

·||-||· WORKOUT PLAN

Recommended Program For You: Upper/Lower Routine 3-4x Per Week

Since you've already completed at least one year of consistent proper training, the fastest way for you to progress further will be to follow an upper/lower split 3-4 days per week. This will allow you to achieve progressive overload on all of the key compound lifts while recovering optimally in between sessions.

There are 2 different workouts you'll be performing and you can start by simply alternating back and forth between them on any 3 non-consecutive days of the week. That means week one would consist of upper/lower/upper, week two would be lower/upper/lower, then repeat.

If you find that you're making ongoing progress and recovering well in between sessions, you can increase the frequency to 4 days per week to see if this produces even faster improvements.

You should also aim to include 2-3 cardio sessions throughout the week. These can be done at any time as long as it isn't immediately prior to weight training. Low intensity/long duration, high intensity/short duration or medium intensity/medium duration cardio are all acceptable forms and you can just choose based on preference.

Cardio is not mandatory from a pure fat burning perspective (since this can technically be achieved through diet alone), but it's still a good idea to include for the sake of overall physical/mental health and metabolic conditioning purposes.

A few important notes about your workout plan...

- All sets should be performed approximately 1-2 reps short of muscular failure. This means that you should continue each set until the point where, if you were to give a 100% all-out effort, you would only be able to complete 1-2 more reps in proper form.
- Make sure to record every workout by writing down the weight lifted and number of reps executed for each exercise and set throughout the session. Each time you perform a new workout, your central goal should be to improve upon your previous performance in some way. The most efficient way to do this is by following a "double progression" method. This means that you'll first focus on performing additional reps

with a given weight, and then once you reach the upper end of the prescribed rep range for that exercise, increase the weight slightly and repeat.

- There is no concrete resting interval in between sets. Simply perform your set and then wait as long as you need to in order to feel fully recovered before performing the next one.

- On the concentric portion of each repetition (the “lifting” phase), move the weight as fast as you can while still maintaining proper form. On the eccentric portion (the “lowering” phase), lower the weight under control for 2-3 seconds.

- You can click on each exercise in the plan below for a quick video demonstration of how it is performed. Proper form is essential both for stimulating muscle growth and preventing injuries.

- Prior to each workout, perform a brief warm up consisting of 3-5 minutes of light cardio, followed by this routine:

Upper Body Workout

Scapular Wall Slide: 12-15 reps
Shoulder "Dislocations": 10-12 reps
Face Pull: 12-15 reps
External Rotation: 12-15 reps
Internal Rotation: 12-15 reps

Lower Body Workout

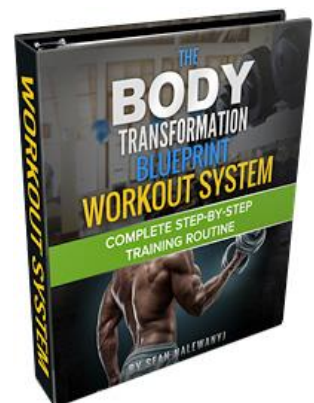
Bent-Knee Iron Cross: 8-10 reps per side
Leg Swing: 8-10 reps per side/direction
Knee Circles: 8-10 reps per side/direction
Mountain Climber: 8-10 reps per side
Cossack Squat: 8-10 reps per side

(Demonstrations are included at the end of this document)

Then, prior to each major compound lift in the workout, perform a quick warm up where you pyramid up with 3 sets (these sets should not fatigue you in any way), going progressively heavier until you reach your working weight. A basic template would be to use 50% of your working weight for 7 reps, 70% for 3 reps and then 100% for 1 rep.

- This is a foundational program that can be followed for anywhere from 4-12 consecutive weeks. After that time you can upgrade to my complete [Body Transformation Blueprint](#) system which contains the next recommended upper/lower workout and subsequent legs/push/pull program that should be followed after that.

Your step by step home upper/lower workout is outlined below...



UPPER DAY

Overhand Pull Up

3 sets x 5-7 reps

Incline Dumbbell Press

3 sets x 5-7 reps

Incline Bench Dumbbell Row

3 sets x 8-10 reps

Overhead Barbell Press

3 sets x 5-7 reps

Flat Dumbbell Fly

2 sets x 8-10 reps

Supinating Dumbbell Curl

3 sets x 6-8 reps per arm

Overhead Dumbbell Extension

3 sets per arm x 8-10 reps

Barbell Shrug

2 sets x 8-10 reps

LOWER DAY

Barbell Squat

3 sets x 5-7 reps

Romanian Barbell Deadlift

3 sets x 8-10 reps

Walking Dumbbell Lunge

3 sets x 6-8 per leg

Dumbbell Leg Curl

3 sets x 8-10 reps

Single Leg Dumbbell Calf Raise

3 sets per leg x 8-10 reps

Seated Dumbbell Calf Raise

2 sets x 12-15 reps

Weighted Crunch

2 sets x 12-15 reps

Lying Leg Raise

2 sets x 10-12 reps

If you only have access to dumbbells then substitute in the following exercises: [seated overhead dumbbell press](#) in place of overhead barbell press, [dumbbell shrugs](#) in place of barbell shrugs, [Bulgarian split squats](#) in place of barbell squats, and [Romanian dumbbell deadlift](#) in place of Romanian barbell deadlift.

** Every second upper body workout, perform single arm cable lateral raises in place of overhead barbell presses for 3 sets per arm of 10-12 reps, and face pulls in place of barbell shrugs for 2 sets of 10-12 reps.*

WARM UP EXERCISES

Scapular Wall Slide



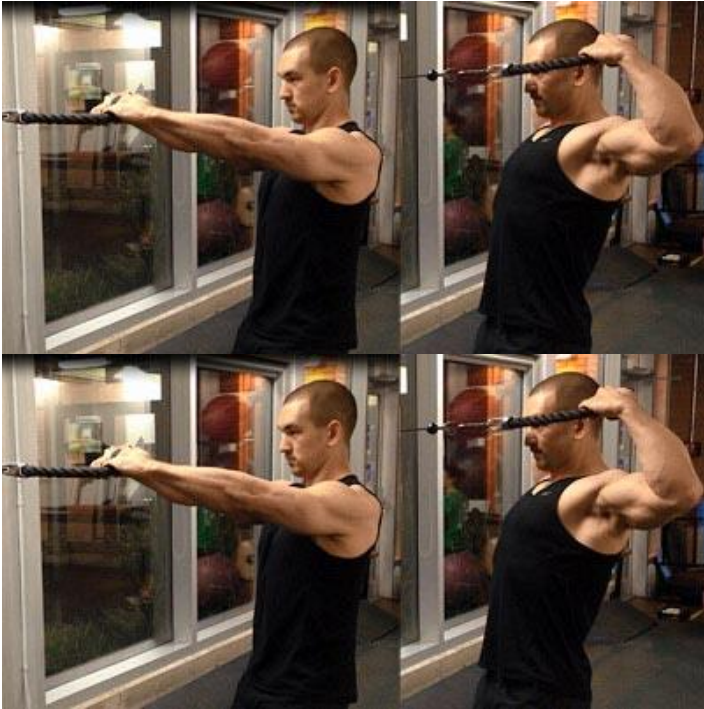
Stand with your head, upper back and butt pressed firmly against a wall. With your shoulders depressed and scapula retracted, place your upper arms and forearms against the wall at about a 90 degree angle. From there, press your arms overhead until you feel a good contraction in your upper back, and lower them back down as far as you comfortably can.

Shoulder "Dislocations"



These can be done using either a resistance band or a broomstick. Grab it with an overhand grip and start with the stick in front of your body touching your stomach. Then, while keeping your arms straight, rotate it back in a circular motion all the way behind your head and down to your lower back. Your grip can be placed narrower or wider depending on your individual shoulder flexibility and limb length, so just find the distance that is most comfortable for you and that allows for a good stretch without any pain.

Face Pull



Place a rope attachment at upper chest height and hold onto it with a neutral hammer grip. Keep your chest up, shoulders back and retract your scapula, and then pull the rope back towards your face while at the same time imagining that you're trying to pull the rope apart. Think of it as though you were hitting a back double bicep pose on each rep, while making sure to keep your head stationary, and focus on squeezing your rear delts and upper back on each rep. This can also be performed with resistance bands or bent over using light dumbbells.

External Rotation



Place the cable pulley at elbow height and grip a single-hand attachment with your elbow at a 90 degree angle. Position your elbow against your side with your forearm across your stomach, and then pull the cable attachment away from your body as far as is comfortable by externally rotating your shoulder. A resistance band can also be used, or you can perform this lying on your side with a light dumbbell.

Internal Rotation

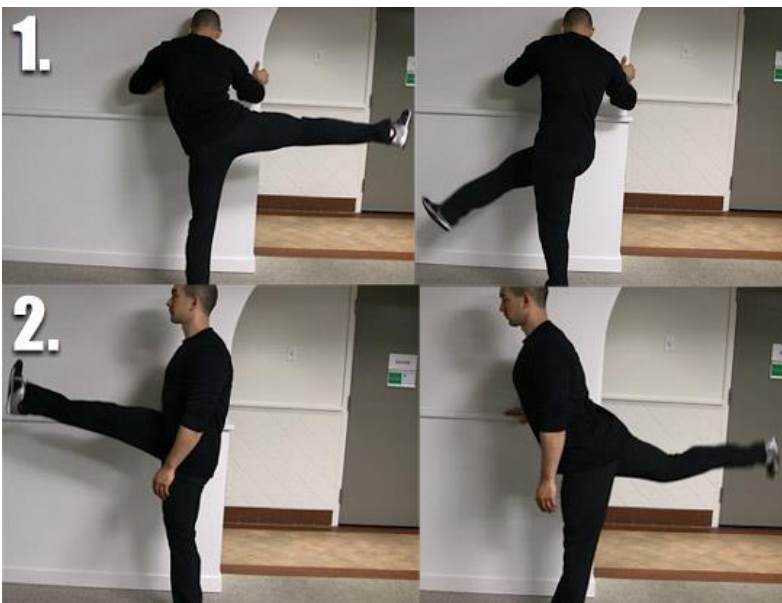
Same as above except performed in the opposite manner.

Bent-Knee Iron Cross



Lay flat on your back with your arms extended straight out to either side. Raise your legs up off the ground with your thighs perpendicular to the floor and knees at a 90 degree angle. From there, simply drop your knees to one side while at the same time dropping your head in the opposite direction, and then reverse the motion by dropping your knees and head the other way.

Leg Swing



Stand facing against a wall or any other object you can place your hands on for support. Put all your weight on one foot and pick the other leg up off the ground. Now, simply swing that leg from side to side as far as you comfortably can in each direction while keeping your core tight. Once you've completed a set from side to side, turn your body in the other direction and perform the same swinging motion, except this time going from front to back. Repeat on the other leg.

Knee Circles



Kneel on all fours with your knees directly beneath your hips and hands directly beneath your shoulders. With your arms straight and belly button pulled in, pull your heel up to your butt and begin “drawing circles” in the air with your knee. The idea here is to make the largest circles as possible with your knee without allowing the position of your upper body to change. Once you've completed a set in one direction, reverse the motion by doing them in the opposite direction. Repeat on the other leg.

Mountain Climber



Begin in a narrow push-up position, similar to a plank except you'll be on your hands instead of your forearms. Your body should be straight and tight from your head to your heels. In a continuous fashion, pull one knee forward toward your chest while the other leg goes backward, as if you're running in place with your hands always in contact with the floor. You can also bring your knees outside your elbows on each rep to stretch the groin more dynamically.

Cossack Squat



Assume a wide stance with your toes pointed out about 45 degrees, or essentially a sumo-squat position. Lower your hips to get into a deep stretch position and bend your elbows, which should be hovering right around knee level. Deliberately slide your hips from one side to another as far as you can go while keeping the same-side heel down to the floor, your torso more or less upright, and chest proud. Your outstretched, trailing leg will go straight with the heel down and toes pointed up.