

# phase 1 part 1 gym workout<sup>™</sup>

(WEEKS 1-3 & WEEKS 7-9)



## RESISTANCE GYM WORKOUT

Rest Period of 30 sec only between sets and exercises.

**Week 1:** Sets of 12, 10, 8, 6 Reps. Increase the weight each set, make sure you can JUST complete the # of reps. (if you can't reach the prescribed # of reps your weight is too heavy and needs to be reduced)

**Week 2 & 3:** 12, 10, 8, 6. Add prescribed ab exercise in between each set, during your 'rest' period

**Week 7 & 8:** 12, 10, 8, 6. Including abs in between.  
Increase weight by 10-20%

**Week 9:** 12, 10, 8, 6, + one extra set using same weight as your 8 rep set but this time to failure – it's a max set. Including Abs. Increase weights by 5-10%.