



Summer Cut 2010

Plan: 4 Day Body Part Split

2 Days On, 1 Day Off Schedule

Day 1 - Monday - Chest and Biceps

Day 2 - Tuesday - Legs

Day 3 - Cardio

Day 4 - Thursday - Shoulders and Triceps

Day 5 - Friday - Back

Day 6 - Cardio

Summer Cut Nutrition

To lose body fat, you must be in a **CALORIE DEFICIT**, following a "Cutting" program will be useless if you do not reduce your calorie intake according to your body's needs.

Use the Basal Metabolic Rate calculator below to assess your current body's caloric needs, <http://www.muscleandstrength.com/tools/bmr-and-daily-calorie-calculator.html>

Now subtract anywhere from 500 calories to 20% of the number the calculator above gave you. This will be your new calorie level for Cutting

Since You'll be doing more cardio it will probably be best to up your Protein Grams Try and get 1.3 grams of Protein for each Pound of Body Weight



Fat Loss Muscle Maintenance Routine

Week 1

Week 1		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		10		10		10				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		10		10		10				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		10		10		10				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		10		10		10		10		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.
"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 10, without resting drop down to the next lightest set and try and get 10 reps, then drop down to the next lightest set and do 10, then drop to the next lightest DBs again for a final set of 10.

Week 1		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		10		10		10				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		10		10		10				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells BB = BarBell SB = Stability Ball
 AMAP = As Many As Possible DS = Drop Set HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 2
Sets, Reps and Weight Remains The Same

Week 2		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		10		10		10				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		10		10		10				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		10		10		10				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		10		10		10		10		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 10, without resting drop down to the next lightest set and try and get 10 reps, then drop down to the next lightest set and do 10, then drop to the next lightest DBs again for a final set of 10.

Week 2		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		10		10		10				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		10		10		10				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 3: Intensification Phase
Increase Weight on Most Exercises, Drop Reps to 8 Reps Per Set Where Indicated

Week 3		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		8		8		8				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		8		8		8				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		8		8		8				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		8		8		8		8		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 3		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		8		8		8				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		8		8		8				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 4: Intensification Phase
Keep Sets/Reps the same, Increase weight if too light previously.

Week 4		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		8		8		8				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		8		8		8				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		8		8		8				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		8		8		8		8		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 4		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		8		8		8				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		8		8		8				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 5: Intensification Phase
Add a 4th Set to Heavy Exercises, Increase Weight, Decrease Reps to 6

Week 5		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		6		6		6		6		
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		6		6		6		6		
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		6		6		6		6		
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		6		6		6		6		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 5		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		6		6		6		6		
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		6		6		6		6		
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 6: Intensification Phase
Keep sets/Reps the Same, Increase weight if possible

Week 6		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		6		6		6		6		
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		6		6		6		6		
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		6		6		6		6		
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		6		6		6		6		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 6		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		6		6		6		6		
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		6		6		6		6		
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 7: DELOAD!!
Reduce Weight and # of Sets, Increase # of Reps

Week 7		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		12		12						
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		12		12						
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		12		12						
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		12		12		12		12		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 12, without resting drop down to the next lightest set and try and get 12 reps, then drop down to the next lightest set and do 12, then drop to the next lightest DBs again for a final set of 12.

Week 7		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		12		12						
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		12		12						
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15						
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 8: RELOAD
Increase Weight, Decrease Reps to 10 per Set, Add 3rd set to some exercises

Week 8		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		10		10		10				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		10		10		10				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		10		10		10				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		10		10		10		10		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 10, without resting drop down to the next lightest set and try and get 10 reps, then drop down to the next lightest set and do 10, then drop to the next lightest DBs again for a final set of 10.

Week 8		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		10		10		10				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		10		10		10				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 9
Sets, Reps and Weight Remains The Same

Week 9		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		10		10		10				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		10		10		10				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		10		10		10				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		10		10		10		10		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 10, without resting drop down to the next lightest set and try and get 10 reps, then drop down to the next lightest set and do 10, then drop to the next lightest DBs again for a final set of 10.

Week 9		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		10		10		10				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		10		10		10				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 10: Intensification Phase
Increase Weight on Most Exercises, Drop Reps to 8 Reps Per Set Where Indicated

Week 10		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		8		8		8				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		8		8		8				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		8		8		8				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		8		8		8		8		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 10		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		8		8		8				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		8		8		8				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 11: Intensification Phase
Keep Sets and Reps the Same, Increase Weights if too light previously.

Week 10		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		8		8		8				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		8		8		8				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		8		8		8				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		8		8		8		8		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
	Post Workout Cardio										
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 10		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		8		8		8				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		8		8		8				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
	Post Workout Cardio										
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 11: Intensification Phase
Keep Sets and Reps the Same, Increase Weights if too light previously.

Week 11		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		8		8		8				
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		8		8		8				
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		8		8		8				
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		8		8		8		8		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 11		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		8		8		8				
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		8		8		8				
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength



Fat Loss Muscle Maintenance Routine

Week 12: Intensification Phase
Add a 4th Set to Heavy Exercises, Increase Weight, Decrease Reps to 6

Week 12		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	Chest And Biceps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press (Heavy)		6		6		6		6		
2	Bench Press (Light)		15-20		20-30						
3	Incline DB Press (Heavy)		6		6		6		6		
4	Incline DB Press (Light)		15-20		20-30						
5	Barbell Curls (Heavy)		6		6		6		6		
6	Barbell Curls (Light)		15-20		20-30						
7	"Run The Rack" DB Curls		6		6		6		6		
8	Cable Crunches w/ Rope		15		15						
9	Decline Crunches w/ Weight		15		15						
10	Hanging Leg Raises		15		15						
Post Workout Cardio											
	Treadmill										
	Incline at 7.0										
	Speed at 4.0 or Greater										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

"Run The Rack" DB Curls - Start at a set of DBs that you can curl for 8, without resting drop down to the next lightest set and try and get 8reps, then drop down to the next lightest set and do 8, then drop to the next lightest DBs again for a final set of 8.

Week 12		Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	Legs/Side Abs	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats (Heavy)		6		6		6		6		
2	Leg Presses(Light)		15-20		20-30						
3	Stiff Legged Dead Lift (Heavy)		6		6		6		6		
4	Leg Curls (Light)		15-20		15-20						
5	Seated Calf Raises		15		15		15				
6	Cable Torso Rotations		15		15						
7	Twisting Hanging Knee Raise		15		15						
8	Side Planks - 30 Sec Hold		30		30						
Post Workout Cardio											
	Elliptical Trainer - Random Hills										
	Level 10										
	20 Minutes										

NOTES:(Heavy) - Use a weight heavy enough so you can only get the amount of reps indicated
(Light)- Reduce the weight and try for 15-20 Reps in the 1st set, then reduce the weight again and try for a 20-30 rep burn out.

KEY DB = DumbBells

AMAP = As Many As Possible

BB = BarBell

DS = Drop Set

SB = Stability Ball

HS = Hammer Strength

