

25 KICK-BUTT WORKOUTS

Simple stuff: easy to understand...

1. Choose the workouts you wish to do.
2. Read the workout procedures.
3. Print the workout recording forms.
4. Perform the workouts recording the date, weights used and & repetitions achieved.
5. Be progressive...always attempt to do more each workout.

...but difficult to do if you want results!

Alternate Push - Pull + Lower
Body Weight Circuit
Combination Exercises
Dirty Dozen
50-Rep Set
45 pound bar
Man 300
Negative Accentuated
One of Everything
100-Rep Set
Push - Pull - Lower
Push - Pull - Lower - Abs
Push - Pull - Interval - Lower
Slow Reps
Static Holds
Strip Sets
:30 Conditioning Circuit
3 Strikes & Out
Triple Sets
20:00 Chin-Dip-Squat
20 - 10 - 5
2 X 4 X 2
Ultimate Super Set
Ultra-High Intensity
Ultra-High Rep