

3x
Ms. Bikini Olympia
Ashley Kalluassen



VIDEOS INCLUDED

ASHLEY K FIT

6 WEEK OPERATION SHRED



DISCLAIMER

All of the info that is in this book is only offered for educational purposes only. If you or a family member has a history of high blood pressure, heart disease, or obesity do not start this fitness program without consulting your physician. Anyone following the routines in this ebook should be aware that there is a risk with any form of physical activity. It must also be understood that if these exercises are performed poorly, it can become a risk to your health and well being. Ashley Kaltwasser assumes no such liability for injury, this is simply an education manual.

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WELCOME TO MY PROGRAM!



CONFIDENCE [kon-fi-duhns]. Confidence is the result of feeling good in your own skin. Exercising and a balanced diet should not be something you do because you hate your body, but because you LOVE your body. Treat your body right and in return reap the benefits of strength, energy and a better well being.

Don't let another "I'll start tomorrow" happen. Let's start today! Think positive!
Always think positive and you will radiate happiness.

Whether it is for a vacation, to look great in a bikini, a special event, or you just want to finally make do on that promise to yourself to get in shape, what you have in your hand is a 6-week fat-torching program designed to help you get to that goal. While there is a lot of information out there, it can be quite daunting and overwhelming for you to put something together that you can easily apply. I will be providing you with the means to excel in 6 weeks! I have put a whole lot of thought into this. I let you know exactly how to train in detail! You will know how many reps and sets to do along with your recovery time. Recovery time is 🔑!!! There will be no time to fool around in the gym. This is straight on from beginning to end. I want you to make sure you don't rest too much in between your sets. Make sure you have quick access to each workout and do your best to complete EACH AND EVERY SET! This is my style of training and what has worked for me over the years of being involved in the industry. This really is an honor for me to have the chance to coach my supporters! I wish you nothing but success throughout this 6 week journey you are going to have.

By the end of this, not only will you be a leaner and stronger version of yourself, you will have a much better understanding on dieting and knowledge you can apply in the future. In this ebook, you will be guided step by step on building a diet correct for you and you will be provided with a complete intense 6 week training program.

No more yo-yo dieting. No more trial and error from one type of diet to another. The key to a beach body is knowing that abs are made in the kitchen, not in the gym. To burn fat, you need to burn more calories than you consume. Dieting is more than just picking "healthy" options. There are precise calculations that must be done in order to know how much food you should eat. All this and more will be provided. Sounds like a lot, but trust me, it's really not.

Remember, my goal here is to have you equipped for the future and for you to be able to have this tool and be able to refer to information provided here, so let's get started.

Many diets fail from simply not knowing where to start. No more mistakes. We will be getting it right from the start. For this 6-week Operation Shred, we need to make sure our sources of food are high-quality protein, fats, and carbs with ample amounts of veggies. We need high-satiating nutrient-rich foods over junk. The last thing we want is hunger or cravings that we give into, forcing you to over feed and setting you back. With that said, we will be cutting out sugar beverages and fried foods. The more protein and fiber your diet contains, the fuller you will be.



CALCULATING YOUR CALORIES

To know what your calorie intake should be, we need to start by figuring out what your BMR is. After that's done, we can then figure out your Total Daily Energy Expenditure, in other words your TDEE. Lastly, we need to determine what your calorie deficit will be. There are various methods to figuring this out but we will be focusing on one. Your BMR is the amount of calories your body needs to function and keep the lights on. Your TDEE is what we use to calculate how many calories you need to maintain your weight which is all based around your everyday lifestyle. 9 out of 10 times, Once you go over the steps below, you should have a better understanding of how all of this works.

STEP 1 - FIGURE OUT BMR

MIFFLIN ST JEOR EQUATION

FEMALES

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE} - 161$$

MALES

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE} + 5$$

Example : A 28 year old female weighing 53kg and 154cm tall.

$$(10 \times 53) + (6.25 \times 154) - (5 \times 28) - 161 = 1,191.5$$

STEP 2 FIGURE OUT TDEE

BMR X 1.2 = Sedentary Lifestyle. Desk Job & Little Exercise

BMR X 1.4 = Lightly Active, 1-2 Days of Training

BMR X 1.5 = Moderately Active. 2-3 Days of Training

BMR X 1.6-1.7 = Very Active. 4-5 Days of Training

BMR X 1.8 = Extremely Active. Athlete Training up to 2x Daily

To give an example, I will use the sample BMR we already calculated using a Moderately Active Lifestyle.

$1,191.5 \times 1.5 = 1849$. This is the TDEE. This is how many calories would be needed for a 28 year old female weighing 53 kgs (116.8lbs) and 154 cms tall (about 5ft) to maintain her weight at that lifestyle. With that said, we are not here to maintain weight but to **shred off fat**, so once you have calculated your TDEE, the final step is to have a set point where we create a calorie deficit in order to burn fat.

STEP 3

There are a lot of theories and ways to calculate your caloric deficit. One person's way of doing it doesn't mean it's better for someone else. With time, you will be able to figure what kind of caloric deficit works best for you. I typically put my clients in a 15-20% caloric deficit and take things week by week. Just don't go too extreme as that can damage your metabolic rate. If you ever do want any guidance or would like my to help you calculate a meal plan for you, just email me at traininginfo@ashleykfit.com and we can talk about setting you up on a plan. :) -

$$\text{Example : } 1849 - 369.8 \text{ (20\%Caloric Deficit)} = 1479.2 \text{ calories}$$

PUTTING YOUR DIET TOGETHER



The most important part of putting the diet together is macronutrient distribution. This all depends on the type of diet you are doing. First step is to figure out your protein intake before calculating your fats and carbs.

Protein: 0.8 grams per pound of bodyweight

Fat: 0.4 grams per pound of bodyweight.

Carbs: Whatever is left goes to your carbs

THERE ARE 4 CALORIES PER GRAM OF PROTEIN, 4 CALORIES PER GRAM OF CARBS AND 9 CALORIES PER GRAM OF FAT

Example: 1479 calories for someone who weighs 116 pounds.

This will be the distribution.

Protein: $0.8 \times 116 = 92.8$ grams ($4 \times 92.8 = 371.2$ calories)

Fats: $0.4 \times 116 = 46.4$ grams ($9 \times 46.4 = 417.6$ calories)

Since there are 690 calories left, these goes to your carb intake.

Carbs: $690/4 = 172$ grams of carbs

YOUR TRAINING PROGRAM WILL BE SPLIT INTO 3 PHASES. YOUR MACROS WILL ALSO BE CHANGING IN EACH OF THOSE PHASES BASED ON YOUR NEW CALORIE INTAKE.

Phase 1 - This will be the number you just calculated.

Phase 2 - Multiply the Calorie Intake you used in phase 1 by 0.9

Phase 3 - Multiply the Calorie Intake you used in phase 2 by 0.9

Now that you are all set up with your diet ready to go, let's get to work on creating that toned beach body 💪

TRAINING TIPS

I have been training for years at this point and there are definitely some main things I have always focused on. I'm going to provide you guys a basic breakdown of things to always review before starting your training sessions. Each and every single training routine counts! I mean EVERY, SINGLE, ONE! I need you guys to push yourself when you are training, I want you to always focus on becoming a better you in and out of the gym. Remember, before each session, that is YOUR MOMENT! Your moment to focus on just YOU!

Side Note: I personally don't train ABS as much as I have assigned in these workout regimens. Every person has their own style of training and with time you will be able to notice whether you should train abs or not. However for the majority of those following this plan, I highly recommend you train your abs to develop a strong core for your overall performance.

- **Muscle Mind Connection:** This is my main one!! Always, always, always have full focus during your workout. You should know exactly what each exercise is meant to target, and literally tell yourself to activate certain muscles in your body. For instance a back workout: you can easily manipulate your body to use more of your arms rather than your back during that specific movement. This is the case for every workout you do, know the muscle that are targeting and ensure you are getting a good burn after each set.
- **Hydrate:** Make sure you have your drink with you before you start training. The last thing I want you to do is step away in the middle of your workout routine and lose your momentum.
- **No distractions:** Have parents to report to? A boyfriend or girlfriend? A friend? Well let them know you are about to workout. As mentioned before, no distractions. I want you to have your music playlist already set up, a gameplan in the gym, and no texting or social media. Remember, this is your one moment of the day where you are there to burn as many calories as possible!
- **Exceed Limits:** Let's face it, we know when we are pushing ourselves. You can easily tell after a workout whether you trained your butt off or not. You should feel exhausted towards the end of your workout, your sets should become challenging, and you sure should be breaking a sweat. During specific parts of this program, I ask you to train till failure for some sets. When I say failure, I mean it! Till the point you are physically incapable of performing another rep.
- **Gameplan:** This one is simple...look at your workout routine for the day, and know exactly where in the gym you will be performing each workout. Is there a workout you can't do? Have an alternative workout ready.
- **Supersets:** In the beginning it might be helpful to have a stopwatch with you to have a good feel of how long each recovery should be. With time you can get rid of the stopwatch and just go by how you feel. This doesn't mean you cheat, you better discipline yourself to push through your training even during the rough supersets included.
- **Ask yourself, "why am I doing this?"** - You should have your own purpose to why you are putting yourself through this workout...not only this workout, but the diet you are having on a daily basis. You gotta want it! You have
- **to put in work even when no one is watching!**

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2

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3

CLICK ANY WORKOUT TO VIEW VIDEO!



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PHASE 1: WEEK 1

LET'S DO THIS! 💪



For the first phase of this 6-week shred, we will be starting off with intense functional-focused training. These are going to be great movements to start with to help get that blood flowing! Begin each training session with 10 minutes of light cardio warm up followed by the core training below.

EXERCISE	SETS	REPS	RECOVERY
BIRD DOG	2	15	1 MINUTE
PIKE UP	3	12	30-45 SECONDS
BICYCLE CRUNCH	3	10	30-45 SECONDS



PHASE 1 - WEEK 1, DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1	INCLINED PUSH-UP ON SMITH MACHINE	3	15, 15, 12	45 SECONDS
2	SEATED OVERHEAD PRESS	3	12, 12, 12	45 SECONDS
3	ARNOLD PRESS	4	12, 12, 12	30 SECONDS
4	BENT OVER RESISTANCE BANDS FLY	4	10, 10, 10	30 SECONDS
5	TRICEP EXTENSION PUSH DOWNS	2	12, 12, 12	30 SECONDS

CARDIO POST WORKOUT

LOW INTENSITY TREADMILL, NO INCLINE, 20 MINUTES

PHASE 1 - WEEK 1, DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1	DUMBELL ROW	3	15, 15, 12	45 SECONDS
2	LAT PULL DOWN (WIDE OVERHAND GRIP)	3	15, 15, 12	45 SECONDS
3	BARBELL ROW	4	12, 12, 12	30 SECONDS
4	INVERTED ROW ON INCLINE W/ EZ CURL BAR	4	12, 12, 12	30 SECONDS
5	REGULAR STANDING CURLS	2	10, FAILURE	30 SECONDS

CARDIO POST WORKOUT

LOW INTENSITY TREADMILL, LEVEL 2 INCLINE, 20 MINUTES



PHASE 1 - WEEK 1, DAY 3

#	EXERCISE	SETS	REPS	RECOVERY
1	BARBELL SQUAT	4	12, 12, 10, 10	40 SECONDS
2	SINGLE LEG STIFF DEADLIFT (BEGINNERS)	4	8 (EACH LEG)	40 SECONDS
3	STATIONARY CURSY LUNGE	3	12 (EACH LEG)	30 SECONDS
4	LEG PRESS (CLOSE STANCE)	2	15, 15	NO REST
5	LEG PRESS (WIDE STANCE)	2	12, 12	40 SECONDS
6	SPLIT SQUATS (2 SETS FREE WEIGHT, 2 SETS WITH DUMBBELL/PLATE)	4	10 (EACH LEG)	30-40 SECONDS

CARDIO POST WORKOUT

LOW INTENSITY TREADMILL, LEVEL 4 INCLINE, 20 MINUTES

PHASE 1 - WEEK 1, DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1	LATERAL HOPS	3	30 SECONDS	30 SECONDS
2	SEATED CALF RAISE (TOES POINTED OUT, IN, AND STRAIGHT)	3	15, 15, 15	30 SECONDS
3	LATERAL RAISE W/ CABLES	4	12 (EACH ARM)	30 SECONDS
4	SINGLE LEG GLUTE BRIDGE (BEGINNER)	3	12 (EACH LEG)	40 SECONDS
5	DONKEY KICK (BEGINNER)	3	15, 12, 10	15 SECONDS
6	FROG FLUTE BRIDGE	4	12, 12, 12, 12	15 SECONDS

NO CARDIO



PHASE 1: WEEK 2

ARE YOU SORE? ...OK GOOD! 😊



EXERCISE	SETS	REPS	RECOVERY
DEAD BUG	3	10	1 MINUTE
PIKE UP	3	15	1 MINUTE
CABLE CRUNCH	3	10	1 MINUTE



PHASE 1 - WEEK 2, DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1	LANDMINE SQUAT	4	15, 15, 12, 10	30 SECONDS
2	LYING LEG CURL W/ DUMBBELL	3	15, 15, 12	30 SECONDS
3	GLUTE BRIDGE BEGINNER	4	12, 12, 12, 12	30 SECONDS
4	LEG PRESS (CLOSE STANCE)	3	15, 15, 12	15 SECONDS
5	DONKEY KICK (FREE WEIGHT)	3	12, 12, 12	15 SECONDS
NO CARDIO				

PHASE 1 - WEEK 2, DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1	HYPEREXTENSION STABILITY BALL	3	12, 12, 10	30 SECONDS
2	INCLINE HAMMER CURL	4	15, 15, 12, 12	30 SECONDS
3	ROMANIAN DEADLIFT	3	12, 12, 12	30 SECONDS
4	LAT PULL DOWN (WIDE UNDERHAND GRIP)	4	15, 15, 12, 12	20 SECONDS
5	STRAIGHT ARM CABLE PULLOVER	3	12, 12, 10	15 SECONDS
6	REGULAR STANDING CURLS	2	FAILURE	30 SECONDS
CARDIO POST WORKOUT H.I.I.T. STAIR MASTER FOR 20 MINUTES				



PHASE 1 - WEEK 2, DAY 3

#	EXERCISE	SETS	REPS	RECOVERY
1	CABLE TRICEP KICKBACK	3	15, 15, 12, 12	30 SECONDS
2	OVERHEAD CABLE TRICEP EXTENSIONS	3	12, 12, 10	30 SECONDS
3	BENCH TRICEP DIP (BEGINNER)	3	12, 12, 12	30 SECONDS
4	DONKEY KICK (W/ RESISTANCE BANDS)	4	12 (EACH LEG)	20 SECONDS
5	SINGLE LEG GLUTE BRIDGE (BEGINNER)	3	15 (EACH LEG)	15 SECONDS
6	HIP THRUST	4	12, 15, 12, 12	30 SECONDS

CARDIO POST WORKOUT

LOW INTENSITY TREADMILL 40 MINUTES

PHASE 1 - WEEK 2, DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1	LATERAL RAISE FULL RANGE TO TOP	3	12, 12, 10	30 SECONDS
2	PIKE UP	3	10, 10, 10	30 SECONDS
3	LATERAL RAISE W/ DUMBBELL	3	12, 12, 10	30 SECONDS
4	SINGLE ARM SHOULDER PRESS	4	12, 12, 12, 12	15 SECONDS
5	BENT OVER DUMBBELL FLY (PALMS FACING YOU)	3	12, 12, 12	30 SECONDS

CARDIO POST WORKOUT

H.I.I.T. TREADMILL 30 MINUTES



PHASE 2: WEEK 3

SUPERSETS, HERE WE COME 



Now that the first phase of the program is done, you are not going to move on to the new training program just yet. You need to recalculate your total calories again.

Multiply the calories you used throughout phase 1 by 0.9. This will now be your set calories for all of phase 2.

Your program will now increase using a different training method with the intensit technique. For the new program, you will pre-fatigue your muscles using an isolation exercise before adding a compound movement to increase fatigue.

EXERCISE	SETS	REPS	RECOVERY
BICYCLE CRUNCH	3	12	1 MINUTE
FLUTTER KICKS	3	15	1 MINUTE
BIRD DOG	3	20	1 MINUTE



Exercises with "no rest" rest means you do not take a break until after the exercise below it is performed which concludes 1 set.

Be ready! This is where things start getting a bit more challenging. Here is a random suggesting...before starting your routine...look at the workout programs and search where exactly you would be performing these. Be prepared, focus, and always push yourself!

PHASE 2 - WEEK 3, DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1	GLUTE BRIDGE ADVANCED	3	12, 12, FAILURE	30 SECONDS
2	SUMO SQUAT	4	15, 15, 12, 10	30 SECONDS
3-A	LEG PRESS (WIDE STANCE)	3	15, 15, 12	NO REST
3-B	ONE LEGGED LEG PRESS	SUPERSET	8 (EACH LEG)	1 MINUTE
4	DONKEY KICK W/ LEG EXTENSION MACHINE	3	12 (EACH LEG)	30 SECONDS
5-A	LEG CURL (TOES FACING AWAY)	3	10, 10, 8	NO REST
5-B	LEG CURL (TOES POINTING UP)	SUPERSET	8, 8, FAILURE	1 MINUTE
NO CARDIO				



***We are almost half way there. Make sure you go back and check out the training tips I left you guys earlier in the book. Your energy level might be lower than the first few days but keep pushing, you got this!



PHASE 2 - WEEK 3, DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1	BIRD DOG	3	12, 12, 12	30 SECONDS
2	ARNOLD PRESS	4	12, 12, 12, 10	0 SECONDS
2A	BENT OVER REAR DELT FLY W/ RESISTANCE BANDS	SUPERSET	12, 12, 12	45 SECONDS
3	MACHINE REAR DELT FLY	4	15, 12, 12, 10	40 SECONDS
4	LATERAL RAISE W/ RESISTANCE BANDS	3	12, 12, 10, 10	0 SECONDS
4A	FRONT RAISES ALTERNATING	SUPERSET	8 (EACH ARM)	1 MINUTE

CARDIO POST WORKOUT

H.I.I.T. TREADMILL INCLINE ON 6 - 30MINUTES



***Don't cheat! Keep your meals on point. Make sure you are prepping your foods ahead of time and are always eating on time! Today we have some back, bi, and a bit of shoulders to work on. Muscle Mind Connection is key here! 🧠

PHASE 2 - WEEK 3, DAY 3

#	EXERCISE	SETS	REPS	RECOVERY
1	MOUNTAIN CLIMBERS	3	15 (EACH LEG)	30 SECONDS
2	SUPINATED ALTERNATING CURLS	3	12, 10, 10 (EACH ARM)	30 SECONDS
3	LAT PULL DOWN (CLOSE OVERHAND GRIP)	4	15, 12, 12, 10	0 SECONDS
3A	LAT PULL DOWN (WIDE UNDERHAND GRIP)	SUPERSET	10, 10, 10, FAILURE	1 MINUTE
4	CABLE FACEPULL	4	12, 12, 10, 10	30 SECONDS
5	LATERAL RAISE W/ RESISTANCE BANDS	3	12, 12, 10, 10	0 SECONDS
5A	HALF SQUAT ROWS W/ BANDS	SUPERSET	12, 12, 12, FAILURE	1MINUTE

CARDIO POST WORKOUT

LOW INTENSITY STAIR MASTER 30 MINUTES



***We have a pretty tough session here guys. After your initial core warm up session, take the time to get a good stretch in before and after this leg day. Always focus on the key fundamentals of each workout! 🗝️

PHASE 2 - WEEK 3, DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1	LEG CURL SINGLE LEG	3	12	0 SECONDS
1A	LEG CURL (TOES FACING AWAY)	SUPERSET	8, 8, FAILURE	1 MINUTE
2	STANDING OVERHEAD PRESS	3	12, 12, 12	30 SECONDS
3	CALF RAISE ON LEG PRESS	4	15, 15, 15, 12	30 SECONDS
4	SINGLE LEG EXTENSIONS	4	15, 15, 12, 10	0 SECONDS
4A	REGULAR LEG EXTENSIONS	4	10, 10, 10, FAIL- URE	15 SECONDS
5	CLAMSHELL W/ BANDS	3	12, 12, 10	30 SECONDS
6	JUMP SQUAT	3	15, 12, 10	40 SECONDS
NO CARDIO				



***Yes that's right, you will be training a bit of legs towards the end of this training session. Every now and then it is ok to have back to back sessions with certain muscle groups. We always want to shock our bodied with new routines. Let's go! 🍊

PHASE 2 - WEEK 3, DAY 5

#	EXERCISE	SETS	REPS	RECOVERY
1	RUNNING IN PLACE	2	1 MINUTE, 45 SECONDS	30 SECONDS
2	DONKEY KICK W/ RESISTANCE BANDS	3	12, 10, 10	30 SECONDS
3	HIP THRUST	3	15, 15, 12	30 SECONDS
4	DUMBBELL TRICEP KICKBACK	4	15, 15, 12, 12	0 SECONDS
4A	CABLE TRICEP KICKBACK	SUPERSET	10, 10, 10, 10	1 MINUTE
5	LANDMINE SQUAT	5	10, 10, 10, 10, FAILURE	30 SECONDS
6	ROMANIAN DEADLIFT	3	15, 15, 10	1 MINUTE
CARDIO POST WORKOUT				
LOW INTENSITY STAIR MASTER 30 MINUTES				



PHASE 2: WEEK 4

DONT FORGET, MUSCLE MIND CONNECTION 🧠



EXERCISE	SETS	REPS	RECOVERY
CABLE CRUNCH	3	10, 10, 10	1 MINUTE
BICYCLE CRUNCH	3	15 (EACH LEG)	1 MINUTE
FLUTTER KICK	3	30 SECONDS	45 SECONDS

*** Just like last week, I have you doing some supersets here. No resting in between sets! If you slack, you are only cheating on yourself! Make sure your form is key! Check out the videos included through the ebook! 📺

PHASE 2- WEEK 4, DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1	CABLE FACEPULL	4	15, 12, 10, 10	NO REST
2	SINGLE HALF SQUAT CABLE ROW	3	12, 12, 12, 12	45 SECONDS
3-A	SUPINATED CURLS	3	20, 15, 15, 12	NO REST
3-B	SEATED HAMMER CURLS	SUPERSET	12, 12, FAILURE, FAILURE	45 SECONDS
4	INVERTED ROW (ON IN- LINE BENCH W/ EZ BAR)	3	12, 12, 10, 8	30 SECONDS
5-A	LAT PULL DOWN (OVERHAND CLOSE GRIP)	3	12, 12, 12	NO REST
5-B	LAT PULL DOWN (WIDE UNDERHAND GRIP)	SUPERSET	12, 12, 12	45 SECONDS
6	STANDING PREACHER BENCH CURL (SINGLE ARM)	2	15, FAILURE	1 MINUTE

CARDIO POST WORKOUT

METABOLIC TRAINING STAIR MASTER FOR 20 MINUTES

*** Mostly upper body today. Here's a random tip. Focus on your breathing. Exhale and inhale during the right motion of each workout! Breathing helps so much! Don't forget to always squeeze the muscle you are training! Engage those muscle fibers! 😎

PHASE 2- WEEK 4, DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1	SQUAT TO OVERHEAD PRESS	3	15, 15, 15	1 MINUTE
2	BENT OVER DUMBBELL FLY (PALMS FACING IN)	4	12, 12, 12, 10	30 SECONDS
3	LATERAL RAISE W/ CABLES	3	12 (EACH ARM)	40 SECONDS
4	SEATED OVERHEAD PRESS	4	15, 15, 15, 15	1 MINUTE
5	KETTLEBELL SWING	2	10, 10	30 SECONDS
6-A	BENCH TRICEP DIP (INTERMEDIATE)	3	15, 15, 15	NO REST
6-B	INCLINED PUSHUP ON SMITH MACHINE	3	12, 12, 12	40 SECONDS
7	OVERHEAD CABLE TRICEP EXTENSIONS	4	15, 15, 15, FAILURE	40 SECONDS

CARDIO POST WORKOUT

CHOOSE LOW OR HIGH INTENSITY TRAINING ON STAIR MASTER TODAY

*** Make sure you have carbs before and after you train! These are essential macros needed for protein synthesis! Carbs are your main source of energy, and today you are going to definitely need them for this workout! Let's work hard today!! 🍷

PHASE 2- WEEK 4, DAY 3

#	EXERCISE	SETS	REPS	RECOVERY
1-A	DUCK LUNGE	2	5 (EACH LEG)	NO REST
1-B	LATERAL WALK	SUPERSET	12-15 STEPS	1 MINUTE
2	SINGLE LEG GLUTE BRIDGE (BEGINNER)	3	12 (EACH LEG)	40 SECONDS
3-A	SEATED ADDUCTOR W/ BANDS	4	12, 12, 12, 12	NO REST
3-B	SINGLE LEG STIFF DEAD-LIFT (BEGINNERS)	SUPERSET	12, 12, 10, 10	40 SECONDS
4	SINGLE LEG LUNGE (FREE WEIGHT)	5	20, 20, 15, 15, 12	40 SECONDS
5	REGULAR LEG EXTENSIONS	3	12, 12, 12	30 SECONDS
6	FROG GLUTE BRIDGE	2	12, FAILURE	30 SECONDS

NO CARDIO



***Be prepared! I can't stress it enough. Know the gameplan for the day. Time management is key inside and outside the gym. Focus on the small things, like timing your meals during specific times of the day...drinking water evenly throughout the day...and even making sure you have enough food for the next time you prep your meals! 😊

PHASE 2- WEEK 4, DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1-A	PUSH UP	4	15, 15, 15, 12	NO REST
1-B	SEATED OVERHEAD TRICEP EXTENSIONS	SUPERSET	12, 12, 12, 12	1 MINUTE
2	TRICEP EXTENSION (PUSH DOWN)	3	20, 15, 15	40 SECONDS
3	LATERAL RAISES W/ CABLE	4	12 (EACH ARM)	30 SECONDS
4	FRONT RAISES (BOTH HANDS)	4	15, 15, 15, 12	40 SECONDS
5	CHEST PRESS W/ BANDS	3	12, 12, 12	40 SECONDS
6	BENCH TRICEP DIP (ADVANCED)	2	15, 15	40 SECONDS
7	LATERAL RAISE FULL RANGE TO TOP	3	15, 12, FAILURE	40 SECONDS

CARDIO POST WORKOUT

METABOLIC TRAINING STAIR MASTER FOR 20 MINUTES

***Today's workout isn't too intense, im giving you a break haha :) But this doesn't mean you don't push yourself! We are more than halfway done - no reason to stop now! 🏆

PHASE 2- WEEK 4, DAY 5

#	EXERCISE	SETS	REPS	RECOVERY
1	DUMBELL ROW	3	15, 15, 15	NO REST
2	LAT PULL DOWN (WIDE OVERHAND GRIP)	3	12, 12, 12	45 SECONDS
3	RENEGADE ROW	4	12, 12, 12	30 SECONDS
4	INVERTED ROW ON INCLINE W/ EZ CURL BAR	4	15, 15, 12, 12	30 SECONDS
5	SINGLE HALF SQUAT CABLE ROW	2	15, FAILURE	30 SECONDS

CARDIO POST WORKOUT

LOW INTENSITY 40 MINUTES TREADMILL
(SWITCH TO NEUTRAL AND INCLINE EVERY 10 MINUTES)

PHASE 3: WEEK 5

THINGS ARE GETTING SERIOUS NOW !!



Now that the second phase of the program is done, you need to recalculate your total calories again.

Multiply the calories you used throughout phase 2 by 0.9. This will now be your set calories for all of phase 3.

For Phase 3, the intensity of your training is going to ramp up significantly with another intensity training technique. What we will be applying here on is cardio acceleration.

Cardio acceleration in short is combining weight training with aerobic exercises. After every set, instead of resting, you will be performing another movement for 60 seconds and then back to your primary exercise. There will be no rest period for the duration of the workout. Instead, you get an "active" rest period.

Pick any of these options below and that will be your cardio acceleration exercise. You are welcome to pick more than one to spice things up. Remember after every set, you are not resting. You will be performing one of these and then back to weight lifting. Repeat till exercises are done.



CARDIO ACCELERATION

1	JUMP ROPE
2	BURPEES
3	JUMP SQUATS
4	KETTLEBELL SWINGS
5	RUNNING IN PLACE
6	MOUNTAIN CLIMBERS
7	BOX STEP UPS
8	BATTLE ROPES SNAKES



PHASE 3 - WEEK 5, DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1-A	LATERAL RAISE W/ DUMBBELL	3	15, 12, 10	NO REST
1-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC
2 Minute Break				
2-A	LATERAL RAISE W/ RESISTANCE BAND	3	10, 10, 10	NO REST
2-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC
2 minute break				
3-A	ARNOLD PRESS	3	12, 12, 12	NO REST
3-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC
2 minute break				
4-A	BENT OVER DUMBBELL FLY (PALMS FACING YOU)	3	15, 15, 15	NO REST
4-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC
2 minute break				
5-A	SEATED OVERHEAD PRESS	3	15, 12, 12	NO REST
5-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC
2 minute break				
6-A	SQUAT TO OVERHEAD PRESS	3	12, 12, 12	NO REST
6-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SEC

PHASE 3 - WEEK 5, DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1-A	BARBELL ROWS	3	10, 10, 10	NO REST
1-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
2-A	RENEGADE ROW	3	12, 12, 12	NO REST
2-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
3-A	BARBELL SPIDER CURL	3	15, 12, 10	NO REST
3-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
4-A	LAT PULL DOWN (CLOSE UNDERHAND GRIP)	3	12, 12, 12	NO REST
4-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
5-A	STARIGHT ARM CABLE PULLOVER	3	15, 15, 15	NO REST
5-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
6-A	ROMANIAN DEADLIFT	3	15, 12, 12	NO REST
6-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS



PHASE 3 - WEEK 5, DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1-A	CHEST PRESS W/ BANDS	3	20	NO REST
1-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
2-A	BENCH TRICEP DIP (ADVANCED 2)	3	20	NO REST
2-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
3-A	OVERHEAD RESISTANCE BANDS TRICEP EXTENTIONS	3	20	NO REST
3-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
4-A	TRICEP EXTENTION (PUSH DOWNS)	3	20	NO REST
4-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
5-A	CABLE TRICEP KICKBACK	3	20	NO REST
5-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS
2 minute break				
6-A	BENT OVER DUMBBELL FLY (PALMS FACING IN)	3	20	NO REST
6-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	10-15 SECONDS



PHASE 3: WEEK 6

FINAL WEEK 😞



PHASE 3 - WEEK 5, DAY 5

#	EXERCISE	SETS	REPS	RECOVERY
1	BARBELL SQUAT	5	20, 15, 15, 12, 12	40 SECONDS
2-A	HYPEREXTENSION STABILITY BALL	3	12, 12, 12	NO REST
2-B	JUMP SQUAT	SUPERSET	10, 10, 10	40 SECONDS
3-A	OVERHEAD RESISTANCE BANDS TRICEP EXTENTIONS	3	20	NO REST
3-B	LATERAL RAISE W/ RESISTANCE BANDS	SUPERSET	1 MINUTE	40 SECONDS
4-A	LEG CURL SINGLE LEG	3	20	NO REST
4-B	LEG CURLS (TOES POINTING UP)	SUPERSET	1 MINUTE	30 SECONDS
5	CABLE TRICEP KICKBACK	3	20, 15, 15	40 SECONDS
6	CABLE GLUTE PULL THROUGH	3	20, 15, 12	30 SECONDS
7	RENEGADE ROW	3	12, FAILURE, FAILURE	40 SECONDS

WARM UP

CHOOSE 4 EXERCISES

MOUNTAIN CLIMBER

BIRD DOG

CABLE CRUNCH

BOX STEP UPS

BATTLE ROPES SNAKES

BURPEES

KETTLEBELL SWINGS

EXERCISE	SETS	REPS	RECOVERY
1	4	15, 15, 15, 15	45 SECONDS
2	4	12, 12, 10, 10	30 SECONDS
3	3	8, 8, 8, 8	20 SECONDS
4	3	10, 10, 10, 10	30 SECONDS

DAY 1

#	EXERCISE	SETS	REPS	RECOVERY
1-A	SINGLE LEG STIFF DEADLIFT	3	12, 12, 12	NO REST
1-B	ROMANIAN DEADLIFT	SUPERSET	10, 10, 10	20 SECONDS
2 minute break				
2-A	STATIONARY CURSTY LUNGE	3	20	NO REST
2-B	SEATED CALF RAISE	SUPERSET	12 (ALL 3 ANGLES)	30 SECONDS
2 minute break				
3-A	LEG PRESS (WIDE STANCE)	3	20	NO REST
3-B	CALF RAISE ON LEG PRESS	SUPERSET	1 MINUTE	10-15 SEC
2 minute break				
4-A	CONCENTRATED KICKBACK	3	15 (EACH LEG)	NO REST
4-B	DONKEY KICK (FREE WEIGHT)	SUPERSET	12 (EACH LEG)	10-15 SEC
2 minute break				
5-A	CABLE SQUAT WALK	2	10 (EACH LEG)	NO REST
5-B	STIFF LEG DEADLIFT	SUPERSET	15, 15	10-15 SEC
2 minute break				
6-A	LEG CURL SINGLE LEG	3	12 (EACH LEG)	NO REST
6-B	LEG CURL	SUPERSET	FAILURE ALL 3 SETS	10-15 SEC

DAY 2

#	EXERCISE	SETS	REPS	RECOVERY
1	PUSH UPS ADVANCED	3	15, 15, 15	40 SECONDS
2-A	LYING TRICEP EXTENTIONS	3	15, 12, 12	NO REST
2-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	1 MINUTE
2 minute break				
3-A	DUMBELL TRICEP KICKBACK	3	15 (EACH ARM)	NO REST
3-B	CABLE TRICEP KICKBACK	SUPERSET	15, 12, FAILURE	40 SECONDS
4-A	FRONT RAISES (ALTERNATING)	3	10 (EACH ARM)	NO REST
4-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	40 SECONDS
2 minute break				
5-A	SINGLE ARM SHOULDER PRESS	3	15 (EACH ARM)	NO REST
5-B	OVERHEAD PRESS (STANDING)	SUPERSET	12, 12, 10	40 SECONDS
6	ARNOLD PRESS	4	20, 15, 12, FAILURE	40 SECONDS

DAY 3

#	EXERCISE	SETS	REPS	RECOVERY
1-A	DUMBELL ROWS	3	20	NO REST
1-B	REGULAR CURLS	SUPERSET	1 MINUTE	40 SECONDS
2 minute break				
2-A	LAT PULL DOWN (CLOSE OVERHAND GRIP)	3	15,15, 12, 10	NO REST
2-B	LAT PULL DOWN (WIDE OVERHAND GRIP)	SUPERSET	8, 8, 8, 8	1 MINUTE
2 minute break				
3-A	BARBELL SPIDER CURL	3	15, 12, 12, 10	NO REST
3-B	CABLE FACEPULL	SUPERSET	10, 10, 10, FAILURE	1 MINUTE
2 minute break				
4	HYPEREXTENTION STABILITY BALL	3	20	40 SECONDS
5-A	SUPINATED CURLS	3	1 MINUTE	40 SECONDS
5-B	CARDIO ACCELERATION	3	30 SECONDS	40 SECONDS
2 minute break				
6	BENT OVER DUMBELL FLY (PALMS FACING IN)	3	12, 12, FAIL- URE	NO REST
7	ROMANIAN DEADLIFT	3	12, 12, 10, 10	1 MINUTE

DAY 4

#	EXERCISE	SETS	REPS	RECOVERY
1-A	CALF RAISE ON LEG PRESS	3	15, 15, 12, 12	NO REST
1-B	SEATED ADDUCTOR W/ BANDS	3	12, 12, 12, 12	40 SECONDS
2	STIFF LEG DEADLIFT	3	15, 15, 15, 15	1 MINUTE
3-A	LANDMINE SQUAT	3	20	NO REST
3-B	CARDIO ACCELERATION	3	1 MINUTE	1 MINUTE
2 minute break				
4-A	LEG PRESS (CLOSE STANCE)	3	15, 15, 12	NO REST
4-B	LEG PRESS (WIDE STANCE)	3	SUPERSET	40 SECONDS
5-A	SPLIT SQUAT	3	15, 15, 15	NO REST
5-B	CARDIO ACCELERATION	3	1 MINUTE	1 MINUTES
2 minute break				
6-A	ONE LEGGED LEG PRESS	2	12 (EACH LEG)	NO REST
6-B	CABLE SQUAT WALK	3	8, 8, 8, 8	1 MINUTE



DAY 5

#	EXERCISE	SETS	REPS	RECOVERY
1-A	LYING TRICEP EXTENTION	3	15, 15, 12	NO REST
1-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	40 SECONDS
2 minute break				
2-A	LAT PULL DOWN (WIDE UNDERHAND GRIP)	3	20	NO REST
2-B	LAT PULL DOWN (CLOSE OVERHAND GRIP)	SUPERSET	1 MINUTE	40 SECONDS
3-A	SEATED OVERHAND TRICEP EXTENTIONS	3	20	NO REST
3-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	1 MINUTE
2 minute break				
4-A	SUPINATED ALTERNATING CURLS	3	15, 12, 12, (EACH ARM)	NO REST
4-B	HAMMER CURLS	SUPERSET	8, 8, FAILURE	30 SECONDS
5-A	LATERAL RAISE FULL RANGE TO TOP	3	15, 12, 10	NO REST
5-B	CARDIO ACCELERATION	SUPERSET	1 MINUTE	1 MINUTE
2 minute break				
6-A	BENCH TRICEP DIP ADVANCED	3	15, 15, 10	NO REST
6-B	CARDIO ACCELERATION	3	FAILURE	40 SECONDS



I hope you have enjoyed the program and gained a lot of knowledge that can be useful going forward! Keep challenging yourself! Remember that each and everyday counts! Take your fitness serious not only for your looks, but your mental health!

I want you guys to use the fitness planner I have included with your purchase! Feel free to mix up your routines to keep your body guessing! I hope you have achieved your goals and got one step closer to your ultimate physique!

Stay tuned for my eBooks to be released in the near future!



THANK YOU!

I HOPE YOU GUYS LIKED MY INTERACTIVE EBOOK!



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