



### 4 day per week: Training program 1: *Intensity Program*

**Pre workout supplements:** 2 teaspoons of Red Fuzion, 3 teaspoons of Leukadron, 1 teaspoon of Acetyl L Carnitine and 3 teaspoons of After Shock Xtreme. Mix powders into 750ml drink bottle and consume during workout.

**MONDAY & THURSDAY: Chest, back, Shoulders, Biceps, Triceps**

#### **Chest and back superset:**

Warm-up with 50% of weight for 2 sets of 20 reps on barbell bench press.

3 sets of barbell bench press 6- 8 reps

Last set of Bench Press finish with a drop set 50% of weight as many reps as you can.

#### **Super set with:**

3 sets of wide grip chin ups (add weight once you can do 12 reps)

#### **Chest and back superset:**

3 sets of incline dumbbell flies

#### **Super set with:**

3 sets of seated cable rows

Last set of seated cable rows finish with a 3 stage drop set.

#### **Shoulders and Back superset.**

3 sets of seated shoulder press machine 8-10 reps

Last set 3 stage drop set.

#### **Super set with:**

3 sets of wide grip lat pull downs to the front ( strict ) 8-10 reps

Last set 3 stage drop set.

#### **Shoulders Super Set:**

2 sets of dumbbell side laterals start with 8 rep max and do 3 stage drop set.

#### **Super set with:**

2 sets of rear lateral machine or bent over lateral raise for rear delts 8 reps max and do 3 stage drop set.

#### **Bicep Super Set:**

2 sets of standing barbell curls 8-10 reps. When you can't do a full rep do 8-10 small partial reps from the bottom position.

#### **Super set with:**

2 sets of reverse barbell curls ( palms down) do 8 full reps and then 8 -10 partial reps to failure.

#### **Tricep Super Set:**

2 sets of over head rope extensions 8-10 reps. When you can't do a full rep do 8-10 small partial reps from the top position.

#### **Super set with:**

2 sets of kneeling tricep pushdowns ( 2 drop sets, reducing weight by 25% per set)

Finishing with 8-10 partials at the top of the movement.



### 4 day per week: Training program 2: *Intensity Program*

**Pre workout supplements:** 2 teaspoons of Red Fuzion, 3 teaspoons of Leukadron, 1 teaspoon of Acetyl L Carnitine and 3 teaspoons of After Shock Xtreme. Mix powders into 750ml drink bottle and consumer during workout.

**TUESDAY & FRIDAY: Quads, Hamstrings, Calves, Abs**

#### **QUADS SUPER TRI SET:**

**Warm-up:** 2 sets of legs extensions 15-20 reps

3 sets of leg extensions 12 reps and 2 stage drop set.

**Tri set with:**

3 sets of 45 degree leg press 12 reps to failure

**Tri set with:**

3 x sets of Dumbbell lunges 12 reps to failure

**Note:** no rest in between each exercise.

#### **HAMSTRING SUPER SET:**

3 sets of 12 reps max followed by 2 stage drop set

**Super set with:**

3 sets of stiff leg deadlifts 12-15 reps squeezing at the top.

#### **CALVES:**

3 sets of standing calve raise 12 reps max – 3 stage drop set.

**Super set with:**

3 sets of seated calve raise 12 reps max – 3 stage drop set

This program is ideal for those who do not have a great deal of time to spend in the gym yet they still want to get incredible results. The workouts are quite intense but the results are excellent with this program. I personally followed this workout for a number of years and got great results.

Its important to make sure you drink your pre workout drink mix during this workout to keep your intensity up.

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