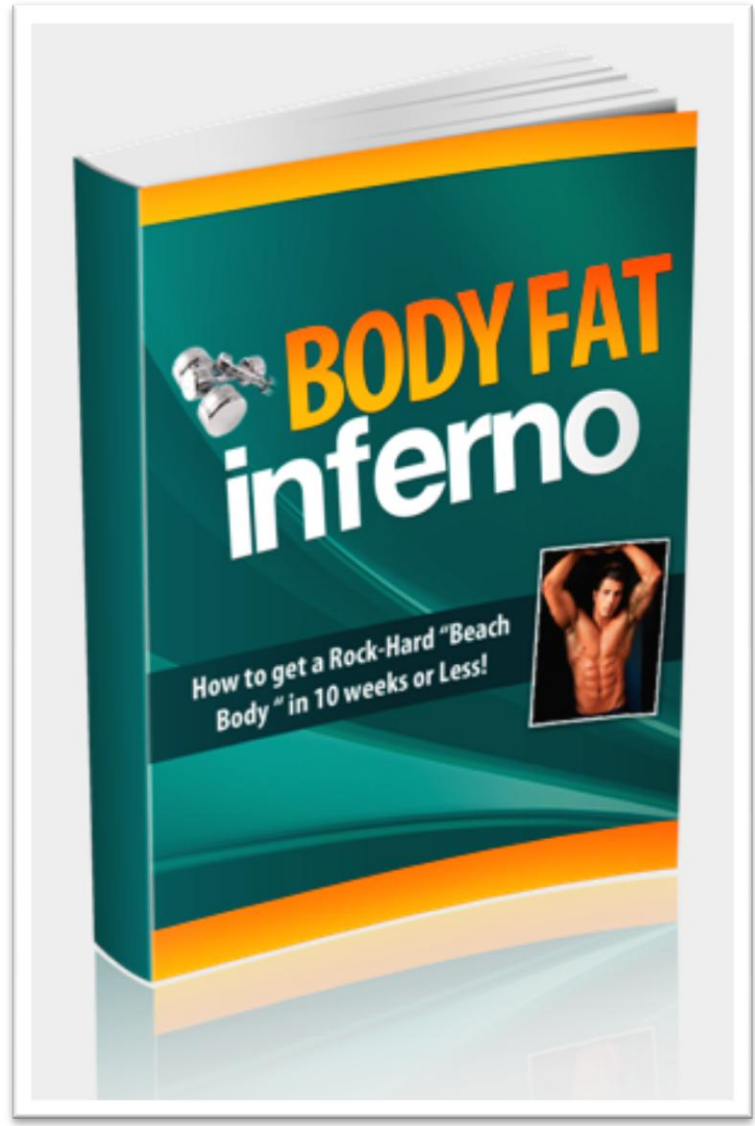


Exercise Cheat Sheets



Body Fat Inferno

Exercise "Cheat Sheets"

Exercise Cheat Sheets

MAIN CIRCUIT (MONDAY – WEDNESDAY – FRIDAY)

1 Round:

- 500 meter Row
- 10 burpees
- 10 kettle ball swings
- 7 pull-ups
- 10 dips

Duration:

- 5 Rounds

Frequency:

- Continuous

Routine Alterations:

- Pull ups can be replaced with chin ups
- Burpees can be replaced with pushups
- Inverted rows can be added to the round for added intensity
- Kettle ball swings can be done 1-handed or 2 handed (with increased weight)

LEGS CIRCUIT (TUESDAY – THURSDAY – SATURDAY)

1 Round:

- 10 barbell squats
- 15 calf raises
- 10 dumbbell lunges
- 10 DB stiff legged dead lifts

Duration: 5 rounds

Frequency: 2 minutes rest between rounds

Routine Alterations:

- Barbell squats can be replaced with hack squats
- Barbell calf raises can be replaced with the calf raise machine
- DB dead lifts can be replaced with barbell dead lifts

Exercise Cheat Sheets

ABS ROUTINE (MONDAY – WEDNESDAY – FRIDAY)

Exercise Order:

- Hanging leg raises (3 sets of 12 reps)
- V-Sits (3 sets of 20 reps)
- Flutter Kicks (3 sets of 1-min kicks)
- Planks (3 sets of 1-min planks)
- Side planks (4 sets of 30-second side planks on each side)

Notes:

- Do all sets for each one of these exercises in order. This abs routine isn't meant to be done like the other routines. It's meant to be done one exercise at a time (for all the sets and reps indicated) before moving on to the next exercise.

Exercise Cheat Sheets

WEEKS 2 & 4: DAY 4 (Back/Biceps)

- Back -

Do 1 set of 6-12 reps performing one exercise after another. After performing all 10 exercises rest 60 seconds. Then do that series one more time.

Exercises (in this order):

- Pull Ups
- Pull Downs (wide grip)
- Bent Over Barbell Rows (wide grip)
- Bent Over Barbell Rows (close grip, hands about 6-8 inches apart)
- Reverse Grip Barbell Rows
- Bent Over Dumbbell Rows
- Reverse Grip Pull Downs
- Seated Cable Rows
- Close Grip Pull Down with V-Bar
- Straight Arm Pull Down

- Biceps -

Do 1 set of 6-12 reps. Perform all 10 exercises back-to-back with no rest between sets or exercises. Rest 60 seconds and repeat the series.

Exercises (in this order):

- Standing Barbell Curl (wide grip)
- Standing Barbell Curl Close Grip (hands spaced 8 inches apart)
- Seated Dumbbell Curl
- Incline Dumbbell Curl
- Preacher Curl with EZ curl bar (close grip)
- Preacher Curl with EZ curl bar (wide grip)
- Hammer Curls
- Reverse Grip Curls with EZ curl bar
- 1-Arm Concentration Curl
- Standing Cable Curls

WEEKS 2 & 4: DAY 5 (Shoulders)

- Shoulders -

Do 1 set of 6-12 reps doing the 10 exercises below back-to-back without resting between sets. Rest 60 seconds and repeat the series.

Exercises (in this order):

- Seated Dumbbell Press
- Standing Dumbbell Lateral Raise
- Cable 1-Arm Lateral Raise
- Seated 1-Arm Dumbbell Lateral Raise
- Upright Rows (wide grip)
- Upright Rows (close grip)
- Bent Over Dumbbell Lateral Raise
- Bent Over Cable Lateral Raise
- Front Dumbbell Raise
- Shrugs (using a barbell)

- Abs -

Twisting Sit Ups (using a slant board if possible)

- 3 x 20 reps

- Cardio -

- 30 minutes

WEEKS 2 & 4: DAY 6 & 7 (Abs/Cardio)

On one of these days do 30 minutes of cardio and abs, and take the other day off. Which day you do what doesn't matter.

- Abs -

Knee Raises (use a roman chair or hanging)

- 3 x 20 reps

Side Bends (or any oblique exercise)

- 3 sets (as many as you can do)

- Cardio -

- 30 minutes

Exercise Cheat Sheets

NOTES FOR WEEKS 2 & 4 ROUTINES:

These “Exercise Cheat Sheets” were created so you can print them off and bring them to the gym to reference during your workouts.

They’re small and condensed so you can put them in your gym bag, carry them in your pocket, or even just download the PDF of them to your phone.

Remember the main points for these workout routines:

- 1) For each set and exercise (excluding abs, which has its own rep scheme) you’re doing 8 to 10 reps.
- 2) You should be using weights heavy enough that 8-10 reps bring you to failure.
- 3) For each muscle group on the given day, you’re doing all the exercises in the series with no rest between exercises. That’s one series. After you complete one full series, rest 1-2 minutes and repeat the series (so you’re doing a total of 2 series for each muscle group).
- 4) Each group of exercises is its own “series”. (Example: on Chest/Triceps days, you’re doing all 6 chest exercises, resting 1-2 minutes and then doing all the chest exercises again. Then you move on to triceps, doing 2 series of those exercises. Finally, do the cardio after you’re finished with those 4 series.)
- 5) As you progress through the series, you’ll likely have to drop the weight you’re using to hit the appropriate rep range as muscle fatigue will set in. You’ll likely finish the series with a much lighter weight than you’d normally use, but it’s going to feel heavy from the muscle fatigue. That’s expected. Don’t try to overload the weights and NOT hit the rep range because you don’t want to be seen using low weights. (After a month’s time you’ll change more physically than most other guys in the gym anyway.)