

13 Weeks to Hardcore Fat Burning - The Workout

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Introduction

Brothers and Sisters of the iron jungle! It's time to get ripped out of your freaking minds! Included today for your viewing pleasure are 12 weeks worth of fat burning workouts for each body part, detailed discussions about muscular shaping / vascularity, training splits and much much more! It is my intension to get you in your best possible shape for the up and coming summer season.

Strap yourself in!

Workout Benefits

This workout plan is geared to accomplish the following:

1. Create an environment that revs the metabolism during and far after it has been completed! Thus burning a much higher percentage of calories.
2. Maintain muscle mass
3. Improve the muscular shape, separation and symmetry of your body.
4. Increase vascularity
5. Improve Insulin Sensitivity

Quality of Contraction for Optimal Shape and Separation

An extremely important aspect of this routine is to improve the shape of each muscle group, the separation between each muscle group and the detail of your entire body. Prioritizing a state of peak contraction throughout this program will enhance all three of these desired goals. We will accomplish this using three methods.

note: When I say peak contraction, I am referring to the point of an exercise that shortens or contracts your muscles the most. For example, while performing leg extensions, a state of peak contraction would be when your legs are fully extended.

1. I will heavily use the static strip set method of training. There is no better way to stress the peak of an exercise than this, period!

2. While I will still maintain relatively heavy poundage's, there will be times when I will discuss using semi lighter weights and emphasizing peak contractions over the use of momentum.
3. Partial repetitions will be implemented, in which the peak of the exercise will be emphasized.

The result of these techniques combined will be unparalleled shape, separation and detail!

Its important that you understand the following articles, for maximum success in this program:

- (A) [Static Strip Sets](#)
- (B) [Power Partial](#)s

Vascularity and Creating a Conditioned Look Within The Muscle Group.

Vascularity immediately spells conditioning! The goal of this program is not just to get you sliced and diced, but to improve the overall look of conditioning throughout your body. In order to accomplish this, we will need to emphasize methods of training that engorge the target muscle group with extreme amounts of blood. The following methods will serve you well in this area:

1. I will use supersets within the same muscle group and through opposite body parts. There essentially is no better way of emphasizing a blood pump than this!
2. Flexing - We will utilize allot of flexing throughout this program, to condition the muscles further.
3. I will have several semi higher rep sets incorporated to emphasize conditioning and vascularity.

Its important that you understand the following articles, for maximum success in this program:

- (A) [Your Guide to Super Sets](#)
- (B) [Supersetting Opposite Body parts](#)
- (C) [Isotension Principle](#)

Maximize Fat Burning!

The following training regimens are extremely intense and aside from the above benefits they will also have tremendous fat burning benefits. It is a fact that this type of intense training increases insulin sensitivity within the muscles(see [13 week diet program](#)). But increasing the overall conditioning of the muscles also has several other fat burning benefits(as if increased insulin sensitivity wasn't enough!)

. As I discussed in the supersetting of opposite body parts article, training like this(in an extremely vigorous manner) will increase the size of something in our muscle cells called mitochondria. Mitochondria are literally cellular furnaces within our muscle cells where fat and other nutrients are burned!

This style also revs the metabolic rate similarly(and in my opinion more than) to HIIT aerobics. This is called exercise induced thermogenesis! Thermogenesis means that your bodies temperature has increased, thus burning calories at an extremely higher rate. Your rate will not only be elevated during your workout but also for hours following it as well! All three of these factors combined contribute to a more successful fat burning program!

Workout Training Split/Schedule

I have designed this training schedule so that each body part will be worked every 5th day. I.E. if you worked your chest on Monday it will be worked again on Saturday. This allows plenty of rest and believe me, you are going to need it!

One Complete Cycle Will Be:

Monday: Chest, Back, Shoulders, Traps

Tuesday: Biceps, Triceps, Forearms

Wednesday: Cardio, Abs - Don't worry I have special instructions for this one!

Thursday: Quads, Hamstrings, Calves

Friday: I'd say bake cookies, but you can't have them while dieting! So catch up on past Issues of Beyond Failure Magazine & get some rest!

Saturday: Start The Cycle Over

For your first and second cycle you will use workout number one. When you have completed two cycles you will use workout number two for the following two cycles. Following these cycles you will go back to workout number one and then back to workout number two. Continue this for until the 13 weeks are complete.

Cycles 1-2 = workout one

Cycles 2-4 = workout two

Cycles 5-6 = workout one

Cycles 7-8 = workout two

keep repeating until the 13 weeks are complete

Week Seven - After six weeks of training you will take a week off of weight lifting. However, you will still pose 3 times this week. So choose 3 days, preferably every

other day of the week to flex and tense your muscles for 30 minutes. (see cardio and abs down below for larger description on flexing)

After week 7 is complete you will start right back onto your schedule until it is completed. Below you will find workouts for each body part, explained in detail!

Chest, Back, Shoulders, Traps (Workout One)

Shocking methods you need to be acquainted with for the following routine:

1. [Your Guide to Super Sets Within The Same Body part](#)
2. [Static Strips and Super setting Opposite Body parts](#)
3. [Power Partial Principle](#)

Chest, Back

[Decline Barbell Bench Press](#) - Main emphasis lower pectoral region.

3 sets of decline bench presses (12, 10, 12). The last set you will go to failure, then strip the weight by about 20 percent and hold it for a static contraction, with your arms fully extended for a total of 30 seconds. The contraction should cause a huge flow of blood to be directed toward your pectoral region.

each set is to be supersetted with the following

[Medium Wide Grip Pulldowns](#) - Main emphasis upper back width.

3 sets of medium wide grip pull downs (12, 10, 12). As with decline bench, you are to utilize the static stripping method for a total of 30 seconds after reaching failure on the last set. Simply strip off 20 percent of the weight, pull down the weight so that it is touching your upper chest and hold this position for the time designated! Here we work the width of the lats, and add detail throughout the region.

[Incline Bench Press](#) - Main emphasis upper pectoral region. This also builds up the deltoids.

3 sets of incline bench presses (12, 10, 8)

advanced: If you are advanced I would suggest finishing this exercise off with another static strip, but it is optional.

supersetted with

[Close Grip Pull downs](#) - Emphasis lower lat width and detail.

3 sets of close grip double pump palms facing you lat pull downs (12, 10, 8) . One repetition consists of pulling the bar down to your chest, allowing it to

come half way up, pulling it down again for a tight contraction and then allowing the weight to come all the way back to the top, so that your arms are fully extended. This double pump motion will bring out your lower lats and give them a more prominent and detailed appearance when fully cut.

[Flat Dumbbell Bench](#) One and a Half Reps - Emphasis overall pectoral fullness and inner chest development.

You will perform 3 sets of one and a half repetitions here. So press the dumbbells to full extension, lower them half way, press to full extension again and lower all the way. That is one repetition. Continue until the set is finished. (10, 8, 6)

superset this with the following

[Bent Over Rows](#) (use a reverse/underhand grip rather than over hand as discussed in the description) - Middle Back Thickness and Extreme detail and separation throughout the target region.

You will perform higher repetition barbell rows so that you can concentrate on a full peak contraction on every rep! (15, 12, 15) I would suggest holding the weight at the top of the movement for a minimum of one full second to bring out the separation in the upper middle back region.

Non Peak Dumbbell Flys - Emphasis a stretch in the pectoral region to promote overall development.

You will be performing " non-peak " dumbbell flys. (12, 10, 12) Here's how to perform them:

Implementation: **(A)** Lie back on a flat bench holding dumbbells at straight above You with your arms fully extended, your palms should face each other. **(B)** Now Lower the dumbbells out and downward to either side using an arcing motion. Keep going Till you feel a maximum stretch at the bottom. Bend your arms a bit as you Perform this exercise so as not to stress out your elbows. Bring the dumbbells to a complete stop when your pecs are completely stretched out. Now raise the weights back up along using the same arcing motion as when You lowered them. **Key:** Stop when you are about 8-12 inches from a peak contraction, then lower again. The emphasis should be on the stretch!

supersettted with the following

[Bent Arm Barbell Pullovers](#) - Emphasis - Isolate and stretch the lats, improve flexibility and conditioning in the area. This exercise will also make your lats more prominent when performing a double biceps pose from the front! It also details the rib cage area, which is the trade mark of a bodybuilder.

Bent arm pullovers (12, 10, 12). After the last set immediately cross arms over chest like a cable cross over and flex chest for 1:00 minute, then extend arms straight out and back, then flex your back muscles for 1: 00 minute.

Following this, immediately go back to chest for 45 seconds and then finish your back off. This will improve the conditioned look of your back and chest muscles.

Shoulders

[Side Laterals](#) - Emphasis - side shoulder width. This is vital when creating the coveted x frame that bodybuilders seek!

Perform a set of 12 repetitions, followed by a 30 second static strip set in which your arms are straight out to your sides, and you are contracting your side delts. I suggest lowering the weight by 20 percent on this. Immediately following the static strip, lift your arms straight out to the sides of your body and flex your side deltoids for a total of 30 seconds. This will bring out your side delts and give them a refined and conditioned look!

[Front Raises](#) (Palms Facing each other) - Bring out the front deltoid, and improve the front delt, biceps tie in.

These are to be performed the same as regular side lateral raises, except your palms should face each other, rather than facing downward to the ground. Execute the same sequence as you did with side lateral raises, only apply it to front raises instead.

[Seated Rear Delt Laterals](#) - Emphasis is on the rear deltoid. This will give your back a a wider appearance and give your shoulders a 3-D look.

Perform one set of rear delt raises followed by 1:00 minute of posing, directly aimed at contracting the rear deltoid. The total should be 12 repetitions before posing.

Traps - Well Developed traps make it appear as if your chest is separated from your shoulders. If they are built up, your chest and delts will literally look larger!

Hack Squat Machine Shrugs - Emphasis upper traps.

These are performed just like [normal shrugs](#). Simply place yourself underneath a hack squat machine and shrug your shoulders up and down.

Perform the following repetitions (15, 20, 25). When they are completed perform the corresponding number of partial repetitions. (3, 6, 9) So for the first set perform 15 reps followed by 3 partial repetitions.

Chest, Back, Shoulders, Traps (Workout Two)

The Shocking Method's you will need to be acquainted with are the same as you will find in workout number one.

Chest, Back

[Parallel Dips](#) - Emphasis lower pectorals. This is one of the most compound exercises in the world, it works the chest, delts and triceps to extreme levels.

You will perform a total of three sets. (12, 10, 3rd set failure with own bodyweight or a minimum of 8 reps) If cant reach targeted number of reps, do negatives or use assisted dip machine

superset with the following

[Medium Grip Pull-ups](#) - Emphasis upper back width.

You will perform a total of three sets. (12, 10 3rd set with bodyweight to failure or a minimum of 8 reps) If cant reach targeted number of reps do negatives or use assisted pull-up machine.

[Dumbbell Incline Bench](#) - Emphasis on upper pectorals, inner thickness and overall fuller chest.

Perform a total of three sets. (12, 10, 12) On the last set, strip the weight by 20 percent after failure and use the static stripping method for a total of 30 seconds. While utilizing this method your arms should be fully extended for a peak contraction and you should be squeezing the life out of your pecs the entire time.

superset with the following

Incline Dumbbell Rows - Emphasis upper back and middle back thickness. This also fills in allot of the holes that most bodybuilders tend to have in their backs.

Perform three sets of (12, 10, 12) Strip 20 percent of the weight and use the static stripping method for 30 seconds on the last set, and cheat out 5 partial repetitions afterwards.

here is a description of incline dumbbell rows:

Implementation: (A) Set a bench to a 45 degree angle and grab a pair of dumbbells. (B) You will essentially position yourself the exact opposite of the way you would on a incline bench press. Which simply means that you should lie face down, with your head however just above the bench. Your feet should support you and stay steady throughout the movement. (C) Allow the weights to hang naturally, with your palms down. (D) Now row the weight up just as you would with normal dumbbell rows. At the top squeeze the living daylight out of your back muscles, then slowly and under control allow the

weight to come down getting a complete stretch in the lats.

[Flat Barbell bench](#) - Emphasis on overall pectoral development

Perform 3 sets of (12, 10, 8) On the last set, strip the weight by 20 percent and use the static stripping method for 30 seconds total. Your arms should be fully extended above you when performing this.

superset this with

[Behind The Neck Pull Downs](#) - Here we work the rhomboids and teres major/minor, which is to say your back thickness. It also works the lats.

Perform double pump behind the neck downs. In other words pull the weight all the way down behind your neck, allow it to come half way up, pull the weight back down, then allow the weight to extend all the way back up, this is a rep. Perform the following (12, 10, 8)

Pullover flys - Emphasis is on overall chest and back development.

You are to perform the following number of sets (12, 10, 8). After you reach failure on the last set immediately cross arms over chest like a cable cross over and flex chest for 1:00 minute, then extend arms straight out and back, then flex your back muscles for 1: 00 minute. Following this, immediately go back to chest for 45 seconds and then finish your back off with 45. This will improve the conditioned look of your back and chest muscles.

This is how you perform pullover flys:

Implementation: (A) Lie back on a flat bench with your shoulders at the end of the bench and your head pointing downwards towards the floor. With a dumbbell in each hand, place the weights to the sides of your chest about even with the bottom of your pecs. Keeping your elbows in during the start of the exercise, take a deep breath and lower the weights over and past your face so they just pass by your ears on their way downwards towards the floor. Continue to lower the dumbbells until they reach the floor, or get as low as possible without bringing undue discomfort to the shoulder area. Then pull the dumbbells back to the position at the side of your chest using the same path in which you lowered them. (B) From here, press the dumbbells to arm's length above you chest, keeping the palms of your hands facing each other. At this point, lower the dumbbells in a semicircular/flying motion to a down position so the dumbbells are approximately even with your chest put out about ten inches from each side of the chest. Be sure that the elbows are drawn downwards and back so they are in line with your ears. The forearms are slightly out of a vertical position. Press the dumbbells back to starting position using the same arc as in letting them down. From the top position, lower the dumbbells back to the sides of the chest with your elbows in close to your sides and exhale. You then start the second repetition with the pullover, then the press, then the lateral.

1. Perform a Bent arm Pullover with dumbbells.
2. Press The weight Up with your hands still facing each other
3. Lower The dumbbells as you would a dumbbell fly and then lift the weight back up in a flying motion.
4. Lower straight down and back to the position where the exercise all started, with your arms in close, dumbbells facing each other and even with your lower pecs. That is one rep!

Shoulders

5 sets of upright rows supersetted with military presses - Emphasis, complete shoulder development. In fact, this is probably my favorite shoulder superset of all time!

Get the following amount of repetitions on upright rows (12, 10, 8, 6, 12) after each set, clean the weight up and attempt to get the same number of repetitions using military presses.

Traps

Adam Shrugs - I call these Adam shrugs because old school(Adam) popularized these in our forums. These are normal dumbbell shrugs except they are performed on an incline bench.

Perform one double drop set (12, 12, 15) after the last drop set flex your traps for 30 seconds. Do this by simply shrugging your shoulders upward and holding this position for the duration of the time.

Biceps, Triceps, (Forearms Workout One)

Biceps, Triceps,

[Barbell curls](#) - Overall biceps development. When performing static contraction we stress the peak of the biceps.

Perform 4 sets of (12, 10, 8, 10). On the last set after failure, drop the weight by 20 percent, curl it up and hold it in a state of peak contraction for 45 seconds.

superset with the following

[Behind the back dips](#) - Overall Triceps Development.

Again perform 4 sets of (12, 10, 8, 10) Again utilize the static stripping

method on the last set.

One arm incline bench curls or one arm preacher curls - Here we work the lower area of the biceps.

Perform 4 sets (12, 10, 8, 12)

How To Perform Incline Bench Curls:

Implementation: (A) Set Your bench to a 35 – 45 degree angle. And place a dumbbell in the arm what will be worked (B) Stand behind the bench as if spotting someone and place the arm that will be worked over the bench and allow it to fully extend, just as if the bench were a preacher curl (Scott curl). Hold the dumbbell with and underhand grip. (C) Now Curl the weight up under control, hold for a peak contraction and lower under control.

Warning: Never Bounce on these or cheat! This is what causes injuries.

superset this with the following

[One arm dumbbell extensions](#) - These work the triceps, with an emphasis on the stretch.

Perform the following (12, 10, 8, 12)

[Incline Dumbbell Curls](#) - This works the lower biceps and stresses the peak.

Perform the following (12, 10, 8, 12)

superset this with the following

[Triceps Cable Press Downs](#) - This exercise applies constant tension to the triceps region, more than any other exercise.

Perform the following sets - (12, 10, 8, 12)

After you have finished the last set of both incline curls and cable press downs, immediately flex your biceps for one minute, then flex your tris for one minute, immediately back to biceps 45 seconds, then triceps 45 seconds.

Note: When I say flex, I mean curl your arms so that your biceps are completely contracted. Now hold this position for the entire time specified! This should cause an extreme blood pump!

Forearms

Week one - maintenance of mass week

[Easy Curl Bar Reverse Wrist Curls](#) - Here we work the forearm extensors through a full range of motion. This will carve out literally half of the forearm

complex!

3 sets of easy curl bar reverse wrist curls (20, 15, 12 on this last set strip the weight so that you can get an extra 10-12 reps)

superset with

[Easy Curl Bar Wrist Curls](#) - Here we work the forearm flexors through a full rang of motion, giving them a much fuller look!

(20, 15, 12 on this last set strip the weight so that you can get an extra 10-12 reps)

Week two - This week is meant to increase your vascularity. Which is an extreme mark of advanced bodybuilders!

You will use the easy curl bar this week without any weight! This is extremely light weight so most of you will be able to go forever, treading through what seem to be endlessly grueling sets! Here's how you perform it!

Kneel down in front of a bench and place your hands over a flat bench with only an easy curl bar. Your wrists should be the only thing hanging off the bench. Now bring your hand to point (a) and perform reverse wrist curls until your reach failure. Following this switch hand positioning so that you are performing traditional wrist curls until failure. From here move your hands to point (b) and perform another set of reverse curls to failure, followed by a set of normal wrist curls to failure. Proceed to point (c) and continue along this same pattern. Now, from here lift the bar off of the bench and set it down. Shake your hands out for 15 seconds, then pick the bar up again! Take a seat this time on the bench and perform one more set to failure on reverse and normal wrist curls. This time where you feel most comfortable performing them!



Biceps, Triceps, Forearms (Workout Two)

Biceps, Triceps,

[Alternating Dumbbell Curls](#) - This works the entire biceps complex. The static strip at the end will improve the peak of your biceps.

Perform 4 total sets (12, 10, 8, 12 last set perform normal dumbbell curls rather than alternate) On the last set drop the weight by 20 percent, and curl both dumbbells at the same time. Then hold for a static contraction for a total of 45 seconds.

superset with the following

[Skull Crunchers](#) - Again we work the tris through a full range of motion.

Perform 4 total sets (12, 10, 8, 12) On the last set drop the weight by 20 percent, and extend it all the way up for a peak contraction. Hold this static contraction for a total of 45 seconds.

[Preacher curls](#) - Here we work the lower biceps area, and overall mass of the biceps.

perform 4 sets total (12, 10, 8, 10)

superset this with

Lying Kickbacks - Emphasis triceps thickness, specifically the upper portion of the muscle.

perform 4 sets total (12, 10, 8, 10)

These are performed like normal [dumbbell kickbacks](#), except you use two arms at a time and lie face downward on a flat bench.

[Lying Dumbbell Curls](#) - Work the biceps through a motion that emphasizes the stretch.

perform 4 sets total (12, 10, 8, 10)

superset with the following

[Lying Dumbbell Extensions](#) - Work the triceps through a motion that emphasizes the stretch.

perform 4 sets total (12, 10, 8, 10)

After you have finished the last set of both incline curls and cable press downs, immediately flex your biceps for one minute, then flex your tris for one minute, immediately back to biceps 45 seconds, then triceps 45 seconds.

Note: When I say flex, I mean curl your arms so that your biceps are completely contracted. Now hold this position for the entire time specified! This should cause an extreme blood pump!

Forearms

[Hammer curls](#) - For more info on this tremendous exercise read [8 weeks to bigger forearms](#).

Here we target the brachialis, brachio-radialis and forearm flexors.

note: rotate this exercise with [reverse barbell curls](#) every other week.

perform 4 sets total (12, 10, 8, 15)

superset with the following

[Behind the back Wrist curls](#) - This exercise works the most prominent forearm flexors!

perform 4 sets total (20, 25, 15, 30)

After completing the last set, flex your forearm flexors by moving your wrists downward for one minute, then immediately extend your wrists backward and keep them contracted for a minute to work the extensors.

Quads, Hamstring, Calves (Workout One)

Quads, Hamstrings

The goal in workout number one, will be to change your foot positioning on each exercise to emphasize a different aspect of your lower body.

The following 3 exercises utilize the [legg press](#).

Feet low on the Pad and Close Together Legg Presses - Here we build up the outer quad sweep. This creates the illusion of having a smaller waist and larger shoulders!

Use a full range of motion here. All the way down and all the way up. Your feet should be all the way at the bottom of the legg press pad and only a few inches apart! The lower and closer, the better!

3 sets (12, 10, 15) After you have finished the prescribed repetitions on the last set immediately strip 20 percent of the weight, fully extend the weight and hold this state of peak contraction for a total of 30 seconds. Following this, stand up and flex your quads without releasing any tension for a minute straight! This is of course isotension.

Feet high on the pad and shoulder width apart Legg Presses - This places more emphasis on the hamstrings.

Use a full range of motion here. All the way down and all the way up. Your feet should be at the top of the legg press pad and shoulder width apart! The key here is to push off of your heels!

Perform 3 total sets (12, 10, 15)

Feet medium height on the leg press pad, placed extremely wide and toes pointed all the way out - the goal here is to work the inner thighs and adductors.

Place your feet about half way up the pad. They should be spaced as wide as possible and your toes should be pointed almost all the way out!

Perform 3 total sets (12, 10, 12)

[Shoulder Width Apart Squats](#) - This exercise places stress almost evenly throughout the entire lower body.

Perform 3 total sets (12, 10, 12) Go semi lighter here and concentrate on your form.

Calves

[Leg Press Calf Raises](#) - To work the overall mass of the calf muscles.

perform 3 sets of (20, 15, 12 static strip for 30 seconds followed by 10 partial reps)

superset with the following

[Reverse Calf Raises](#) without weight - To work the tibia (in front of the calf)

Perform 3 total sets (30, 25, 20)

Talk about a blood pump you won't soon forget!!!!

Quads, Hamstring, Calves (Workout Two)

Quads, Hamstrings

[Leg extensions](#) - The goal here is purely quad separation!

You will perform the following sets all to failure (12, 10, 15). On each set you are to apply the static stripping method! When you reach failure drop the weight by 20 percent, fully extend your legs so that you get a peak contraction in the quadriceps and hold it for 30 seconds. Again, you will perform static contraction strips on all 3 sets, because the goal is separation.

[Hack Squats](#) (machine or free weight) - Here we target the outer quad sweep.

Free Weight Implementation: (A) In order to perform a true Barbell Hack Squat, you need a barbell and an adjustable rack so you can place the barbell at an optimal height for picking up and racking the bar. Your heels should be elevated by at least a two-by-four so that you can squat with a straight back and your hips will be under your shoulders in the bottom position. **(B)** Set the

two-by-four about four to six inches in the middle of the power rack. Set a barbell on the rack so that it is about four to six inches lower than your glutes. Standing with your back to the bar, grab the barbell. Walk forward until your heels rest on the board. (C) Initiate the squatting motion by allowing your knees to travel as far forward as possible, without allowing your glutes to move back. Keep a slight arch in the lower back. Once your knees have gone as far forward as possible, lower your hips to the bottom position of the squat. Be sure to keep your back upright. Don't allow the shoulders to round forward, and be certain your hips are under your shoulders in the bottom position.

Perform 3 sets of (12, 10, 15)

superset this with

[Sissy Squats](#) - Tear drop and overall quad development/separation.

6 one and a half rep sissy squats (see 8 weeks to bigger quads for further description). When you complete your last set, flex your quads without relieving the tension/contraction for one minute!

[Lying leg curls](#) - Here we isolate the hamstrings

Perform 3 sets of (12, 10, 15)

superset with the following

[Stiff Legged Dead Lifts](#) - Here we work the hamstrings from top to bottom, which improves the glute hamstring tie in.

Perform 3 sets of (12, 10, 8,)

[Lunges](#) - Work the glute hamstring tie in and frontal thighs.

Perform 3 sets, one leg at a time of (12, 10, 8).

Calves

[Seated Calf Raises](#) - Lower and outer calf development, and separation between the two heads of the gastrocnemius(upper calf)

Perform 3 sets of (12, 15, 25)

[Standing Calf Raises](#) - The bulk of the upper calves.

Perform 3 sets of (12, 15, 12) Flex calves for a minute following last set.

Cardio and Abs

Abs

I will only include a basic abdominal program in this box. However I find that it produces fantastic results! If you would like to up the intensity I would suggest using the "cutting phase" of [Animals Awe Inspiring Abdominal Program!](#) You will not get any more brutal than that!

Here is the basic program:

- A.** Lying leg raises work your way up to 30 lying leg raises and then hold your legs for 30 seconds about 6 to 8 inches off of the ground
- B.** [Crunches](#) start with 20 and work your way up to 50
- C.** [Twisting Crunches](#) one set on each side, start with 20 and work your way up to 50
- D.** [Crunches](#) again 20 and work your way up to 50

Attempt to get each without resting between sets! Every two weeks change the order of the exercises by beginning with crunches and ending with lying leg raises

Cardio

I realize allot of you are saying to yourselves, "cardio! I refuse to do it!" I agree that too much can burn muscle. Which is why I will give you three options of cardio, two of which are not traditional!

1. Posing - This is the first option and is actually the most sport specific of all three. What you will do is pose, flex and tense your muscles as intensely as possible for a total of 30 minutes. This will not only burn calories, but also improve the shape, separation and condition of your muscles. Moreover it will allow you to get in touch with them, creating a stronger mind muscle connection that will serve you endlessly in the future! I suggest hitting a pose and holding it for at least 5-10 seconds before switching to another pose. The whole point is again to flex, your muscles with an unmatched intensity for the duration of the workout!
2. [HIIT Aerobics](#) - High intensity interval training has gained great favor in the world of bodybuilding
You can read about it, if you haven't already in the article highlighted in Blue. I suggest 15-20 minutes of HIIT training.
3. Traditional Cardio - All you do here, is get on the bike, track or elliptical and ride or run on it for a methodical 30 minutes. Your intensity should cause you to breathe, but not so much that you cannot talk. I would suggest keeping your heart rate within the following:

[Fitness Heart Zone 60-70 percent of Maximum Heart Rate](#)
[Aerobic Heart Zone 70-80 percent of Maximum Heart Rate](#)

You can find out how to take your heart rate in the workout section of our site.

Conclusion

An increased metabolic rate, heightened fat burning, sharper and greater conditioned muscles. The above routines are centered around these vital concepts and will undoubtedly carry you to victory!

I wish you the best of luck!

Sincerely

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