) Tricep T-Bar Pushdown + Rope Pushdown Superset (2 x 4 x 12)	LEGS Leg Extensions Dropset (4 x 15) Seated Hack Slide (4 x 12) Prone Hamstring Curl Dropset (4 x 15) Seated Calf Raises (4 x 12) Walking Lunges (3 x Lengths)
CORE Crunch Machine: Center, Left & Right (3 x 30) Knee Ups (3 x 15) Broomstick Twists (3 x 20) Plank (1 x 90 Seconds) + Alternating Push Ups Spine Stretches (1 x 10) Windshield Hip Stretches (1 x 30) Core Leg Extensions On Back Abs Engaged (1 x 30 Slight Raise) (1 x 30 Full Raise) Alternating Elbow to Knee Crunches (1 x 60)	CORE Crunch Machine: Center, Left & Right (3 x 30) Knee Ups (3 x 15) Broomstick Twists (3 x 20) Plank (1 x 90 Seconds) + Alternating Push Ups Spine Stretches (1 x 10) Windshield Hip Stretches (1 x 30) Core Leg Extensions On Back Abs Engaged (1 x 30 Slight Raise) (1 x 30 Full Raise) Alternating Elbow to Knee Crunches (1 x 60)		CORE Crunch Machine: Center, Left & Right (3 x 30) Knee Up (3 x 15) Broom Stick Twists (3 x 20) Plank (1 x 90 Seconds) + Alternating Push Ups Spine Stretches (1 x 10) Windshield Hip Stretches (1 x 30) Core Leg Extensions On Back Abs Engaged (1 x 30 Slight Raise) (1 x 30 Full Raise) Alternating Elbow to Knee Crunches (1 x 60)	CORE Crunch Machine: Center, Left & Right (3 x 30) Knee Ups (3 x 15) Broomstick Twists (3 x 20) Plank (1 x 90 Seconds) + Alternating Push Ups Spine Stretches (1 x 10) Windshield Hip Stretches (1 x 30) Core Leg Extensions On Back Abs Engaged (1 x 30 Slight Raise) (1 x 30 Full Raise) Alternating Elbow to Knee Crunches (1 x 60)
MORE CARDIO At Home After Dinner Before Starting 16 Hour Fast – 20 Minutes on Treadclimber	MORE CARDIO At Home After Dinner Before Starting 16 Hour Fast – 20 Minutes on Treadclimber		MORE CARDIO At Home After Dinner Before Starting 16 Hour Fast – 20 Minutes on Treadclimber	MORE CARDIO At Home After Dinner Before Starting 16 Hour Fast – 20 Minutes on Treadclimber

NO
DAYS
WASTED

