

CALENDAR

	Week 1	Week 2	Week 3	Week 4
Day 1	Chest/Triceps	Legs	Back/Biceps	CARDIO Double
Day 2	Legs	Back/Biceps	CARDIO Double	Shoulders
Day 3	Back/Biceps	CARDIO Double	Shoulders	REST
Day 4	CARDIO Double	Shoulders	REST	Chest/Triceps
Day 5	Shoulders	REST	Chest/Triceps	Legs
Day 6	REST	Chest/Triceps	Legs	Back/Biceps
Day 7	Chest/Triceps	Legs	Back/Biceps	CARDIO Double

For Maximum results: Add 1 CARDIO session every day of Lifting



DISCLAIMER:

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CARDIO

Treadmill Running:	Timing	Speed
Incline 1-3%	0:01-5:00	4.5 Warm-up
	5:01-8:00	6 Fast Pace
	8:01-11:00	5 Recovery pace
	11:01-13:00	6.5 Fast Pace
	13:01-15:00	5 Recovery pace
	15:01-16:00	7 Fast Pace
	16:01-17:00	5 Recovery pace
	17:01-29:00	Repeat 5:01-17:00
	Last 5 min	Cooldown

Outdoor Running : Aim for 2.5 to 3 miles per session
 Aim for 3 miles under 30 minutes or better
 > No walking breaks longer than 1 minute
 > Aim for continuous running without breaks
 > Add weight vest once run is too easy

Swimming: Aim for 500 meters under 12 minutes
 > aim for the least amount of breaks

Cycling (Stationary) 45 min to 1 Hour cycling > Aim to increase the distance every session
 > aim for the least 18 miles

Concept2 Rowing 10,000 km as fast as able to (under 42 minutes if possible)

Walking (treadmill) 45 min to 1 hour
 > Speed: 3.5 to 5
 > Incline 8 or more

Alternative Cardio Any INSANITY Videos from BeachBody.com
 P90x Cardio video
 LesMills Live video
 Any Crossfit class
 Any crosstraining type class

CHEST & TRICEPS

Single Set	Reps	Weight			
Dumbbell Chest Press	15				
Dumbbell Chest Press	12	add 10 lbs			
Dumbbell Chest Press	8	add 10 lbs			
Dumbbell Chest Press	8	back down 10 lbs			
Superset					
Incline Dumbbell Fly	15				
Incline Dumbbell Press	15				
Incline Dumbbell Fly	12	add 10 lbs			
Incline Dumbbell Press	12	add 10 lbs			
Incline Dumbbell Fly	8	add 10 lbs			
Incline Dumbbell Press	8	add 10 lbs			
Incline Dumbbell Press	8	back down 10 lbs			
Giant Set -Same weight-					
Dumbbell Chest Press with Rotation	10				
Dumbbell Chest Press with Rotation	10	add 10 lbs			
Dumbbell Chest Press with Rotation	10	add 10 lbs			
Dumbbell Chest Press with Rotation	10	back down 10 lbs			
Dumbbell Chest Press with Rotation	10	back down 10 lbs			
Giant Set			< Combo (Alternative every other week) >		
Close Grip Press	15		Close Grip Press to Fly	15	
Partial Chest Fly	15		Close Grip Press to Fly	12	add 10 lbs
Decine Push Up	15		Close Grip Press to Fly	8	add 10 lbs
Close Grip Press	12	add 10 lbs	Close Grip Press to Fly	8	back down
Partial Chest Fly	12	add 10 lbs			
Decine Push Up	12				
Close Grip Press	8	add 10 lbs			
Partial Chest Fly	8	add 10 lbs			
Decine Push Up	8				
Single Set					
Tricep Extension	15				
Tricep Extension	12	add 10 lbs			
Tricep Extension	8	add 10 lbs			
Tricep Extension	8	back down 10 lbs			
Superset					
Single Arm Kickback	15				
Tricep Push Up	15				
Single Arm Kickback	12	add 10 lbs			
Tricep Push Up	12	add 10 lbs			
Single Arm Kickback	8	add 10 lbs			
Single Arm Kickback	8	add 10 lbs			
Tricep Push Up	8				
Superset					
Dips	60 sec				
In and Outs	60 sec				

BACK & BICEPS

Single Set	Reps	Weight			
Deadlift	15				
Deadlift	12	add 10 lbs			
Deadlift	8	add 10 lbs			
Deadlift	8				
Superset					
Dumbbell Pullover	15				
Pull Up	15				
Dumbbell Pullover	12	add 10 lbs			
Pull Up	12				
Dumbbell Pullover	8	add 10 lbs			
Dumbbell Pullover	8	back down 10 lbs			
Pull Up	8				
< Alternative every other week >					
Giant Set					
Heavy set					
EZ Bar Row	15		Reverse Grip row	15	
One Arm Row	15		Reverse Grip row	12	add 10 lbs
Reverse Fly	15		Reverse Grip row	8	add 10 lbs
EZ Bar Row	12	add 10 lbs	Reverse Grip row	8	
One Arm Row	12	add 10 lbs			
Reverse Fly	12	add 10 lbs	Force Set		
EZ Bar Row	8	add 10 lbs	One Arm Row (both sides)	10	
One Arm Row	8	add 10 lbs	One Arm Row (both sides)	10	add 10 lbs
Reverse Fly	8	add 10 lbs	One Arm Row (both sides)	10	add 10 lbs
			One Arm Row (both sides)	10	down 10 lbs
			One Arm Row (both sides)	10	down 10 lbs
Single Set					
Close Grip Chin Up	15				
Close Grip Chin Up	12				
Close Grip Chin Up	8				
Single Set					
Seated Bicep Curl	15				
Seated Bicep Curl	12	add 10 lbs			
Seated Bicep Curl	8	add 10 lbs			
Seated Bicep Curl	8	back down 10 lbs			
Single Set					
1, 1, 2 Hammer Curl	15				
1, 1, 2 Hammer Curl	12	add 10 lbs			
1, 1, 2 Hammer Curl	8	add 10 lbs			
Single Set					
Neutral EZ Bar Curl	15				
Neutral EZ Bar Curl	12	add 10 lbs			
Neutral EZ Bar Curl	8	add 10 lbs			
Neutral EZ Bar Curl	8	back down 10 lbs			
Single Set					
Airplane Cobra	30 sec				
Airplane Cobra	30 sec				

SHOULDERS

Single Set	Reps	Weight			
Shoulder Press	15				
Shoulder Press	12	add 10 lbs			
Shoulder Press	8	add 10 lbs			
Shoulder Press	8	down 10 lbs			
Superset					
Arnold Press	15				
Reverse Fly	15				
Arnold Press	12	add 10 lbs			
Reverse Fly	12	add 10 lbs			
Arnold Press	8	add 10 lbs			
Reverse Fly	8	add 10 lbs			
Superset					
Lateral Raise	15				
Upright Row	15				
Lateral Raise	12	add 10 lbs			
Upright Row	12	add 10 lbs			
Lateral Raise	8	add 10 lbs			
Upright Row	8	add 10 lbs			
Upright Row	8	down 10 lbs			
< Alternative every other week >					
Giant Set					
Superset					
EZ Bar Underhand Press	15		Alternate Front Raise	15	
1, 1, 2 Front Raise	15		Standing Bar Shrug	15	
Rear Delt Raise	15		Alternate Front Raise	12	add 10 lbs
EZ Bar Underhand Press	12	add 10 lbs	Standing Bar Shrug	12	add 10 lbs
1, 1, 3 Front Raise	12	add 10 lbs	Alternate Front Raise	8	add 10 lbs
Rear Delt Raise	12	add 10 lbs	Standing Bar Shrug	8	add 10 lbs
EZ Bar Underhand Press	8	add 10 lbs			
1, 1, 4 Front Raise	8	add 10 lbs			
Rear Delt Raise	8	add 10 lbs			
Superset					
Standing Dumbbell Shrug	15				
Dumbbell Scap Trap	15				
Standing Dumbbell Shrug	12	add 10 lbs			
Dumbbell Scap Trap	12	add 10 lbs			
Standing Dumbbell Shrug	8	add 10 lbs			
Standing Dumbbell Shrug	8	down 10 lbs			
Dumbbell Scap Trap	8	add 10 lbs			
Superset					
Sagi Six-Way	12				
Tuck & Roll	15				
Sagi Six-Way	8				
Tuck & Roll	15				

LEGS

Single Set	Reps	Weight
Sumo Squat	15	
Sumo Squat	12	add 10 lbs
Sumo Squat	8	add 10 lbs
Sumo Squat	8	down 10 lbs

Single Set	Reps	Weight
Squat	10	
Squat	10	down 10 lbs
Squat	10	down 10 lbs
Squat	10	down 10 lbs
Squat	10	down 10 lbs

< Alternative every other week >

Superset	Reps	Weight
Alternating Lunge	15	
Step Up To Reverse Lunge	15	
Alternating Lunge	12	add 10 lbs
Step Up To Reverse Lunge	12	add 10 lbs
Alternating Lunge	8	add 10 lbs
Step Up To Reverse Lunge	8	add 10 lbs
Alternating Lunge	8	down 10 lbs

Single Set	Reps	Weight
Front to Back Lunge	10	
Front to Back Lunge	10	add 10 lbs
Front to Back Lunge	10	add 10 lbs
Front to Back Lunge	10	down 10 lbs
Front to Back Lunge	10	down 10 lbs

Giant Set	Reps	Weight
Parallel Squat	15	
Bulgarian Split Squat	15	
Straight Leg Deadlift	15	
Parallel Squat	12	add 10 lbs
Bulgarian Split Squat	12	add 10 lbs
Straight Leg Deadlift	12	add 10 lbs
Parallel Squat	8	add 10 lbs
Bulgarian Split Squat	8	add 10 lbs
Straight Leg Deadlift	8	add 10 lbs

Giant Set	Reps	Weight
Split squat with bar	15	
Romanian Deadlift	15	
Alternate Side Squat	15	
Split squat with bar	12	add 10 lbs
Romanian Deadlift	12	add 10 lbs
Alternate Side Squat	12	add 10 lbs
Split squat with bar	8	add 10 lbs
Romanian Deadlift	8	add 10 lbs
Alternate Side Squat	8	add 10 lbs

Giant Set	Reps	Weight
Single Leg Calf Raise	30 sec	
Seated Calf Raise	30 sec	
In and Outs	30 sec	
Single Leg Calf Raise	30 sec	add 10 lbs
Seated Calf Raise	30 sec	add 10 lbs
In and Outs	30 sec	