#### Thank you for downloading our 12 Week Body Transformation Workout Plan PDF!

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

In order to reap full benefits from this 12 week body transformation workout plan, here are some important guidelines to follow:

- Warm up and stretch
- · Focus on form
- · Apply progressive overload
- · Adjust rep ranges
- Rest and recover

These will ensure you minimise injury and maximise muscle building potential. They are detailed further below.

#### Warm up and Stretch!

Warm up before your workout to prevent injury and practice the movements. Warm-ups are important for anyone and even more crucial for older adults. If you're a newcomer to the gym but a veteran in another sport, you'll already understand the value of a good warm-up.

You should also get in the habit of stretching the target muscles before actually targeting them. This program will target basically every single muscle you have in your body, so getting those muscle loose is crucial.

#### **Focus on Form**

For all exercises, use a rhythmic pumping motion. Do not jerk the weights or sacrifice form by getting other body parts involved. Example: swaying backwards to boost curls past a sticking point.

If your form isn't perfect using the weight you selected, pick a lighter weight. Be patient! You'll get there faster if you practice doing the movements the right way.

Form > Load. Always use proper exercise form without worrying about the amount you're lifting. This takes discipline. Workouts should accomplish something, not prove something.

#### **Apply Progressive Overload**

Progressive overload stimulates the adaptive responses that make muscles grow. For that reason, apply progressive overload to all exercises in the program. That means reps come before weight.

Start with poundage you can lift with perfect form for the specified rep range.

Once you're able to do the suggested number of reps comfortably with good form, increase the weight so that the last couple of reps become challenging.

#### **Adjust Rep Ranges**

Each exercise starts with higher rep range and progresses to lower ranges. This accomplishes two things:

- 1. Considers that all skeletal muscles consist of both Types I and II fibers. Type I fibers are believed to respond best to higher "endurance" level work where the power-generating Type II fibers are best addressed with lower reps and higher loads.
- 2. The higher rep ranges at the beginning of an exercise are essentially warm-up sets that employ the SAID principle (Specific Adaptation to Imposed Demands). In layperson terms, your warm-up might as well be doing the thing you're trying to improve.

#### **Rest and Recover**

Rest and recovery are as important as working out. Work out hard, rest and recover religiously.

#### Rest between workouts

Day 7 is rest day. No gym. No runs. No stair climbs. No push-ups. No sit-ups. Nothing. Just rest.

Let your hard work do its thing and your body recover.

Not only your muscles take a hit during intense training. Your central nervous system does too, and the CNS is what powers your muscles. This is clinically documented.

#### Rest between sets

Rest long enough between sets for you to be able to do the next set with equal or more intensity. It's that simple. I can't put a number on that.

-- Mike

#### ThisIsWhyImFit.com

	EK 1 – 4: Three Way Split		
	Day 1		
LEGS 1 / ARMS 1	Muscles worked	Reps	Sets
Sissy Squats	Quadriceps	8-15	4
HTC Split Squats	Quadriceps, Glutes	8-15	3
Leg Extensions	Quadriceps	10-15	3
Leg Curls	Hamstrings	10-15	3
Hip Extensions	Glutes	10-15	3
Toe raises	Tibialis Anterior	20	2
Biceps Curls, single arm	Biceps	10-20	3
Gironda Drag Curls	Biceps	10-20	3
Triceps extensions Hammer Curls	Triceps  Brachio-radialis	10-20 10-20	3
Hammer Curis		10-20	<u> </u>
CHOILI DEDS 4	Day 2	Cot 2	Cot 2
SHOULDERS 1 Side Lateral Raises	Set 1  Middle deltoids	Set 2 12-20	Set 3
Side Lateral Raises	Anterior deltoids,	12-20	3
Thumbs Up Front Raises	Clavicular head of pec major	12-20	3
Rear Delt Flyes	Posterior deltoid	12-20	3
Shrugs	Upper Trapezius	10-15	3
	Day 3		
CHEST 1 / BACK 1 / ABS	Set 1	Set 2	Set 3
Decline DB Presses or			
Cable Chest Presses	Pec major	8-20	4
Dumbbell Presses,	Pec major, Anterior deltoid	8-20	4
overhand flat bench		0.00	ļ .
Pec Deck  Lat Pull-Ins	Pec major  Latissimus dorsi (Lats)	8-20 10-20	4
Lat Full-IIIS	<u> </u>	10-20	4
Chest-supported DB row	Lats, Middle and Lower Trapezius, Teres major, posterior deltoids	10-20	3
Scapula Shrugs	Middle and Lower trapezius	10-20	3
Back Extensions	Spinus erectors	12-20	2
Crunches	Rectus abdominis	20	3
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	3
Side Bends	Obliques	10 per side	3
	Day 4		
LEGS 2 / METCON	Set 1	Set 2	Set 3
Squats, heel elevated	Quadriceps, Glutes, Adductors, Spinus erectors	8-15	3
Romanian Deadlift (RDL)	Glutes, Adductors, Hamstrings, Spinus erectors	8-15	3
	opilido creotoro		
Hip Abductions	Gluteus medius	8_15	1 3
Hip Abductions	Gluteus medius	8-15 8-15	3
Hip Adductions	Leg Abductors	8-15	3
Hip Adductions Hip Flexions	Leg Abductors Rectus Femoris	8-15 10-15	_
Hip Adductions	Leg Abductors	8-15	3 2
Hip Adductions Hip Flexions Standing Calf raises Stair climbing	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory	8-15 10-15 15-20	3 2 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing	Leg Abductors Rectus Femoris Gastrocnemius, Soleus	8-15 10-15 15-20	3 2 3 1
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory Day 5 Set 1	8-15 10-15 15-20 30 mins	3 2 3 1
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory Day 5	8-15 10-15 15-20 30 mins	3 2 3 1
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid	8-15 10-15 15-20 30 mins Set 2 10-12 12-20	3 2 3 1 1 Set 3 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius,	8-15 10-15 15-20 30 mins Set 2 10-12 12-20 15-20	3 2 3 1 1 Set 3 3 3 3 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises)	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps	8-15 10-15 15-20 30 mins Set 2 10-12 12-20 15-20 10-15	3 2 3 1 Set 3 3 3 3
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Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises)	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory	8-15 10-15 15-20 30 mins Set 2 10-12 12-20 15-20 10-15	3 2 3 1 1 Set 3 3 3 3 3 1 1
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises) Stair climbing or Walk	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory Day 6	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins	3 2 3 1 1 Set 3 3 3 3 3 1 1
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory Day 6 Set 1 Clavicular head of pec major,	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins	3 2 3 1 1 Set 3 3 3 3 1 1 Set 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON Underhand Chest Press Dumbbell Presses,	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory  Day 6 Set 1 Clavicular head of pec major, anterior deltoid	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20	3 2 3 1 1 Set 3 3 3 1 1 Set 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON  Underhand Chest Press  Dumbbell Presses, overhand flat bench Lat Pull-Downs  Motorcycle Rows	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory Day 6 Set 1 Clavicular head of pec major, anterior deltoid Pec major, Anterior deltoid Lats, Lower and middle trapezius, teres major, biceps Lats, Lower and middle trapezius, teres major, biceps	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20 10-20 10-20 10-20	3 2 3 1 1 Set 3 3 3 3 4 4 4
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises  "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON  Underhand Chest Press  Dumbbell Presses, overhand flat bench Lat Pull-Downs  Motorcycle Rows Crunches	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory Day 6 Set 1 Clavicular head of pec major, anterior deltoid Pec major, Anterior deltoid Lats, Lower and middle trapezius, teres major, biceps Lats, Lower and middle trapezius, teres major, biceps Rectus abdominis	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20 10-20 10-20 10-20 20	3 2 3 1 1 Set 3 3 3 3 4 4 4 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON  Underhand Chest Press  Dumbbell Presses, overhand flat bench Lat Pull-Downs  Motorcycle Rows Crunches Sit Ups with a Twist	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory  Day 6 Set 1 Clavicular head of pec major, anterior deltoid  Pec major, Anterior deltoid  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Rectus abdominis Obliques, rectus abdominis	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20 10-20 10-20 10-20 20 10 per side	3 2 3 1 1 Set 3 3 3 3 4 4 4 3 3 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON  Underhand Chest Press  Dumbbell Presses, overhand flat bench Lat Pull-Downs  Motorcycle Rows Crunches Sit Ups with a Twist Side Bends	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory  Day 6 Set 1 Clavicular head of pec major, anterior deltoid  Pec major, Anterior deltoid  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Rectus abdominis Obliques, rectus abdominis	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20 10-20 10-20 10-20 20 10 per side 10 per side	3 2 3 1 1 Set 3 3 3 3 4 4 4 3 3 3 3 3 3 3 3 3 3 3 3
Hip Adductions Hip Flexions Standing Calf raises Stair climbing (optional 30-minute walk, incline preferred)  SHOULDERS 2 / METCON Hammer Grip Shoulder Press Chest Supported DB rows Infraspinatus raises "Y" Raises (Upper Trap Raises) Stair climbing or Walk  CHEST 2 / BACK 2 / ABS / METCON  Underhand Chest Press  Dumbbell Presses, overhand flat bench Lat Pull-Downs  Motorcycle Rows Crunches Sit Ups with a Twist	Leg Abductors Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory  Day 5 Set 1 Anterior deltoids, middle delt Posterior deltoid Infraspinatus (rotator cuff) Upper Trapezius, middle and lower traps Legs, Cardio-respiratory  Day 6 Set 1 Clavicular head of pec major, anterior deltoid  Pec major, Anterior deltoid  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Rectus abdominis Obliques, rectus abdominis	8-15 10-15 15-20 30 mins  Set 2 10-12 12-20 15-20 10-15 30 mins  Set 2 10-20 10-20 10-20 10-20 20 10 per side	3 2 3 1 1 Set 3 3 3 3 4 4 4 3 3 3 3

WEEK 5 – 8: Push Pull Legs Split					
	Day 1				
PUSH	Muscles worked	Reps	Se		
Decline DB Presses or Cable Chest Presses	Pec major	8-20	4		
Dumbbell Presses.	Pec major,				
overhand flat bench	Anterior deltoid	8-20	4		
Pec Deck	Pec major	8-20	4		
Triceps extensions Stair Climbing	Triceps  Legs, general	8-15 20 mins	1		
Walk	Legs, general	30 mins	1		
	Day 2				
PULL	Set 1	Set 2	Se		
Lat Pull-Ins	Latissimus dorsi (lats)	10-20	4		
Chest-supported DB row	Lats, Posterior deltoids, Middle and Lower Trapezius	10-20	:		
Back Extensions	Spinus erectors	12-20	2		
Side Lateral Raises	Middle deltoids	10-20	4		
Rear Delt Flyes	Posterior deltoids	10-20	4		
Biceps Curls, single arm	Biceps	12-20	:		
Gironda Drag Curls	Biceps	10-15	;		
Crunches	Rectus abdominis	20	3		
Sit Ups with a Twist Side Bends	Obliques, rectus abdominis	10 per side 10 per side	3		
Side Bellus	Obliques  Day 3	10 per side			
LEGS	Set 1	Set 2	Se		
Sissy Squats	Quadriceps	8-15	26		
HTC Split Squats	Quadriceps	8-15	4		
Leg Extensions	Quadriceps	10-20	:		
Leg Curls	Hamstrings	8-15	3		
Hip Extensions	Glutes	8-15	3		
Toe raises	Tibialis anterior	20-30	2		
	Day 4				
PUSH	Set 1	Set 2	Se		
Underhand Chest Press	Clavicular head of pec major, anterior deltoid	10-20	4		
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	10-20	4		
Thumbs Up Front Raises	Anterior deltoid, Clavicular head of pec major	10-20	3		
Hammer Grip Shoulder Press	Anterior deltoids, middle delt	10-12	:		
Triceps extensions	Triceps	8-15			
Stair Climbing	Legs, Cardio-respiratory	20 mins			
Walk	Legs, Cardio-respiratory	30 mins			
	Day 5				
PULL	Set 1	Set 2	Se		
Lat Pull-Downs	Lats, Lower and middle trapezius, teres major, biceps	10-20	4		
Motorcycle Rows	Lats, Lower and middle trapezius,	10-20			
Chest Supported DB rows	teres major, biceps		:		
Shrugs	Posterior deltoid Upper Trapezius	10-20 10-15			
Scapula Shrugs	Middle and Lower trapezius	10-13			
"Y" Raises (Upper Trap Raises)	Upper Trapezius,	10-15			
	Middle and Lower traps				
Hammer Curls	Brachio-radialis	10-20	4		
Crunches Sit Ups with a Twist	Rectus abdominis Obliques, rectus abdominis	20 10 per side	3		
Side Bends	Obliques Obliques	10 per side			
	Day 6	.oper olde			
LEGS	Set 1	Set 2	Se		
	Quadriceps, Glutes,	8-15			
Squats, heel elevated	Adductors, Spinus erectors  Glutes, Adductors,				
Romanian Deadlift (RDL)	Hamstrings, Spinus erectors	8-12	3		
Hip Abductions	Gluteus medius	8-15	:		
	Leg Adductors	8-15	3		
Hip Adductions					
Hip Flexions (Knee raises)	Rectus Femoris	10-15	;		
•	Rectus Femoris Gastrocnemius, Soleus Legs, Cardio-respiratory	10-15 15-20 30 mins	;		

WE	EEK 9 – 12: Upper-Lower Split		
	Day 1		
PUSH	Muscles worked	Reps	Se
Lat Pull-Ins	Latissimus dorsi (lats)	10-20	4
Chest-supported DB row	Lats, Posterior deltoids,	10-20	3
Scapula Shrugs	Middle and Lower Trapezius  Middle and Lower trapezius	10-20	3
Back Extensions	Spinus erectors	12-20	
Side Lateral Raises	Middle deltoids	12-20	-
Thumbs Up Front Raises	Anterior deltoids,	12-20	3
·	Clavicular head of pec major		
Rear Delt Flyes Shrugs	Posteriordeltoids Upper Trapezius	12-20 12-20	;
Jillugs	Day 2	12-20	
PULL	Set 1	Set 2	Se
Sissy Squats	Quadriceps	8-15	36
HTC Split Squats	Quadriceps	8-15	
Leg Extensions	Quadriceps	10-20	
Leg Curls	hamstrings	8-15	;
Hip Extensions	Glutes	8-15	;
Toe raises	Gastrocnemius, Soleus	20-30	
	Day 3		
LEGS	Set 1	Set 2	Se
Decline DB Presses or Cable Chest Presses	Pec major	8-20	
Dumbbell Presses, overhand flat bench	Pec major, Anterior deltoid	8-20	
Pec Deck	Pec major	8-20	
Biceps Curls, single arm	Biceps	12-20	
Gironda Drag Curls	Biceps	10-15	
Triceps extensions	Triceps	10-15	
Hammer Curls Crunches	Brachio-radialis  Rectus abdominis	12-20	
Sit Ups with a Twist	Obliques, rectus abdominis	10 per side	
Side Bends	Obliques	10 per side	
Stair Climbing	Legs, Cardio-respiratory	20 mins	
	Legs, Calulo-lespilatory		
Walk	Legs, Cardio-respiratory	30 mins	+
			+
	Legs, Cardio-respiratory		Se
Walk	Legs, Cardio-respiratory Day 4	30 mins	
Walk PUSH	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,	30 mins	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius	30 mins  Set 2  10-12  10-20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,	30 mins  Set 2  10-12  10-20  20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps	30 mins  Set 2  10-12  10-20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,	30 mins  Set 2  10-12  10-20  20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius,  teres major, biceps  Lats, Lower and middle trapezius,	30 mins  Set 2  10-12  10-20  20  10-15	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius,  teres major, biceps	30 mins  Set 2  10-12  10-20  20  10-15  10-20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius,  teres major, biceps  Lats, Lower and middle trapezius,  teres major, biceps	30 mins  Set 2  10-12  10-20  20  10-15  10-20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs  Motorcycle Rows	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs  Motorcycle Rows	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors,	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20  Set 2	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs  Motorcycle Rows  PULL  Squats, heel elevated	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius,  teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings,	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20  Set 2  8-15	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL)	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius,  teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20  Set 2  8-15  8-12	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids,  Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius,  middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20  Set 2  8-15  8-12  8-15	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions Hip Adductions	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius Leg adductors	30 mins  Set 2  10-12  10-20  20  10-15  10-20  10-20  Set 2  8-15  8-15  8-15  8-15	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions Hip Adductions Hip Flexions (Knee raises)	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius Leg adductors Rectus femoris	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-15  8-15  8-15  10-15	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions Hip Adductions Hip Flexions (Knee raises)	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius Leg adductors Rectus femoris  Gastrocnemius, Soleus	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-15  8-15  8-15  10-15	Se
Walk  PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs  Motorcycle Rows  PULL  Squats, heel elevated  Romanian Deadlift (RDL)  Hip Abductions  Hip Adductions  Hip Flexions (Knee raises)  Standing Calf raises  LEGS  Triceps extensions	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius  Leg adductors  Rectus femoris  Gastrocnemius, Soleus  Day 6  Set 1  Triceps	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-12  8-15  8-15  10-15  15-20  Set 2  10-15	Se
PUSH  Hammer Grip Shoulder Press  Chest-supported DB row  Infraspinatus raises  "Y" Raises (Upper Trap Raises)  Lat Pull-Downs  Motorcycle Rows  PULL  Squats, heel elevated  Romanian Deadlift (RDL)  Hip Abductions  Hip Adductions  Hip Flexions (Knee raises)  Standing Calf raises	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius  Leg adductors  Rectus femoris  Gastrocnemius, Soleus  Day 6  Set 1  Triceps  Brachio-radialis	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-12  8-15  8-15  10-15  10-15  15-20  Set 2	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions Hip Adductions Hip Flexions (Knee raises) Standing Calf raises  LEGS Triceps extensions Hammer Curls Underhand Chest Press	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius  Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius  Leg adductors  Rectus femoris  Gastrocnemius, Soleus  Day 6  Set 1  Triceps	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-12  8-15  8-15  10-15  15-20  Set 2  10-15	Se
PUSH Hammer Grip Shoulder Press Chest-supported DB row Infraspinatus raises "Y" Raises (Upper Trap Raises)  Lat Pull-Downs Motorcycle Rows  PULL Squats, heel elevated Romanian Deadlift (RDL) Hip Abductions Hip Adductions Hip Flexions (Knee raises) Standing Calf raises  LEGS Triceps extensions Hammer Curls	Legs, Cardio-respiratory  Day 4  Set 1  Anterior deltoids, middle delt  Lats, Posterior deltoids, Middle and Lower Trapezius Infraspinatus (rotator cuff)  Upper Trapezius, middle and lower traps  Lats, Lower and middle trapezius, teres major, biceps  Lats, Lower and middle trapezius, teres major, biceps  Day 5  Set 1  Quadriceps, Glutes, Adductors, Spinus erectors  Glutes, Adductors, Hamstrings, Spinus erectors  Gluteus medius Leg adductors Rectus femoris  Gastrocnemius, Soleus  Day 6  Set 1  Triceps  Brachio-radialis  Clavicular head of pec major,	30 mins  Set 2  10-12  10-20  20  10-15  10-20  Set 2  8-15  8-15  8-15  10-15  15-20  Set 2  10-15	Se