

HIIT 100

Training



**Downloadable
eBook**

Jim Stoppani, PhD

<http://www.jimstoppani.com>

HIIT 100's: The Six-Week Training and Diet Program to Get Super Shredded

Jim Stoppani, PhD

Hitting It With HIIT

It's likely that you are very familiar with high-intensity interval training (HIIT). When it comes to cardio HIIT is definitely the best way to strip off body fat. There literally is no reason to jump on a treadmill and just run straight for 20 or 30 minutes unless you aspire to be a marathon runner. But who wants to look like that?!

For those of you who are not familiar with HIIT, it involves intervals of high-intensity exercise (such as running at 90% of your max heart rate) followed by intervals of low-intensity (walking at a moderate pace) or complete rest. This is in sharp contrast to the typical continuous steady-state cardio most people do at a moderate intensity, such as walking on the treadmill for 30 minutes at 60-70% of their max heart rate. HIIT was mainly developed by track coaches to better prepare runners, but has crossed over to the fitness industry due to beneficial results that have been established. In fact, studies comparing HIIT to continuous steady-state exercise have demonstrated that HIIT is superior for fat loss. A 1994 study from Laval University (Ste-Foy, Quebec, Canada) reported that subjects following a 15-week HIIT program lost significantly more body fat than those following a 20-week continuous steady-state endurance program, despite the fact that the steady-state program burned about 15,000 calories more than the HIIT program during exercise. A 2001 study from East Tennessee State University demonstrated similar findings with subjects who followed an 8-week HIIT program (subjects dropped 2% in percent body fat) as compared to those who followed a continuous steady-state program (subjects had no drop in percent body fat) on a treadmill. The most recent study, from Australia reported that subjects following a 20-minute HIIT program lost about 6 times more body fat than the group who followed a 40-minute cardio program performed at a constant intensity of about 60% of their maximum heart rate.

The major reason that HIIT works so well to drop body fat is due to the greater calorie burn or EPOC that is maintained after the workout is over. In other words, you burn more calories and more body fat while you are sitting around doing nothing! A 1996 study from Baylor College of Medicine (Houston, TX) reported that subjects who followed a HIIT workout on a stationary cycle burned significantly more calories during the 24 hours following the workout than those who cycled at a moderate steady-state intensity. The 2001 East Tennessee State University study mentioned above also found that subjects following the HIIT program also burned more calories during the 24 hours after exercise. The most recent study, presented at the 2007 annual meeting of the

American College of Sports Medicine by Florida State University (Tallahassee) researchers reported that subjects who performed HIIT burned about 10% more calories during the 24 hours following exercise as compared to those who performed continuous steady-state exercise, despite the fact that the total calories burned were the same for each workout.

In addition to the increase in resting metabolism, research confirms that HIIT is effective at enhancing the metabolic machinery in muscle cells that promote fat burning and blunt fat production. The Laval University study that found a decrease in body fat with HIIT discovered that the HIIT subjects' muscle fibers had significantly higher markers for fat oxidation (fat burning) than those in the continuous steady-state exercise group. A study published in a 2007 issue of the Journal of Applied Physiology reported that young females who performed seven HIIT workouts over a two-week period experienced a 30% increase in both fat oxidation and levels of muscle enzymes that enhance fat oxidation. And a brand new study published in a 2010 issue of the American Journal of Physiology reported that subjects doing HIIT for 6 weeks had an increase in the amount of proteins in muscles that transport fat to the mitochondria, the place in muscles where fat is burned for fuel. The more of these proteins that you have, the more fat that can be taken to be burned away as fuel.

Weight For It

When most people think of HIIT they think of it only as a means for cardio. Yet HIIT can also be used for weight training. After all weight training itself is a form of HIIT. You do a set with all out effort and then you rest. Then you do another set and then you rest. Of course, the typical rest period of 2-3 minutes. Between sets are too long for weight training to be really considered HIIT. But all you have to do is shorten the rest periods.

With HIIT 100's I have not just combined HIIT with weights, but I have combined HIIT with two very popular, very intense, and very effective weight training techniques - Hundreds Training and German Volume Training. German Volume Training is also known as 10 x 10 training. You do 10 sets of 10 reps. As the name implies, Hundreds Training involves doing 100-rep sets.

With HIIT 100's you start each workout by doing 10 sets of 10 reps for one exercise per muscle group. Sounds like it's just a German Volume Training workout, right? The HIIT comes from the rest periods between those 10 sets. You start with just 60 seconds of rest between sets at the start of the program and progressively drop it down by 10 seconds over the 6 weeks, until you have no rest and you're doing 100 reps straight through. And that brings us to Hundreds Training. By the way, 10 sets of 10 reps is also 100 reps. And when you're resting only 10 or 20 seconds between sets in the last few weeks of the program, it feels just like you're doing 100 reps straight through.

HIIT 100's Hit List

The workout is simple to follow, just not simple to do. You start each workout doing one exercise per muscle group using HIIT 100's. Then you follow that by doing 3 more sets of the same exercise using your 10-rep max (a weight that you can normally get for 10 reps). Of course, after doing 10 sets of 10 reps, you will no longer be able to complete 10 full reps with your 10 rep max weight. You will likely be able to complete only about 5-7 reps. On the third set you do a drop set by dropping down to the weight that you used for HIIT 100's and do as many reps as possible before you reach muscle failure. Then you do three sets of one or two more exercises for that same muscle group, depending on the muscle group. Rest between all sets done following the HIIT 100's exercise will be only one minute to maximize fat burning.

You follow the muscle-group specific weight training with a final HIIT 100's using a full-body weight exercise, such as barbell or dumbbell cleans, kettlebell swings, Barbell or dumbbell deadlifts, barbell or dumbbell snatches, one-arm kettlebell or dumbbell snatch, or my unique lift known as the dead/curl/press.

On the HIIT 100's sets during weeks 1-3 when rest periods are 30 seconds or more, perform the first 3 sets of 10 as fast and explosive as possible. This will help to build more muscle power and strength, despite using such light weight. Then for sets 4-6, do them slow and controlled, focusing on the contraction with each rep and squeezing each rep at top for 1-2 seconds. This helps to build the mind/muscle connection, which is critical for muscle size, shape, and separation. During the final three weeks, weeks 4-6, when rest periods are down at 20 seconds and less, your goal is to just complete the hundred reps. So don't worry about rep speed or control. Just get the reps done with the best form you can complete them with while your muscles are on fire.

Getting Started with HIIT 100's

For each exercise that you are going to do HIIT 100'S with select a weight that is equal to about 50% of what you normally could do on that exercise for 10 reps. Don't worry if you went too heavy. If you fail to complete all 10 sets of 10 reps during the program, you can adjust your weight either during that set or at the next workout. If you can't complete all 10 reps before hitting the 8th set of 10 reps, then immediately drop the weight by 5 or 10 pounds before the next set of 10 reps. If you can't complete 10 reps during or after the 8th set, finish all 10 sets doing as many reps as possible for those final sets. Then the next time you train that muscle group, lower the weight by 5-10 pounds.

If some of the exercises that you will be doing HIIT 100's with are new to you, then you'll need to spend some time figuring out how much weight you can do for 10 reps.

The week before you start the actually HIIT 100's program, work these exercises into your training program to figure out an approximate weight that allows you to perform 10 reps with, but no more. Then when you start the program the next week, use half of that weight for your HIIT 100's sets.

When trying to estimate your 10-rep max on each exercise, be sure to do the HIIT exercise as the first exercise for that muscle group. For example, if you don't know what your 10-rep max is on the bench press, do bench press as the first exercise in your chest workout, aiming for a weight that allows you to complete just 10 reps. Then follow with your typical chest routine.

100's of Benefits

While the major benefit of this program is rapid fat loss, the fringe benefits that come along for the ride are likely as impressive. Even though weight is light, muscle growth will be a pleasant surprise, especially while you are simultaneously dropping body fat. You will particularly experience insane growth in muscle groups that you do not typically train with high volume – like traps, forearms, and calves. But you may also be surprised about the muscle growth you get on places like your arms and legs. After all one of the best ways to optimize muscle growth is by making a given weight harder. And that is what HIIT hundreds does. It makes a very light weight brutally difficult to move. The stress your muscle receives due the difficulty in moving that weight repeatedly is what influences muscle growth. This pushes muscle fatigue to new levels, which stimulates the production and build-up of biochemical waste products. These waste products are not a complete waste, since they stimulate the release of hormones such as growth hormone (GH), which not only boosts muscle size, but also encourages fat burning.

Of course, another obvious benefit to doing 100 reps with rest periods progressively getting shorter, is an increase in muscle endurance. This will boost your conditioning for almost any sport. And even if you do not participate in any sport, this benefit will ring loud and clear in your workouts. When you go back to normal training, where you are resting a couple of minutes between sets, your muscle recovery will be quicker, which means you will be able to get more reps with the same weight than you normally would on successive sets. That's because progressively dropping your rest periods each week forces your muscles to gradually learn how to recover quicker between sets.

HIIT 100's Workout



Week 1

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 60 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 10 RM | 3/to failure | 60 sec. |
| Cable Crossover | 15 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 60 sec. |

| | | | |
|-----------------------|-------------------|---------------|---------|
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 10 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 15 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 60 sec. |
| Crunch | body weight^ | 10/10 | 60 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 60 sec. |

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 60 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Leg Press | 10 RM | 3/to failure | 60 sec. |
| Leg Extension | 15 RM | 3/to failure | 60 sec. |
| Leg Curl | 15 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 60 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 15 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 60 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 15 RM | 3/to failure | 60 sec. |

| | | | |
|------------------|-------------------|-------|---------|
| Kettlebell Swing | light kettlebell# | 10/10 | 60 sec. |
|------------------|-------------------|-------|---------|

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's 50% 10 RM | | 10/10 | 60 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 10 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 15 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 60 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 60 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 15 RM | 3/to failure | 60 sec. |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 60 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 60 sec. |

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|---------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 50 sec. |

| | | | |
|----------------------------------|-------------------|---------------|---------|
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 10 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 15 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 50 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Dumbbell Bent-Over Row | 10 RM | 3/to failure | & |
| Reverse-Grip Pulldown | 15 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 50 sec. |
| Crunch | body weight^ | 10/10 | 50 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 50 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 50 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lunge | 10 RM | 3/to failure | 60 sec. |
| Leg Extension | 15 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 15 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 50 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 15 RM | 3/to failure | 60 sec. |

| | | | |
|---------------------|-------------------|---------------|---------|
| Standing Calf Raise | 50% 10 RM | 10/10 | 50 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 15 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 50 sec. |

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 50 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 10 RM | 3/to failure | & |
| Machine Rear Delt Flye | 15 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 50 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 50 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 15 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 50 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 50 sec. |

Week 2

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 10 RM | 3/to failure | 60 sec. |
| Cable Crossover | 15 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 40 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 10 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 15 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 40 sec. |
| Crunch | body weight^ | 10/10 | 40 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 40 sec. |

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |

| | | | |
|--------------------------|-------------------|---------------|---------|
| Leg Press | 10 RM | 3/to failure | 60 sec. |
| Leg Extension | 15 RM | 3/to failure | 60 sec. |
| Leg Curl | 15 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 40 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 15 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 40 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 15 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 40 sec. |

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 10 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 15 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 40 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 40 sec. |

| | | | |
|-----------------------|-------------------|---------------|---------|
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 15 RM | 3/to failure | 60 sec. |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 40 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 40 sec. |

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 10 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 15 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 40 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Dumbbell Bent-Over Row | 10 RM | 3/to failure | & |
| Reverse-Grip Pulldown | 15 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 40 sec. |
| Crunch | body weight^ | 10/10 | 40 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 40 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lunge | 10 RM | 3/to failure | 60 sec. |
| Leg Extension | 15 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 15 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 40 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 15 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 40 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 15 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 40 sec. |

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 40 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 10 RM | 3/to failure | & |
| Machine Rear Delt Flye | 15 RM | 3/to failure | 60 sec. |

| | | | |
|----------------------------|-------------------|---------------|---------|
| Dumbbell Shrug | 50% 10 RM | 10/10 | 40 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 40 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 15 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 40 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 40 sec. |

Week 3

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 30 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 12 RM | 3/to failure | 60 sec. |
| Cable Crossover | 20 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 30 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 12 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 20 RM | 3/to failure | 60 sec. |

| | | | |
|-----------------|-----------------|-------|---------|
| Reverse Crunch | body weight^ | 10/10 | 30 sec. |
| Crunch | body weight^ | 10/10 | 30 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 30 sec. |

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 30 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Leg Press | 12 RM | 3/to failure | 60 sec. |
| Leg Extension | 20 RM | 3/to failure | 60 sec. |
| Leg Curl | 20 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 30 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 20 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 30 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 20 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 30 sec. |

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 30 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 12 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 20 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 30 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 30 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 20 RM | 3/to failure | 60 sec. |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 30 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 30 sec. |

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 30 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 12 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 20 RM | 3/to failure | 60 sec. |

| | | | |
|--------------------------------|-------------------|----------------|---------|
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 30 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 30 sec. |
| One-Arm Dumbbell Bent-Over Row | 12 RM | 3/to failure & | |
| Reverse-Grip Pulldown | 20 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 30 sec. |
| Crunch | body weight^ | 10/10 | 30 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 30 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 30 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lunge | 12 RM | 3/to failure | 60 sec. |
| Leg Extension | 20 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 20 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 30 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 20 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 30 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |

| | | | |
|-------------------|-------|--------------|---------|
| Seated Calf Raise | 20 RM | 3/to failure | 30 sec. |
|-------------------|-------|--------------|---------|

| | | | |
|------------------|-------------------|-------|---------|
| Kettlebell Swing | light kettlebell# | 10/10 | 30 sec. |
|------------------|-------------------|-------|---------|

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's 50% 10 RM | | 10/10 | 30 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 12 RM | 3/to failure | & |
| Machine Rear Delt Flye | 20 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 30 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 30 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 20 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 30 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 30 sec. |

Week 4

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 12 RM | 3/to failure | 60 sec. |
| Cable Crossover | 20 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 20 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 12 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 20 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 20 sec. |
| Crunch | body weight^ | 10/10 | 20 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 20 sec. |

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Leg Press | 12 RM | 3/to failure | 60 sec. |
| Leg Extension | 20 RM | 3/to failure | 60 sec. |

| | | | |
|--------------------------|-------------------|---------------|---------|
| Leg Curl | 20 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 20 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 20 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 20 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 20 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 20 sec. |

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 12 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 20 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 20 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 20 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 20 RM | 3/to failure | 60 sec. |

| | | | |
|--------------------|-------------------|---------------|---------|
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 20 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 20 sec. |

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 12 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 20 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 20 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 30 sec. |
| One-Arm Dumbbell Bent-Over Row | 12 RM | 3/to failure | & |
| Reverse-Grip Pulldown | 20 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 20 sec. |
| Crunch | body weight^ | 10/10 | 20 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 20 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lunge | 12 RM | 3/to failure | 60 sec. |
| Leg Extension | 20 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 20 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 20 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 20 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 20 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 20 RM | 3/to failure | 30 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 20 sec. |

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 20 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 12 RM | 3/to failure | & |
| Machine Rear Delt Flye | 20 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 20 sec. |

| | | | |
|----------------------------|-------------------|---------------|---------|
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 20 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 20 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 20 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 20 sec. |

Week 5

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 10 sec. |
| Bench Press | 10 RM(from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 15 RM | 3/to failure | 60 sec. |
| Cable Crossover | 30 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 10 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 15 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 30 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 10 sec. |

| | | | |
|--------|--------------|-------|---------|
| Crunch | body weight^ | 10/10 | 10 sec. |
|--------|--------------|-------|---------|

| | | | |
|-----------------|-----------------|-------|---------|
| Dead/Curl/Press | light dumbbells | 10/10 | 10 sec. |
|-----------------|-----------------|-------|---------|

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 10 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Leg Press | 15 RM | 3/to failure | 60 sec. |
| Leg Extension | 30 RM | 3/to failure | 60 sec. |
| Leg Curl | 30 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 10 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 30 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 10 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 30 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 10 sec. |

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|-----------------|---------------|------------------|-------------|
|-----------------|---------------|------------------|-------------|

| | | | |
|--|-------------------|---------------|---------|
| Dumbbell Shoulder Press HIIT 100's 50% 10 RM | | 10/10 | 10 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 15 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 30 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 10 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 10 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 30 RM | 3/to failure | 60 sec. |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 10 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 10 sec. |

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 10 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 15 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 30 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 10 sec. |

| | | | |
|--------------------------------|-------------------|----------------|---------|
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 30 sec. |
| One-Arm Dumbbell Bent-Over Row | 15 RM | 3/to failure & | |
| Reverse-Grip Pulldown | 30 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 10 sec. |
| Crunch | body weight^ | 10/10 | 10 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 10 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 10 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lunge | 15 RM | 3/to failure | 60 sec. |
| Leg Extension | 30 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 30 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 10 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 30 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 10 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 30 RM | 3/to failure | 30 sec. |

| | | | |
|------------------|-------------------|-------|---------|
| Kettlebell Swing | light kettlebell# | 10/10 | 10 sec. |
|------------------|-------------------|-------|---------|

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|--|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's 50% 10 RM | | 10/10 | 10 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 15 RM | 3/to failure | & |
| Machine Rear Delt Flye | 30 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 10 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 10 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 30 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 10 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 10 sec. |

Week 6

Workout 1 (Monday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Incline Press | 15 RM | 3/to failure | 60 sec. |
| Cable Crossover | 30 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 0 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Barbell Bent-Over Row | 15 RM | 3/to failure | 60 sec. |
| Straight-Arm Pulldown | 30 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 0 sec. |
| Crunch | body weight^ | 10/10 | 0 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 0 sec. |

Workout 2 (Tuesday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|-------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |
| Leg Press | 15 RM | 3/to failure | 60 sec. |
| Leg Extension | 30 RM | 3/to failure | 60 sec. |
| Leg Curl | 30 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 0 sec. |

| | | | |
|--------------------------|-------------------|---------------|---------|
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Lying Triceps Extensions | 30 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 0 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 30 RM | 3/to failure | 60 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 0 sec. |

Workout 3 (Wednesday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Lateral Raise | 15 RM | 3/to failure | 60 sec. |
| Dumbbell Rear Delt Raise | 30 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 0 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 0 sec. |
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Incline Dumbbell Curl | 30 RM | 3/to failure | 60 sec. |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 0 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |

| | | | |
|-----------------|-----------|-------|--------|
| Dumbbell Cleans | 50% 10 RM | 10/10 | 0 sec. |
|-----------------|-----------|-------|--------|

Workout 4 (Thursday): Chest , Back, Abs

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|----------------------------------|-------------------|------------------|-------------|
| Bench Press HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Bench Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| Reverse-Grip Incline Bench Press | 15 RM | 3/to failure | 60 sec. |
| Incline Dumbbell Flye | 30 RM | 3/to failure | 60 sec. |
| Wide-Grip Pulldown | 50% 10 RM | 10/10 | 0 sec. |
| Wide-Grip Pulldown | 10 RM (from test) | 3*/to failure | 30 sec. |
| One-Arm Dumbbell Bent-Over Row | 15 RM | 3/to failure | & |
| Reverse-Grip Pulldown | 30 RM | 3/to failure | 60 sec. |
| Reverse Crunch | body weight^ | 10/10 | 0 sec. |
| Crunch | body weight^ | 10/10 | 0 sec. |
| Dead/Curl/Press | light dumbbells | 10/10 | 0 sec. |

Workout 5 (Friday): Legs , Triceps, Calves

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------|-------------------|------------------|-------------|
| Squat HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Squat | 10 RM (from test) | 3*/to failure | 60 sec. |

| | | | |
|----------------------------------|-------------------|---------------|---------|
| Dumbbell Lunge | 15 RM | 3/to failure | 60 sec. |
| Leg Extension | 30 RM | 3/to failure | 60 sec. |
| Romanian Deadlift | 30 RM | 3/to failure | 60 sec. |
| Triceps Pressdown | 50% 10 RM | 10/10 | 0 sec. |
| Triceps Pressdown | 10 RM (from test) | 3*/to failure | 60 sec. |
| Cable Overhead Triceps Extension | 30 RM | 3/to failure | 60 sec. |
| Standing Calf Raise | 50% 10 RM | 10/10 | 0 sec. |
| Standing Calf Raise | 10 RM (from test) | 3*/to failure | 60 sec. |
| Seated Calf Raise | 30 RM | 3/to failure | 30 sec. |
| Kettlebell Swing | light kettlebell# | 10/10 | 0 sec. |

Workout 6 (Saturday): Shoulders , Traps, Biceps, Forearms

| <u>Exercise</u> | <u>Weight</u> | <u>Sets/Reps</u> | <u>Rest</u> |
|------------------------------------|-------------------|------------------|-------------|
| Dumbbell Shoulder Press HIIT 100's | 50% 10 RM | 10/10 | 0 sec. |
| Dumbbell Shoulder Press | 10 RM (from test) | 3*/to failure | 60 sec. |
| One-Arm Cable Lateral Raise | 15 RM | 3/to failure | & |
| Machine Rear Delt Flye | 30 RM | 3/to failure | 60 sec. |
| Dumbbell Shrug | 50% 10 RM | 10/10 | 0 sec. |
| Dumbbell Shrug | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Curl | 50% 10 RM | 10/10 | 0 sec. |

| | | | |
|----------------------------|-------------------|---------------|---------|
| Dumbbell Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Behind-the-Back Cable Curl | 30 RM | 3/to failure | & |
| Barbell Wrist Curl | 50% 10 RM | 10/10 | 0 sec. |
| Barbell Wrist Curl | 10 RM (from test) | 3*/to failure | 60 sec. |
| Dumbbell Cleans | 50% 10 RM | 10/10 | 0 sec. |

HIIT Your Diet

Of course, training is just half the picture when it comes to getting lean. Much like your time drops each week, your carbs will too. This will work nicely to get you shredded. Each week in the training program you drop 10 seconds of rest. With the HIIT 100's diet, you drop carbs each week by .10 g per pound of body weight. You start the diet, much like the training with .60 g per pound of body weight in week one, and end up at close to zero grams per pound in the final week. Fun, is not a word that comes to mind to describe this diet. Effective, however IS a word that describes this diet. I am living proof. This is the diet and training program I followed to get ready for the video and photos that accompany this eBook. Wait a minute, I take that back. The part about fun, that is. Fun does describe this diet, at least on Sundays. On Sundays you follow a high carb diet. And early in the day when you are carbing up you get to eat delicious sugary foods, like, well sugar, jelly beans, gummy bears, or gummy colas (one of my faves), angel-food cake, sorbet. Anything high in fast-digesting carbs and low in fat is fair target. Then later in the day you want to shoot for more slow-digesting, but not high-fructose carb sources, such as whole-grain bread and pastas, brown rice and sweet potatoes.

Week 1

In week 1 you'll be shooting for about 14 calories per pound of body weight, 1.5 – 2 grams of protein per pound, 0.6 grams of carbs per pound, and fat just under 0.5 grams per pound of body weight. For the 180 pound guy, that equates to about 2500 calories, 320 g protein, 110 grams of carbs, and 80 gram of fat. Every day in all weeks of the plan, your day will begin with two breakfasts. Breakfast 1 will be just a whey protein shake consumed immediately upon waking. Don't make your bed, or brush your teeth, or

shower, or do anything. Take this shake as soon after you wake as possible. This will stop your body from breaking down your muscles for fuel, which happens while you sleep and are not eating for up to 8 or 9 hours. About 30-60 minutes after breakfast, you can have breakfast 2, which consists of a whole-food meal, such as eggs and whole wheat toast. Before workouts you will not consume any carbs, just a whey protein shake. This will help to maximize the amount of fat your burn during the workout. Then immediately after the workout your reward is some fast-digesting carbs, such as white bread, sorbet, gummy bears, or the supplement, Vitargo, along with your protein shake, which should be a mix of about 20 grams of whey and 20 grams of casein protein. This is the most critical time to take in carbs, for stimulating muscle growth, especially fast-digesting carbs. That's because these carbs will rapidly get to your muscle and replenish the glycogen (storage form of carbs in muscle that were burned during the workout). These carbs also boost insulin levels, which not only help the carbs get into muscle cells, but also boosts muscle protein synthesis (the biochemical processes in muscle that lead to muscle growth). Mixing whey and casein after the workout has been proven in research studies to better promote muscle growth than taking whey without added casein protein. The casein likely extends the time that the muscle is building up protein. With dinner, you drop all carbs for the rest of night, opting for protein, veggies, and or healthy fats, such as walnuts, flax seeds, almonds or peanut butter. Right before bed, and I mean right before bed you want to get in a slow-digesting protein. Since you are sleeping, you will essentially be fasting for 7-9 hours, depending on how long you sleep. When you go that long without eating, your body breaks down muscle tissue to convert its amino acids into glucose (blood sugar), which will serve to fuel your brain and the rest of your nervous system as you sleep. By providing a slow digesting protein, such as casein protein shake, or cottage cheese, which is high in casein protein, you provide your body a slow and steady trickle of amino acids while you sleep. These amino acids will be used to make glucose, instead of your muscles. Any leftover amino acids from the casein that are not converted to glucose will be used to build up your muscle.

Breakfast 1

1 scoop Whey Protein

Breakfast 2 (30-60 minutes after Breakfast 1)

3 whole eggs

4 slices low-fat turkey bacon

1 slice low-fat cheese

1 whole-wheat English muffin

(fry eggs in pan; cook bacon in pan; toast English muffin; Stack eggs on one slice of muffin, add cheese, top with bacon and then place other half of muffin on top to make breakfast sandwich)

Late-morning snack

1 cup low-fat cottage cheese

2 Tbsp roasted flax seeds

(sprinkle flax seeds on cottage cheese)

Lunch

6 oz. shrimp

2 cups mixed green Salad

2 Tbsp salad dressing (1 Tbsp olive oil/1 Tbsp vinegar)

(add shrimp to salad)

Mid-day Snack

2 scoops Whey Protein

1Tbsp Peanut butter

Preworkout (within 30 minutes before workout)

1 scoop Whey Protein

Postworkout (within 30 minutes after workout)

1 scoop Whey Protein

1 scoop Casein Protein

2 slices white bread

2 Tbsp jelly

Dinner

8 oz Chicken breast

1 cup sliced zucchini

Late Night Snack (Eat right before bed)

1 scoop casein protein

1 oz. walnuts (about 14 halves)

Week 2

In week 2, carbs drop by .10 g per pound of body weight, to 0.5 g per pound of body weight. That is almost 20 grams of carbs you'll have to cut from your diet. That will mainly come by eating less postworkout carbs. you'll be shooting for about 13 calories per pound of body weight, 1.5 – 2 grams of protein per pound, 0.5 grams of carbs per pound, and fat just under 0.5 grams per pound of body weight. For the 180 pound guy, that equates to about 2300 calories, 300 g protein, 90 grams of carbs, and 80 gram of fat.

Breakfast 1

1 scoop Whey Protein

Breakfast 2 (30-60 minutes after Breakfast 1)

3 whole eggs

3 egg whites

1 cup cooked oatmeal

Late morning snack

1 scoop Whey Protein

Lunch

10 oz bag spinach

1/4 cup Oatmeal dry

1 whole large egg (hard boiled)

6 oz. Shrimp

2 Tbsp salad dressing (olive oil n vinegar)

Mid-day snack

1 cup low-fat cottage cheese

2 tbsp salsa

Preworkout (within 30 minutes before workout)

1 scoop Whey Protein

Postworkout (within 30 minutes after workout)

2 scoops Whey Protein

12 oz. Gatorade

Dinner

9 oz salmon Atlantic farmed

2 cups mixed green salad

1 Tbsp salad dressing (1 Tbsp olive oil/1 Tbsp vinegar)

Late Night Snack (Eat right before bed)

1 scoop Casein protein

Week 3

In week 3, carbs drop again by .10 g per pound of body weight, to 0.4 g per pound of body weight. To do this you will have to drop carbs down at breakfast 2 and again at your postworkout meal. You'll be going for about 13 calories per pound of body weight, 1.5 – 2 grams of protein per pound, 0.4 grams of carbs per pound, and fat at 0.5 grams per pound of body weight. For the 180 pound guy, that equates to about 2300 calories, 300 g protein, 80 grams of carbs, and 90 gram of fat.

Breakfast 1

1 scoop Whey Protein

Breakfast 2 (30-60 minutes after Pre-breakfast)

3 whole eggs

3 egg whites

1 cup raw spinach

1 oz. fat-free feta cheese

(scramble eggs and make omelet with spinach and cheese)

$\frac{3}{4}$ cup Blueberries

Late-morning snack

2 scoops Whey Protein

1 oz. walnuts (14 halves)

Lunch

6 oz. chicken breast

1 cup chopped broccoli

1 Tbsp salad dressing (1 Tbsp olive oil/1 Tbsp vinegar)

(add dressing to broccoli)

Mid-day Snack

8 oz. reduced fat Greek yogurt

1Tbsp Peanut butter

(mix peanut butter in yogurt)

Preworkout (within 30 minutes before workout)

1 scoop Whey Protein

Postworkout (within 30 minutes after workout)

2 scoops Whey Protein

8 oz. Gatorade

Dinner

8oz Salmon

1 cup green beans

Late Night Snack (Eat right before bed)

1 cup cottage cheese

2 Tbsp roasted flax seeds

Week 4

In week 4, carbs drop yet again by .10 g per pound of body weight, to 0.3 g per pound of body weight. To do this you will have to drop carbs down at breakfast. You'll be going for about 13 calories per pound of body weight, 1.5 – 2 grams of protein per pound, 0.3 grams of carbs per pound, and fat at just under 0.5 grams per pound of body weight. For the 180 pound guy, that equates to about 2300 calories, 300 g protein, 60 grams of carbs, and 80 grams of fat.

Breakfast 1

1 scoop Whey Protein

Breakfast 2 (30-60 minutes after Pre-breakfast)

3 whole eggs

3 egg whites

1/4 med. Onion

1 cup chopped broccoli

1 slice lowfat American cheese

(scramble eggs and add veggies and cheese)

Late-morning snack

2 scoops Whey Protein

1 oz. walnuts (14 halves)

Lunch

1 can (5 oz.) chunk light tuna in water

1 cup mixed green Salad

1 Tbsp salad dressing (1/2 Tbsp olive oil/1/2 Tbsp vinegar)

(add tuna to salad)

Mid-day Snack

2 scoops Whey Protein

1Tbsp Peanut butter

Preworkout (within 30 minutes before workout)

1 scoop Whey Protein

Postworkout (within 30 minutes after workout)

1 scoop Whey Protein

1 scoop Casein Protein

8 oz. Gatorade

Dinner

8oz Top Sirloin steak

1 cup mixed green Salad

1 Tbsp salad dressing (1/2 Tbsp olive oil/1/2 Tbsp vinegar)

Late Night Snack(eat right before bed)

1 cup low-fat cottage cheese

2 Tbsp roasted flax seeds

(sprinkle flax seeds on cottage cheese)

Week 5

In week 5, carbs drop yet again by .10 g per pound of body weight, to 0.2 g per pound of body weight. To do this you will have to start watching hidden carbs in everything you eat. No more Greek yogurt in the afternoon or cottage cheese at night, since these dairy products have some carbs in them. Instead you'll go with whey or casein protein, which are much lower in carbs. Calories will drop to about 12 calories per pound of body weight, while protein still hold solid at 1.5 – 2 grams of protein per pound, carbs are down to 0.2 grams of carbs per pound, and fat is still at just under 0.5 grams per pound of body weight. For the 180 pound guy, that equates to about 2100 calories, 300 g protein, 40 grams of carbs, and about 80 grams of fat.

Breakfast 1

1 scoop Whey Protein

Breakfast 2 (30-60 minutes after Pre-breakfast)

3 whole eggs

3 egg whites

1 cup raw spinach

1 oz. fat-free feta cheese

(scramble eggs and make omelet with spinach and cheese)

Late-morning snack

2 scoops Whey Protein

1 oz. walnuts (14 halves)

Lunch

6 oz. chicken breast

1 cup mixed green Salad

1 Tbsp salad dressing (1/2 Tbsp olive oil/1/2 Tbsp vinegar)

Mid-day Snack

1 scoop Whey Protein

1Tbsp Peanut butter

Preworkout (within 30 minutes before workout)

1 scoop Whey Protein

Postworkout (within 30 minutes after workout)

1 scoop Whey Protein

1 scoop Casein Protein

8 oz. Gatorade

Dinner

8oz Salmon

1 cup mixed green Salad

1 Tbsp salad dressing (1/2 Tbsp olive oil/1/2 Tbsp vinegar)

Late Night Snack (Eat right before bed)

1 scoop Casein Protein

Week 6

In week 6, carbs drop yet again by .10 g per pound of body weight, to just 0.1 g per pound of body weight. To do this you will now have to forego the postworkout carbs. But it's only for this week. Don't worry about your insulin levels postworkout, as long as you are taking in a good 5-10 grams of added branched-chain amino acids (BCAAs) to your postworkout protein. These will help to boost insulin levels. And if you really want to be sure you are maximizing insulin postworkout, you can also take 250-500 mg banana leaf with your shake. Calories will drop again to about 11 calories per pound of body weight, protein stays right at 1.5 – 2 grams of protein per pound, carbs are down to 0.2 grams of carbs per pound, and even fat now drops down to about 0.3 grams per pound of body weight. For the 180 pound guy, that equates to just over 1900 calories, 300 g protein, 20 grams of carbs, and about 60 grams of fat.

HIT List Supplements

Supplements will be a much-needed friend during these next 6 weeks. And you'll want to capitalize on the benefits of supplements for two major reasons – to provide energy during the grueling workouts when carbs are low, and for helping to encourage greater fat

burning. These TK supplements will help you to have the energy you need and to burn the fat that you don't need.

Creatine – Known as the ultimate mass and strength builder, creatine basically provides a very important form of energy for your muscles. The quick energy they need to keep contracting during rep after rep, even when rest periods are very short. Take 2-5 grams of creatine (depending on the form you prefer) with your pre and postworkout shakes.

Beta-alanine – this amino acid forms carnosine in muscle. Muscles with more carnosine have more power, strength and endurance. And those three qualities will be critical when you're trying to push your body through the HIIT 100's workouts. But in addition to this, research has shown that when you add beta-alanine to creatine, you gain more muscle and lose more body fat than taking creatine alone. Take 2-3 grams with your pre and post workout shake.

Branched-chain amino acids (BCAAs) – the three branched chain aminos include leucine, isoleucine, and valine. Not only are these three critical for boosting muscle growth and strength gains. But they are used directly by muscle for fuel. Plus they prevent fatigue through a mechanism that involves the brain. During exercise an amino acid metabolite known as 5-hydroxytryptamine (5-HT) signals the brain that the body is fatigued, causing it to reduce muscle strength and endurance. The amino acid tryptophan is responsible for producing 5-HT in the brain, which the BCAAs, namely valine, compete with for entry into the brain. Several research studies have confirmed that taking BCAAs before workouts lowers the amount of the amino acid tryptophan that gets into the brain, and therefore the amount of 5-HT levels and fatigue. One study that I presented at the 2009 Annual Meeting of the International Society of Sports Nutrition found that subjects taking BCAAs around workout time were able to train harder and ended up gaining more muscle mass and strength, as well as losing more body fat than those taking whey or a sports drink without added BCAAs, during eight weeks of training.

Carnitine – this amino acid-like compound is critical in the body for carrying fat into the mitochondria of cells such as muscle cells. Mitochondria are the molecular powerhouses in cells that create energy. Getting fat into the mitochondria means that it is burned away forever as a fuel to create energy. That's why carnitine has been a popular fat-burning supplement. But more recently, carnitine has also been shown to boost levels of nitric oxide (NO). There are numerous forms of carnitine available, with L-carnitine being the cheapest and most easy to find, however, the two forms that I typically use are acetyl-L-

carnitine and GPLC. I use 4.5 g of GPLC about 30-45 minutes before workouts due to its ability to maximize NO levels. For more on GPLC read my article, “My Favorite NO Boost Stack” in my Supplements section. I use 1.5-3 g of acetyl-L-carnitine first thing in the morning, as well as after workouts with my postworkout shake. I prefer this form of carnitine at these times since it is taken up better than L-carnitine. Plus it can enter the brain where it provides benefits to the brain and nervous system.

NO Booster – several recent studies have shown that subjects taking NO boosting supplements have significantly more energy during workouts. That extra energy will come in very handy when doing the HIT 100’s workouts. Plus, the extra pump that you get from an NO booster, stretches the muscle membrane, which leads to long term growth down the road. For more on NO boosters, read my article, “My Favorite NO Boost Stack” in my Supplements section.

Caffeine – This central nervous system stimulant will come in quite hand for the HIIT 100’s workouts. Caffeine has been shown in research studies to immediately boost muscle strength and muscle endurance (how many reps you can get with a certain weight), as well as blunt muscle during strenuous workouts, like this one. A brand new study found that subjects taking a combo of caffeine, whey protein and creatine before workouts were able to go longer during intense workouts before reaching fatigue. Then there’s the fat-burning benefits of caffeine that will help you get super shredded on this program. Take 200-400 mg about 30-60 minutes before workouts. For best results try not use caffeine only before workouts to prevent your body from becoming desensitized to it.

Green Tea Extract – You can’t go wrong with taking a green tea extract supplement. Not only does it keep your metabolic rate boosted for better fat burning, but it can enhance energy during workouts and has a host of health benefits. Even if you drink tons of green tea every day, you still want to take a green tea extract. That’s because research shows that the active component in green tea extract, epigallocatechin gallate (EGCG) is better absorbed by the body from supplements than from the tea you drink. Take about 500 mg of green tea extract standardized for at least 50% EGCG two to three times per day between meals, with one dose about 30-60 minutes before workouts.