

4 Day Training Cycle

Day 1: Chest and Triceps

Chest – 1.5 to 2 minute rest in between all chest exercises

- Incline Dumbbell or Barbell Press: 4 sets- 1×12, 1×10, 1×8, 1×15
(Pyramid up first sets heavy with a lighter final set for more reps)
- Incline Dumbbell Fly: 3 sets of 10-12
- Flat Bench, Dumbbell or Barbell: 3 sets of 6-8
- Dips: 4 sets to failure

Triceps – 30 second rest in between all tricep sets

- Cable Tricep Pushdowns: 1×12, 1×10, 1×8, 1×6
- Lying Tricep Skull Crushers or Close Grip Bench: 1×15, 1×12, 1×10, 1×8
- Over Head Triceps Extensions: 3 sets of 10-12

Abdominals – 30 seconds rest in between sets

- Ab Wheel: 3 sets of 15-20 reps
- Knee Raises: 3 sets of 20-25

Day 2: Legs and Calves

Legs – 1.5 to 2 minutes rest between all sets

- Leg Extensions: 4 sets of 15
- 45 Degree Leg Press: 4 sets of 15
- Hack Squats: 4 sets of 15
- Smith Machine Reverse Lunges: 3 sets of 15
- Lying Leg Curls: 4 sets of 15
- Stiff Legged Dead Lifts: 3 sets of 12

Calves – 30 seconds rest in between sets

- Standing Calve Raises or Toe Raises on Incline Leg Press: 4 sets of 15-25
- Seated Calve Raises: 4 sets of 15-25

Day 3:

OFF

Day 4: Shoulders, Biceps, and Abs

Shoulders/Shrugs – 30-60 seconds rest in between sets

- Seated Front Barbell Press or Dumbbell Press: 4-5 sets of 12,10,8,6,10
(Pyramid up 1st sets heavy with a lighter final set for more reps)
- Front Lateral Raises with Dumbbell or Barbell: 3 sets of 10-12
- Seated or Standing Side Laterals: 4 sets of 10
- Standing Upright Wide Grip Raises, Barbell or Dumbbell: 3 sets of 10 or One Arm Side Laterals: 3 sets of 12-15 reps
- Bent Over Side Laterals: 3 sets of 10-12
- Shrugs with Dumbbell or Barbell: 4 sets of 10-12

Biceps – 30 seconds rest in between sets

- Standing Dumbbell Curls: 3 sets of 10
- Seated Preacher Curls: 3 sets of 10
- 21's Barbell Curl: Basically do 7 reps of partial curls from bottom to mid-way then 7 reps of top to mid-way and 7 reps of full curls
- Reverse Barbell Curl: 3 sets of 12

Abdominals – Repeat abdominal workout from Day 1

Day 5: Back and Calves

Back – 1 to 1.5 minutes rest in between sets

- Front Pull Ups or Cable Lat Pull Downs: 4 sets of 10-12 reps
- Seated Cable Rows: 3 sets of 10
- Bent Over Barbell Rows: 3 sets of 10-12
- Dead lifts: 4 sets of 12-10-8-10 reps

Calves – 30 seconds rest in between sets

- 45 [Degree](#) Leg Press Toe Raises: 4 sets of 15
- Seated Calve Raises: 4 sets of 15

Day 6 and 7:

OFF

Cardiovascular Training

Cardio should always be done after your weight training to help burn fat more efficiently. You will want to use your stores of glycogen, the sugar that is stored in muscle tissue, as fuel for your anaerobic weight training. This will your glycogen stores so that when you do cardio after training your body has no choice but to burn fat as its fuel source.

It is recommended to be at 65% over your resting heart rate to burn fat. You can do this by either getting a heart rate monitor or by subtracting your age from 220 and multiply it by 0.65. This is how many beats per minute that you want your heart pumping out while you exercise for the whole session. For beginners, a good rule of thumb for knowing you are burning fat efficiently is to perform cardio at a pace that makes it slightly difficult to carry on a normal conversation. Always start out with the least amount of cardio and slowly increase week to week. Increase time for the first couple of plateaus rather than the amount of days. For example:

Start with first 2 weeks: 20 minutes of cardio 3 times a week

3rd week – 30 minutes 3 times a week

4th week – 30 minutes 3 times a week

5th week – 40 minutes 3 times a week

6th week – 40 minutes 4 times a week

7th week – 40 minutes 5 times a week

8th week – 50 minutes 5 times a week

You should never go over 1 hour a day per session if you plateau. For those who have a real hard time losing body fat, you can even do two sessions of cardio a day and slowly increase.