

This program is the key to gaining lean muscle while get leaner, harder, and drier. The combination of perfectly timed cardio and high intensity fat burning workouts will leave you leaner than ever before!

I have often times been asked by clients what is the best time of the day to do cardio? The answer is simple, first thing in the morning on an empty stomach. Aerobic exercise relies primarily on fat for fuel. However, the amount of glucose or blood sugar in the blood influences how quickly the body will dig into body fat storage. Basically the person who eats carbohydrates before cardio burns much less body fat that the person who does not. Hit your morning cardio six days a week and you will be amazed at the new definition to you bring midsection.

High intensity is not just best for cardio, but for shredding unwanted pounds through resistance training as well. This is not your fu-fu workout from an average trainer. This is program used by top athletes, but I have found tremendous results with all levels of clients from beginner to advance.

This new style of training is taking the world by storm and can help you no matter your skill level. This is a variation of a technique that has been around for a long time: train heavier at first then finish by pumping as much blood into the muscle as possible. You will do three sets per exercise, and each set you will increase weight and decrease reps. All of your sets are a pyramid of 12, 10, and 8 reps. Between every set you will stretch the muscle group you are working to make more room for the muscle to grow.

Next you will finish off each move with 7 sets in a row, with only a 30 second rest in between each set. During this 30 second rest period you will drink 4oz of water. So if you do the math you will need a large water bottle full before you begin the 7 sets. You will shoot for exactly 12 reps on every set, and you can begin to decrease the weight after the third set. Make sure that you do not rest more than 30 sec between sets, this is no time to be a wimp...get serious! Step up your intensity!

This program is sure to leave you with more muscle, less fat and the best pump of your life!

Your training split will be:

Cardio: Mon thru Sat: am

Structured Resistance Training: pm

Mon	Biceps, Triceps, Calves
Tues	Legs, abs
Wed	Rest/Stretch
Thurs	Back, Calves
Fri	Chest, Tricep
Sat	Shoulders, Bicep
Sun	Rest/ Stretch

Monday: Biceps, Triceps, Calves

Biceps:

Alt DB Curl	3 x 12, 10, 8
Machine Preacher Curl	3 x 12, 10, 8
Standing E-Z Bar Curl	7 x 12

Triceps:

Close-Grip Bench	3 x 12, 10, 8
Dips (weighted if possible)	3 x 12, 10, 8
Overhead Rope Extension	7x12

Calves

Standing Calf Raise	3 x 12, 10, 8
Leg Press Calf Raise	3 x 12, 10, 8
Seated Calf Raise	7 x 12

Tuesday: Legs, abs

Quads:

Leg extension	3 x 12, 10, 8
Smith Machine Squat	3 x 12, 10, 8
Leg Press	7 x 12

Hamstring:

Lying Leg Curl	3 x 12, 10, 8
Straight Legged Deadlift	3 x 12, 10, 8
Seated Hamstring Curl	7 x 12

Abs:

Hanging knee raise with twist	3 x 25-50
Side plank	3 x 90sec
Decline crunches	3x 25-50

Wed: Rest**Thurs:** Back, Calves

Back:

Pull Ups	3 x 12, 10, 8
Lat Pulldown	3 x 12, 10, 8
Bent over barbell row	3 x 12, 10, 8
Machine Row	3 x 12, 10, 8
Cable Pullovers	7 x 12

Calves: same as Monday

Friday: Chest, Tricep

Chest:

Incline DB bench press	3 x 12, 10, 8
Incline DB fly	3 x 12, 10, 8
Machine flat press	3 x 12, 10, 8
Cable Flyes	7 x 12

Tricep: same as Monday

Saturday: Shoulder, Bicep, Abs

Shoulders:

Overhead DB press	3 x 12, 10, 8
Upright Row	3 x 12, 10, 8
Lateral DB raise	7 x 12

Biceps: same as Monday

Abs: same as Monday