

ADONIS INDEX

IXP

**12 Week
Advanced
Muscle
Growth and
Conditioning
System**

by JOHN BARBAN



IXP

12 Week Program

Cycle 1 – Weeks 1-3: Intermittent Super Sets, week 4: Fibonacci Pyramid

Cycle 2 – Weeks 5-7: X-sets, week 8: Fibonacci Pyramid

Cycle 3 – Weeks 9-11: Progressive Tri-Pyramids, week 12: Fibonacci Pyramid

Each cycle is designed to improve cardiovascular conditioning, muscle strength endurance and muscular hypertrophy.

As with all Adonis Index programs the specific exercise selection will optimize your shoulder to waist measurements to get you closer to your ideal Adonis Index ratio numbers as fast as possible.

IXP

12 Week Program

Cycle 1 – Weeks 1-3: Intermittent Super Sets

Week 1: 3 Workouts

Week 2: 4 Workouts

Week 3: 5 Workouts

Intermittent super sets are a workout style that incorporates both regular sets and super sets. You will start with a regular set exercise then follow it with a super set for similar muscle groups and in some cases very similar exercises. The regular sets serve as a warm up and preparation for the coming super sets.

This workout style allows you to work each muscle in multiple rep ranges getting the benefit of strength conditioning as well as cardiovascular conditioning in the same workout.

Be sure to review each workout chart before you start. Make a note of the rep ranges for each regular and super set and the corresponding exercise. This is important so you can choose your working weights correctly.

As you become conditioning into this style of training you will likely be able to increase the weights you use for both the regular sets and especially for the super sets.

Cycle 1 – Week 4: Fibonacci Pyramid

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in different pattern from the previous 3 weeks of the cycle. This is meant to feel completely different from the rest of the cycle and prepare you for the next cycle.

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12 Week Program

Cycle 2 – Weeks 5-7:

X-Sets

Week 1: 3 Workouts

Week 2: 4 Workouts

Week 3: 5 Workouts

X-sets are a triple super set style using two different exercise with ascending and descending rep ranges throughout the triple set. The exercises in each half of the X-set are meant to be done back-to-back-to-back in a non stop fashion. With that said it does take some time to get from one exercise station to the next, or even some time to set yourself up in position for each exercise. Realistically it make take you anywhere from 10-30 seconds to transition between exercises during each X-set triple set. I purposely did not include specific rest times within each half of the X-set as you're meant to move through the triple set as quickly as possible with the understanding that you cannot possibly do them straight through without taking at least 10 seconds before starting each set.

The second half of the X-set is the same two exercise but in reverse order. This style of training focuses on strength conditioning and muscular development. Throughout the 3 weeks cycle the rep ranges will change requiring moderate as well as heavy lifting days.

This style of training will produce both a cardiovascular conditioning effect as well as improving strength endurance.

Cycle 2 – Week 8:

Fibonacci Pyramid

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in different pattern from the previous 3 weeks of the cycle. This is meant to fell completely different from the rest of the cycle and prepare you for the next cycle.

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12 Week Program

Cycle 3 – Weeks 9-11: Progressive Tri-Pyramids

Week 1: 3 Workouts

Week 2: 4 Workouts

Week 3: 5 Workouts

Progressive Tri-Pyramids provide a cardiovascular and muscular conditioning effect by taxing the same muscle with multiple exercises within the same pyramid. The rest time provided between each set of the pyramid will allow you to handle maximum weights at each level as compared to a back to back super set style.

This style of training will improve your cardiovascular conditioning and recovery from set to set. The first set of each pyramid serves as a warm up set as the weight is light and the rep range is high. Each additional set up the pyramid includes rep ranges that get progressively lower meaning you should be using progressively heavier weights.

On the final 3 sets of the pyramid the rep ranges climb back up and finish back with a cool down set of 21 reps.

You may find that you're stronger on the back end of the pyramid and can handle slightly heavier weights for the same rep range as the first half of the pyramid (ie: the weight you did for 8 reps on the way up the pyramid might feel light on the way back down the pyramid, if so adjust the weight up...this will take some trial and error to refine the process of weight selection).

Cycle 3 – Week 12: Fibonacci Pyramid

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in different pattern from the previous 3 weeks of the cycle. This is your last week of the cycle and you should be at your maximum capacity to push as hard as possible during this last round of pyramids.

IXP Week 1 Days 1 & 2

Intermittent Supersets

IXP Week 1 Day 1				
Set Type	Exercise	Sets	reps	Rest (sec)
Regular	Incline Bench Press	3	13	60
Super Set	Incline Dumbbell Press + Incline Flyes	3	8 + 8	90
Regular	Flat Dumbbell Flyes	3	10	60
Superset	Flat Dumbbell Press + Dips	3	8 + 8	90
Regular	Low Pulley Row	3	13	60
Superset	Low Pulley Row + Chin Up	3	8 + 8	90
Regular	One Arm Dumbbell Row	3	10	60
Super Set	Bent Dumbbell Row + Bent Lateral Raise	3	8 + 8	90

IXP Week 1 Day 2				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	Curl & Press	3	13	60
Super Set	Standing Shoulder Press + Lateral Raise	3	8 + 8	90
regular	Upright Row	3	10	60
Superset	Full Front Raise + Bent Lateral Raise	3	8 + 8	90
Regular	Incline Curl & Tate Press	3	10	60
Superset	Incline Curls + Tate Press	3	8 + 8	90
Regular	Pulldown & Pressdown	3	10	60
Super Set	Overhead Tricep Extension + Concentration Curls	3	10 + 10	90

IXP Week 1 Day 3

Intermittent Super Sets

IXP Week 1 Day 3				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	Reverse Lunge	3	13	60
Super Set	Dumbbell Squat + Stiff Leg Deadlift	3	10 + 10	90
Regular	Barbell Squat	3	8	60
Superset	Step Ups + Bulgarian Split Squat	3	8 + 8	90
Regular	Sumo Deadlift	3	8	60
Superset	Standing Calf Raise + Seated Calf Raise	3	13 + 13	90
Regular	One Leg Standing Calf Raise	3	10	60
Super Set	Calf Press + Seated Calf Raise	3	13 + 13	90

Notes:

IXP Week 2 Days 1 & 2

Intermittent Supersets

IXP Week 2 Day 1				
Set Type	Exercise	Sets	reps	Rest (sec)
Regular	Wide Grip Pulldown	3	13	60
Super Set	Bent Dumbbell Row + Bent Lateral Raise	3	8 + 8	90
regular	One Arm Dumbbell Row	3	8	60
Superset	Low Pulley Row (narrow) + Pullovers	3	8 + 8	90
Regular	Flat Bench Press	3	10	60
Superset	Incline Flye + Incline Dumbbell Press	3	8 + 6	90
Regular	Incline Bench Press	3	10	60
Super Set	Flat Dumbbell Press + Dips	3	8 + to failure	90

IXP Week 2 Day 2				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	Squats (Barbell or Dumbbell)	3	13	60
Super Set	Reverse Lunge + Dumbbell Squat	3	6 + 8	120
Regular	Bulgarian Split Squat	3	10	120
Superset	Stiff leg deadlift + Step Ups	3	8 + 8	120
Regular	Offset Stiff Leg Deadlift	3	10	60

IXP Week 2 Days 3 & 4

Intermittent Supersets

IXP Week 2 Day 3				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	High Pull	3	13	60
Super Set	Lateral Raise + Bent Lateral Raise	3	8 + 8	90
Regular	Full Front Raise	3	10	60
Superset	Full Front Raise + One Arm Rear Lateral Raise	3	8 + 8	90
Regular	Seated Shoulder Press	3	10	90

IXP Week 2 Day 4				
Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Barbell Curls	3	13	60
Super Set	Incline Curls + Standing Dumbbell Curls	3	8 + 6	90
regular	Cable Curls	3	10	60
Superset	Concentration Curls + Hammer Curls	3	8 + 8	90
Regular	Tate Press	3	13	60
Superset	Incline Tricep Extensions + Incline Tate Press	3	8 + 8	90
Regular	Overhead Tricep Extension	3	10	60
Super Set	Tricep Pushdown V-bar + Dips	3	13 + to failure	90

Notes:

IXP Week 3 Days 1 & 2

Intermittent Supersets

IXP Week 3 Day 1				
Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Incline Dumbbell Press	3	10	60
Super Set	Incline Flye + Decline Push Up	3	10 + 10	90
Regular	Bench Press	3	6	120
Superset	Flat Dumbbell Flye + Flat Dumbbell Press	3	8 + 6	90
Regular	Dips	3	10	60
Superset	Cable crossover high + Cable Crossover low	3	13 + 13	90

IXP Week 3 Day 2				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	Deadlift	3	10	120
Super Set	Bent Dumbbell Row + Face-Pulls	3	8 + 8	60
Regular	One Arm Dumbbell Row	3	6	120
Superset	Wide Grip Pulldown + Reverse Grip Pulldown	3	6 + 6	120
Regular	Low Pulley Row	3	8	90
Super Set	Pullovers + Shrugs	3	10 + 10	60

IXP Week 3 Days 3 & 4

Intermittent Supersets

IXP Week 3 Day 3				
Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Standing Dumbbell Curls	3	13	60
Super Set	Barbell Curls + Concentration Curls	3	6 + 8	90
regular	Incline Curl & Tate Press	3	10	60
Superset	Seated Curl + Tate Press	3	8 + 8	60
Regular	Overhead Tricep Extension	3	10	90
Super Set	Lying Tricep Extension + Dips	3	8 + 10	60

IXP Week 3 Day 4				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	Reverse Lunge	3	13	60
Super Set	Dumbbell Squats + Step Ups	3	8 + 6	60
Regular	Barbell Squats	3	8	120
Superset	One Leg Get Ups + Dumbbell Squats	3	6 + 6	60
Regular	Stiff Leg Deadlift	3	10	90
Super Set	Lying Leg Curls + Bulgarian Split Squat	3	10 + 8	90

IXP Week 3 Day 5

Intermittent Supersets

IXP Week 3 Day 5				
Set Type	Exercise	sets	reps	Rest (sec)
Regular	High Pull	3	13	60
Super Set	Dumbbell Upright Row + Bent Lateral Raise	3	8 + 10	90
regular	Corkscrew Press	3	10	90
Superset	Bent Lateral Raise + Seated Shoulder Press	3	10 + 6	90
Regular	Full Front Raise	3	10	60
Super Set	Adonis Cross + Shrugs	3	8 + 8	90

Notes:

IXP Week 4 Day 1

Fibonacci Pyramid Sets

IXP Week 4 Day 1 Fibonacci Pyramid set 1 Exercise: Incline Dumbbell Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 1 Fibonacci Pyramid set 2 Exercise: Incline Flies		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 1 Fibonacci Pyramid set 3 Exercise: Lateral Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 1

Fibonacci Pyramid Sets

IXP Week 4 Day 1 Fibonacci Pyramid set 4 Exercise: Bent Lateral Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 1 Fibonacci Pyramid set 5 Exercise: Dumbbell Curl		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 1 Fibonacci Pyramid set 6 Exercise: Lying Tricep Extension		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2

Fibonacci Pyramid Sets

IXP Week 4 Day 2 Fibonacci Pyramid set 1 Exercise: Low Pulley Row		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2 Fibonacci Pyramid set 2 Exercise: Wide Grip Pulldown		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2 Fibonacci Pyramid set 3 Exercise: Standing Shoulder Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2

Fibonacci Pyramid Sets

IXP Week 4 Day 2 Fibonacci Pyramid set 4 Exercise: V-bar Pushdowns		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2 Fibonacci Pyramid set 5 Exercise: Incline Curls		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 2 Fibonacci Pyramid set 6 Exercise: Pullovers		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 3

Fibonacci Pyramid Sets

IXP Week 4 Day 3 Fibonacci Pyramid set 1 Exercise: Reverse Lunge		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 3 Fibonacci Pyramid set 2 Exercise: Squats (Barbell or Dumbbell)		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 3 Fibonacci Pyramid set 3 Exercise: Stiff Leg Deadlift		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 3

Fibonacci Pyramid Sets

IXP Week 4 Day 3 Fibonacci Pyramid set 4 Exercise: Standing Calf Raise		
Weight	Sets	Reps
Light	1	34
Rest 30 Seconds		
Moderate	1	21
Rest 45 Seconds		
Heavy	1	13
Rest 60 Seconds		
Heaviest	1	8
Rest 60 Seconds		
Heavy	1	13
Rest 45 Seconds		
Moderate	1	21
Rest 30 Seconds		
Light	1	34

IXP Week 4 Day 3 Fibonacci Pyramid set 5 Exercise: Full Front Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 4 Day 3 Fibonacci Pyramid set 6 Exercise: Pullovers		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 5 Day 1

X-Sets

IXP: Week 5 Day 1 X-Set 1 Incline Dumbbell Press + Bent Dumbbell Row		
Exercise	Sets	Reps
Incline Dumbbell Press + Bent Dumbbell Row	1	13 + 5
Incline Dumbbell Press + Bent Dumbbell Row	1	8 + 8
Incline Dumbbell Press + Bent Dumbbell Row	1	5 + 13
Rest 2 mins		
Bent Dumbbell Row + Incline Dumbbell Press	1	13 + 5
Bent Dumbbell Row + Incline Dumbbell Press	1	8 + 8
Bent Dumbbell Row + Incline Dumbbell Press	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 1 X-Set 2 Wide Grip Pulldown + Flat Flye		
Exercise	Sets	Reps
Wide Grip Pulldown + Flat Flye	1	13 + 5
Wide Grip Pulldown + Flat Flye	1	8 + 8
Wide Grip Pulldown + Flat Flye	1	5 + 13
Rest 2 mins		
Flat Flye + Wide Grip Pulldown	1	13 + 5
Flat Flye + Wide Grip Pulldown	1	8 + 8
Flat Flye + Wide Grip Pulldown	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP Week 5 Day 1

X-Sets

IXP: Week 5 Day 1 X-Set 3 <u>Bench Press + One Arm Dumbbell Row</u>		
Exercise	Sets	Reps
Bench Press + One Arm Dumbbell Row	1	13 + 5
Bench Press + One Arm Dumbbell Row	1	8 + 8
Bench Press + One Arm Dumbbell Row	1	5 + 13
Rest 2 mins		
One Arm Dumbbell Row + Bench Press	1	13 + 5
One Arm Dumbbell Row + Bench Press	1	8 + 8
One Arm Dumbbell Row + Bench Press	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 1 X-Set 4 <u>Low Pulley Row + Cable Crossover</u>		
Exercise	Sets	Reps
Low Pulley Row + Cable Crossover	1	13 + 5
Low Pulley Row + Cable Crossover	1	8 + 8
Low Pulley Row + Cable Crossover	1	5 + 13
Rest 2 mins		
Cable Crossover + Low Pulley Row	1	13 + 5
Cable Crossover + Low Pulley Row	1	8 + 8
Cable Crossover + Low Pulley Row	1	5 + 13
Workout day completed		

IXP Week 5 Day 2

X-Sets

IXP: Week 5 Day 2 X-Set 1 Barbell Squats + Stiff Leg Deadlift		
Exercise	Sets	Reps
Barbell Squats + Stiff Leg Deadlift	1	13 + 5
Barbell Squats + Stiff Leg Deadlift	1	8 + 8
Barbell Squats + Stiff Leg Deadlift	1	5 + 13
Rest 2 mins		
Stiff Leg Deadlift + Barbell Squats	1	13 + 5
Stiff Leg Deadlift + Barbell Squats	1	8 + 8
Stiff Leg Deadlift + Barbell Squats	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 2 X-Set 2 Step Up + Sumo Deadlift		
Exercise	Sets	Reps
Step Up + Sumo Deadlift	1	13 + 5
Step Up + Sumo Deadlift	1	8 + 8
Step Up + Sumo Deadlift	1	5 + 13
Rest 2 mins		
Sumo Deadlift + Step Up	1	13 + 5
Sumo Deadlift + Step Up	1	8 + 8
Sumo Deadlift + Step Up	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP Week 5 Day 2

X-Sets

IXP: Week 5 Day 2 X-Set 3 Dumbbell Squat + Deadlift		
Exercise	Sets	Reps
Dumbbell Squat + Deadlift	1	13 + 5
Dumbbell Squat + Deadlift	1	8 + 8
Dumbbell Squat + Deadlift	1	5 + 13
Rest 2 mins		
Deadlift + Dumbbell Squat	1	13 + 5
Deadlift + Dumbbell Squat	1	8 + 8
Deadlift + Dumbbell Squat	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 2 X-Set 4 Lying Leg Curls + Bulgarian Split Squat		
Exercise	Sets	Reps
Lying Leg Curls + Bulgarian Split Squat	1	13 + 5
Lying Leg Curls + Bulgarian Split Squat	1	8 + 8
Lying Leg Curls + Bulgarian Split Squat	1	5 + 13
Rest 2 mins		
Bulgarian Split Squat + Lying Leg Curl	1	13 + 5
Bulgarian Split Squat + Lying Leg Curl	1	8 + 8
Bulgarian Split Squat + Lying Leg Curl	1	5 + 13
Workout day completed		

IXP Week 5 Day 3

X-Sets

IXP: Week 5 Day 3 X-Set 1 <u>Lateral Raise + Shoulder Press</u>		
Exercise	Sets	Reps
Lateral Raise + Shoulder Press	1	13 + 5
Lateral Raise + Shoulder Press	1	8 + 8
Lateral Raise + Shoulder Press	1	5 + 13
Rest 2 mins		
Shoulder Press + Lateral Raise	1	13 + 5
Shoulder Press + Lateral Raise	1	8 + 8
Shoulder Press + Lateral Raise	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 3 X-Set 2 <u>Bent Lateral Raise + Upright Row</u>		
Exercise	Sets	Reps
Bent Lateral Raise + Upright Row	1	13 + 5
Bent Lateral Raise + Upright Row	1	8 + 8
Bent Lateral Raise + Upright Row	1	5 + 13
Rest 2 mins		
Upright Row + Bent Lateral Raise	1	13 + 5
Upright Row + Bent Lateral Raise	1	8 + 8
Upright Row + Bent Lateral Raise	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP Week 5 Day 3

X-Sets

IXP: Week 5 Day 3 X-Set 3 <u>Dumbbell Curls + Overhead Tricep Extension</u>		
Exercise	Sets	Reps
Dumbbell Curls + Overhead Tricep Extension	1	13 + 5
Dumbbell Curls + Overhead Tricep Extension	1	8 + 8
Dumbbell Curls + Overhead Tricep Extension	1	5 + 13
Rest 2 mins		
Overhead Tricep Extension + Dumbbell Curls	1	13 + 5
Overhead Tricep Extension + Dumbbell Curls	1	8 + 8
Overhead Tricep Extension + Dumbbell Curls	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 5 Day 3 X-Set 4 <u>Lying Tricep Extension + Barbell Curl</u>		
Exercise	Sets	Reps
Lying Tricep Extension + Barbell Curl	1	13 + 5
Lying Tricep Extension + Barbell Curl	1	8 + 8
Lying Tricep Extension + Barbell Curl	1	5 + 13
Rest 2 mins		
Barbell Curl + Lying Tricep Extension	1	13 + 5
Barbell Curl + Lying Tricep Extension	1	8 + 8
Barbell Curl + Lying Tricep Extension	1	5 + 13
Workout day completed		

IXP Week 6 Day 1

X-Sets

IXP: Week 6 Day 1 X-Set 1 <u>Incline Dumbbell Press + Bent Dumbbell Row</u>		
Exercise	Sets	Reps
Incline Dumbbell Press + Bent Dumbbell Row	1	13 + 5
Incline Dumbbell Press + Bent Dumbbell Row	1	8 + 8
Incline Dumbbell Press + Bent Dumbbell Row	1	5 + 13
Rest 2 mins		
Bent Dumbbell Row + Incline Dumbbell Press	1	8 + 3
Bent Dumbbell Row + Incline Dumbbell Press	1	5 + 5
Bent Dumbbell Row + Incline Dumbbell Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 1 X-Set 2 <u>Low Pulley Row Close Grip + Cable Crossover</u>		
Exercise	Sets	Reps
Low Pulley Row Close Grip + Cable Crossover	1	13 + 5
Low Pulley Row Close Grip + Cable Crossover	1	8 + 8
Low Pulley Row Close Grip + Cable Crossover	1	5 + 13
Rest 2 mins		
Cable Crossover + Low Pulley Row Close Grip	1	8 + 3
Cable Crossover + Low Pulley Row Close Grip	1	5 + 5
Cable Crossover + Low Pulley Row Close Grip	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 6 Day 1

X-Sets

IXP: Week 6 Day 1 X-Set 3 <u>Bench Press + Inverted Row</u>		
Exercise	Sets	Reps
Bench Press + Inverted Row	1	13 + 5
Bench Press + Inverted Row	1	8 + 8
Bench Press + Inverted Row	1	5 + 13
Rest 2 mins		
Inverted Row + Bench Press	1	8 + 3
Inverted Row + Bench Press	1	5 + 5
Inverted Row + Bench Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 1 X-Set 4 <u>One Arm Dumbbell Row + Incline Dumbbell Flye</u>		
Exercise	Sets	Reps
One Arm Dumbbell Row + Incline Dumbbell Flye	1	13 + 5
One Arm Dumbbell Row + Incline Dumbbell Flye	1	8 + 8
One Arm Dumbbell Row + Incline Dumbbell Flye	1	5 + 13
Rest 2 mins		
Incline Dumbbell Flye + One Arm Dumbbell Row	1	8 + 3
Incline Dumbbell Flye + One Arm Dumbbell Row	1	5 + 5
Incline Dumbbell Flye + One Arm Dumbbell Row	1	3 + 8
Workout day completed		

IXP Week 6 Day 2

X-Sets

IXP: Week 6 Day 2 X-Set 1 <u>Step Ups + Reverse Lunge</u>		
Exercise	Sets	Reps
Step Ups + Reverse Lunge	1	13 + 5
Step Ups + Reverse Lunge	1	8 + 8
Step Ups + Reverse Lunge	1	5 + 13
Rest 2 mins		
Reverse Lunge + Step Ups	1	8 + 3
Reverse Lunge + Step Ups	1	5 + 5
Reverse Lunge + Step Ups	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 2 X-Set 2 Squats (<u>Barbell</u> or <u>Dumbbell</u>) + <u>Stiff Leg Deadlift</u>		
Exercise	Sets	Reps
Squats + Stiff Leg Deadlift	1	13 + 5
Squats + Stiff Leg Deadlift	1	8 + 8
Squats + Stiff Leg Deadlift	1	5 + 13
Rest 2 mins		
Stiff Led Deadlift + Squats	1	8 + 3
Stiff Led Deadlift + Squats	1	5 + 5
Stiff Led Deadlift + Squats	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 6 Day 2

X-Sets

IXP: Week 6 Day 2 X-Set 3 <u>Lying Leg Curl + Bulgarian Squat</u>		
Exercise	Sets	Reps
Lying Leg Curl + Bulgarian Squat	1	13 + 5
Lying Leg Curl + Bulgarian Squat	1	8 + 8
Lying Leg Curl + Bulgarian Squat	1	5 + 13
Rest 2 mins		
Bulgarian Squat + Lying Leg Curl	1	8 + 3
Bulgarian Squat + Lying Leg Curl	1	5 + 5
Bulgarian Squat + Lying Leg Curl	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 2 X-Set 4 <u>Standing Calf Raise + Seated Calf Raise</u>		
Exercise	Sets	Reps
Standing Calf Raise + Seated Calf Raise	1	13 + 5
Standing Calf Raise + Seated Calf Raise	1	8 + 8
Standing Calf Raise + Seated Calf Raise	1	5 + 13
Rest 2 mins		
Seated Calf Raise + Standing Calf Raise	1	8 + 3
Seated Calf Raise + Standing Calf Raise	1	5 + 5
Seated Calf Raise + Standing Calf Raise	1	3 + 8
Workout day completed		

IXP Week 6 Day 3

X-Sets

IXP: Week 6 Day 3 X-Set 1 <u>Seated Shoulder Press + Lateral Raise</u>		
Exercise	Sets	Reps
Seated Shoulder Press + Lateral Raise	1	13 + 5
Seated Shoulder Press + Lateral Raise	1	8 + 8
Seated Shoulder Press + Lateral Raise	1	5 + 13
Rest 2 mins		
Lateral Raise + Seated Shoulder Press	1	8 + 3
Lateral Raise + Seated Shoulder Press	1	5 + 5
Lateral Raise + Seated Shoulder Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 3 X-Set 2 <u>Full Front Raise + Power Shrug</u>		
Exercise	Sets	Reps
Full Front Raise + Power Shrug	1	13 + 5
Full Front Raise + Power Shrug	1	8 + 8
Full Front Raise + Power Shrug	1	5 + 13
Rest 2 mins		
Power Shrug + Full Front Raise	1	8 + 3
Power Shrug + Full Front Raise	1	5 + 5
Power Shrug + Full Front Raise	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 6 Day 3

X-Sets

IXP: Week 6 Day 3 X-Set 3 <u>Bent Lateral Raise + High Pull</u>		
Exercise	Sets	Reps
Bent Lateral Raise + High Pull	1	13 + 5
Bent Lateral Raise + High Pull	1	8 + 8
Bent Lateral Raise + High Pull	1	5 + 13
Rest 2 mins		
High Pull + Bent Lateral Raise	1	8 + 3
High Pull + Bent Lateral Raise	1	5 + 5
High Pull + Bent Lateral Raise	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 3 X-Set 4 <u>Adonis Cross + Squeeze Raise</u>		
Exercise	Sets	Reps
Adonis Cross + Squeeze Raise	1	13 + 5
Adonis Cross + Squeeze Raise	1	8 + 8
Adonis Cross + Squeeze Raise	1	5 + 13
Rest 2 mins		
Squeeze Raise + Adonis Cross	1	8 + 3
Squeeze Raise + Adonis Cross	1	5 + 5
Squeeze Raise + Adonis Cross	1	3 + 8
Workout day completed		

IXP Week 6 Day 4

X-Sets

IXP: Week 6 Day 4 X-Set 1 <u>Incline Tate Press</u> + <u>Incline Curls</u>		
Exercise	Sets	Reps
Incline Tate Press + Incline Curls	1	13 + 5
Incline Tate Press + Incline Curls	1	8 + 8
Incline Tate Press + Incline Curls	1	5 + 13
Rest 2 mins		
Incline Curls + Incline Tate Press	1	8 + 3
Incline Curls + Incline Tate Press	1	5 + 5
Incline Curls + Incline Tate Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 4 X-Set 2 <u>Cable Curl</u> + <u>Tricep Pushdown</u>		
Exercise	Sets	Reps
Cable Curl + Tricep Pushdown	1	13 + 5
Cable Curl + Tricep Pushdown	1	8 + 8
Cable Curl + Tricep Pushdown	1	5 + 13
Rest 2 mins		
Tricep Pushdown + Cable Curl	1	8 + 3
Tricep Pushdown + Cable Curl	1	5 + 5
Tricep Pushdown + Cable Curl	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 6 Day 4

X-Sets

IXP: Week 6 Day 1 X-Set 3 <u>Lying Tricep Extension + Barbell Curls</u>		
Exercise	Sets	Reps
Lying Tricep Extension + Barbell Curls	1	13 + 5
Lying Tricep Extension + Barbell Curls	1	8 + 8
Lying Tricep Extension + Barbell Curls	1	5 + 13
Rest 2 mins		
Barbell Curls + Lying Tricep Extension	1	8 + 3
Barbell Curls + Lying Tricep Extension	1	5 + 5
Barbell Curls + Lying Tricep Extension	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 6 Day 1 X-Set 4 <u>Concentration Curls + Dips</u>		
Exercise	Sets	Reps
Concentration Curls + Dips	1	13 + 5
Concentration Curls + Dips	1	8 + 8
Concentration Curls + Dips	1	5 + 13
Rest 2mins		
Dips + Concentration Curls	1	8 + 3
Dips + Concentration Curls	1	5 + 5
Dips + Concentration Curls	1	3 + 8
Workout day completed		

IXP Week 7 Day 1

X-Sets

IXP: Week 7 Day 1 X-Set 1 Incline Bench Press + Incline Flye		
Exercise	Sets	Reps
Incline Bench Press + Incline Flye	1	8 + 3
Incline Bench Press + Incline Flye	1	5 + 5
Incline Bench Press + Incline Flye	1	3 + 8
Rest 2 mins		
Incline Flye + Incline Bench Press	1	8 + 3
Incline Flye + Incline Bench Press	1	5 + 5
Incline Flye + Incline Bench Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 1 X-Set 2 Flat Dumbbell Press + Dips		
Exercise	Sets	Reps
Flat Dumbbell Press + Dips	1	8 + 3
Flat Dumbbell Press + Dips	1	5 + 5
Flat Dumbbell Press + Dips	1	3 + 8
Rest 2 mins		
Dips + Flat Dumbbell Press	1	8 + 3
Dips + Flat Dumbbell Press	1	5 + 5
Dips + Flat Dumbbell Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 7 Day 1

X-Sets

IXP: Week 7 Day 1 X-Set 3 <u>Bench Press + Flat Dumbbell Flye</u>		
Exercise	Sets	Reps
Bench Press + Flat Dumbbell Flye	1	8 + 3
Bench Press + Flat Dumbbell Flye	1	5 + 5
Bench Press + Flat Dumbbell Flye	1	3 + 8
Rest 2 mins		
Flat Dumbbell Flye + Bench Press	1	8 + 3
Flat Dumbbell Flye + Bench Press	1	5 + 5
Flat Dumbbell Flye + Bench Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 1 X-Set 4 <u>Incline Dumbbell Press + Decline Push Up</u>		
Exercise	Sets	Reps
Incline Dumbbell Press + Decline Push Up	1	8 + 3
Incline Dumbbell Press + Decline Push Up	1	5 + 5
Incline Dumbbell Press + Decline Push Up	1	3 + 8
Rest 2 mins		
Decline Push Up + Incline Dumbbell Press	1	8 + 3
Decline Push Up + Incline Dumbbell Press	1	5 + 5
Decline Push Up + Incline Dumbbell Press	1	3 + 8
Workout day completed		

IXP Week 7 Day 2

X-Sets

IXP: Week 7 Day 2 X-Set 1 <u>Deadlift + Inverted Row</u>		
Exercise	Sets	Reps
Deadlift + Inverted Row	1	8 + 3
Deadlift + Inverted Row	1	5 + 5
Deadlift + Inverted Row	1	3 + 8
Rest 2 mins		
Inverted Row + Deadlift	1	8 + 3
Inverted Row + Deadlift	1	5 + 5
Inverted Row + Deadlift	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 2 X-Set 2 <u>One Arm Dumbbell Row close + Pullovers</u>		
Exercise	Sets	Reps
One Arm Dumbbell Row Close + Pullovers	1	8 + 3
One Arm Dumbbell Row Close + Pullovers	1	5 + 5
One Arm Dumbbell Row Close + Pullovers	1	3 + 8
Rest 2 mins		
Pullovers + One Arm Dumbbell Row Close	1	8 + 3
Pullovers + One Arm Dumbbell Row Close	1	5 + 5
Pullovers + One Arm Dumbbell Row Close	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 7 Day 2

X-Sets

IXP: Week 7 Day 2 X-Set 3 <u>Low Pulley Row Close Grip+ Wide Grip Pulldowns</u>		
Exercise	Sets	Reps
Low Pulley Row Close Grip + Wide Grip Pulldowns	1	8 + 3
Low Pulley Row Close Grip + Wide Grip Pulldowns	1	5 + 5
Low Pulley Row Close Grip + Wide Grip Pulldowns	1	3 + 8
Rest 2 mins		
Wide Grip Pulldowns + Low Pulley Row Close Grip	1	8 + 3
Wide Grip Pulldowns + Low Pulley Row Close Grip	1	5 + 5
Wide Grip Pulldowns + Low Pulley Row Close Grip	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 2 X-Set 4 <u>Bent Dumbbell Row + One Arm Dumbbell Row Lateral</u>		
Exercise	Sets	Reps
Bent Dumbbell Row + One Arm Dumbbell Row Lateral	1	8 + 3
Bent Dumbbell Row + One Arm Dumbbell Row Lateral	1	5 + 5
Bent Dumbbell Row + One Arm Dumbbell Row Lateral	1	3 + 8
Rest 2 mins		
One Arm Dumbbell Row Lateral + Bent Dumbbell Row	1	8 + 3
One Arm Dumbbell Row Lateral + Bent Dumbbell Row	1	5 + 5
One Arm Dumbbell Row Lateral + Bent Dumbbell Row	1	3 + 8
Workout day completed		

IXP Week 7 Day 3

X-Sets

IXP: Week 7 Day 3 X-Set 1 Dumbbell Squats + Lying Leg Curls		
Exercise	Sets	Reps
Dumbbell Squats + Lying Leg Curls	1	13 + 5
Dumbbell Squats + Lying Leg Curls	1	8 + 8
Dumbbell Squats + Lying Leg Curls	1	5 + 13
Rest 2 mins		
Lying Leg Curls + Dumbbell Squats	1	13 + 5
Lying Leg Curls + Dumbbell Squats	1	8 + 8
Lying Leg Curls + Dumbbell Squats	1	5 + 13
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 3 X-Set 2 Squats (Barbell or Dumbbell) + Stiff Leg Deadlift		
Exercise	Sets	Reps
Squat + Stiff Leg Deadlift	1	8 + 3
Squat + Stiff Leg Deadlift	1	5 + 5
Squat + Stiff Leg Deadlift	1	3 + 8
Rest 2 mins		
Stiff Leg Deadlift + Squat	1	8 + 3
Stiff Leg Deadlift + Squat	1	5 + 5
Stiff Leg Deadlift + Squat	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 7 Day 3

X-Sets

IXP: Week 7 Day 3 X-Set 3 Step Ups + Reverse Lunge		
Exercise	Sets	Reps
Step Ups + Reverse Lunge	1	13 + 5
Step Ups + Reverse Lunge	1	8 + 8
Step Ups + Reverse Lunge	1	5 + 13
Rest 2 mins		
Reverse Lunge + Step Ups	1	8 + 3
Reverse Lunge + Step Ups	1	5 + 5
Reverse Lunge + Step Ups	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 3 X-Set 4 Bulgarian Squat + Single Leg Deadlift		
Exercise	Sets	Reps
Bulgarian Squat + Single Leg Deadlift	1	8 + 3
Bulgarian Squat + Single Leg Deadlift	1	5 + 5
Bulgarian Squat + Single Leg Deadlift	1	3 + 8
Rest 2 mins		
Single Leg Deadlift + Bulgarian Squat	1	8 + 3
Single Leg Deadlift + Bulgarian Squat	1	5 + 5
Single Leg Deadlift + Bulgarian Squat	1	3 + 8
Workout day completed		

IXP Week 7 Day 4

X-Sets

IXP: Week 7 Day 4 X-Set 1 <u>Full Front Raise</u> + <u>Bent Lateral Raise</u>		
Exercise	Sets	Reps
Full Front Raise + Bent Lateral Raise	1	8 + 3
Full Front Raise + Bent Lateral Raise	1	5 + 5
Full Front Raise + Bent Lateral Raise	1	3 + 8
Rest 2 mins		
Bent Lateral Raise + Full Front Raise	1	8 + 3
Bent Lateral Raise + Full Front Raise	1	5 + 5
Bent Lateral Raise + Full Front Raise	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP: Week 7 Day 4 X-Set 2 <u>Seated Shoulder Press</u> + <u>Standing Lateral Raise</u>		
Exercise	Sets	Reps
Seated Shoulder Press + Standing Lateral Raise	1	8 + 3
Seated Shoulder Press + Standing Lateral Raise	1	5 + 5
Seated Shoulder Press + Standing Lateral Raise	1	3 + 8
Rest 2 mins		
Standing Lateral Raise+ Seated Shoulder Press	1	8 + 3
Standing Lateral Raise+ Seated Shoulder Press	1	5 + 5
Standing Lateral Raise+ Seated Shoulder Press	1	3 + 8
Rest 3 mins before moving to next X-set		

IXP Week 7 Day 4

X-Sets

IXP: Week 7 Day 4 X-Set 3 <u>High Pull + One Arm Lateral Raise</u>		
Exercise	Sets	Reps
High Pull + One Arm Lateral Raise	1	8 + 3
High Pull + One Arm Lateral Raise	1	5 + 5
High Pull + One Arm Lateral Raise	1	3 + 8
Rest 2 mins		
One Arm Lateral Raise + High Pull	1	8 + 3
One Arm Lateral Raise + High Pull	1	5 + 5
One Arm Lateral Raise + High Pull	1	3 + 8
Rest 3 minutes before moving to next X-set		

IXP: Week 7 Day 4 X-Set 4 <u>Adonis Cross + Upright Row</u>		
Exercise	Sets	Reps
Adonis Cross + Upright Row	1	8 + 3
Adonis Cross + Upright Row	1	5 + 5
Adonis Cross + Upright Row	1	3 + 8
Rest 2 mins		
Upright Row + Adonis Cross	1	8 + 3
Upright Row + Adonis Cross	1	5 + 5
Upright Row + Adonis Cross	1	3 + 8
Workout day completed		

IXP Week 7 Day 5

X-Sets

IXP: Week 7 Day 5 X-Set 1 <u>Barbell Curl</u> + <u>Lying Tricep Extension</u>		
Exercise	Sets	Reps
Barbell Curl + Lying Tricep Extension	1	8 + 3
Barbell Curl + Lying Tricep Extension	1	5 + 5
Barbell Curl + Lying Tricep Extension	1	3 + 8
Rest 2 mins		
Lying Tricep Extension + Barbell Curl	1	8 + 3
Lying Tricep Extension + Barbell Curl	1	5 + 5
Lying Tricep Extension + Barbell Curl	1	3 + 8
Rest 3 minutes before moving to next X-set		

IXP: Week 7 Day 5 X-Set 2 <u>Tate Press</u> + <u>Standing Dumbbell Curl</u>		
Exercise	Sets	Reps
Tate Press + Standing Dumbbell Curl	1	8 + 3
Tate Press + Standing Dumbbell Curl	1	5 + 5
Tate Press + Standing Dumbbell Curl	1	3 + 8
Rest 2 mins		
Standing Dumbbell Curl + Tate Press	1	8 + 3
Standing Dumbbell Curl + Tate Press	1	5 + 5
Standing Dumbbell Curl + Tate Press	1	3 + 8
Rest 3 minutes before moving to next X-set		

IXP Week 7 Day 5

X-Sets

IXP: Week 7 Day 5 X-Set 3 <u>Incline Curl</u> + <u>Overhead Tricep Extension</u>		
Exercise	Sets	Reps
Incline Curl + Overhead Tricep Extension	1	8 + 3
Incline Curl + Overhead Tricep Extension	1	5 + 5
Incline Curl + Overhead Tricep Extension	1	3 + 8
Rest 2 mins		
Overhead Tricep Extension + Incline Curl	1	8 + 3
Overhead Tricep Extension + Incline Curl	1	5 + 5
Overhead Tricep Extension + Incline Curl	1	3 + 8
Rest 3 minutes before moving to next X-set		

IXP: Week 7 Day 5 X-Set 4 <u>Dips</u> + <u>Concentration Curls</u>		
Exercise	Sets	Reps
Dips + Concentration Curls	1	8 + 3
Dips + Concentration Curls	1	5 + 5
Dips + Concentration Curls	1	3 + 8
Rest 2 mins		
Concentration Curls + Dips	1	8 + 3
Concentration Curls + Dips	1	5 + 5
Concentration Curls + Dips	1	3 + 8
Workout day completed		

IXP Week 8 Day 1

Fibonacci Pyramid Sets

IXP Week 8 Day 1 Fibonacci Pyramid set 1 Exercise: Stiff Leg Deadlift		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 1 Fibonacci Pyramid set 2 Exercise: Standing Shoulder Press (Two Hands)		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 1 Fibonacci Pyramid set 3 Exercise: Wide Grip Pulldowns		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 1

Fibonacci Pyramid Sets

IXP Week 8 Day 1 Fibonacci Pyramid set 4 Exercise: Dips		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 1 Fibonacci Pyramid set 5 Exercise: Upright Row		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 1 Fibonacci Pyramid set 6 Exercise: Standing Calf Raises		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2

Fibonacci Pyramid Sets

IXP Week 8 Day 2 Fibonacci Pyramid set 1 Exercise: Reverse Lunges		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2 Fibonacci Pyramid set 2 Exercise: Squats (Barbell or Dumbbell)		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2 Fibonacci Pyramid set 3 Exercise: Standing Lateral Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2

Fibonacci Pyramid Sets

IXP Week 8 Day 2 Fibonacci Pyramid set 4 Exercise: Bent Lateral Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2 Fibonacci Pyramid set 5 Exercise: Full Front Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 2 Fibonacci Pyramid set 6 Exercise: Low Pulley Row		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3

Fibonacci Pyramid Sets

IXP Week 8 Day 3 Fibonacci Pyramid set 1 Exercise: Sumo Deadlift		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3 Fibonacci Pyramid set 2 Exercise: Pullovers		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3 Fibonacci Pyramid set 3 Exercise: Barbell Curl		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3

Fibonacci Pyramid Sets

IXP Week 8 Day 3 Fibonacci Pyramid set 4 Exercise: Lying Tricep Extension		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3 Fibonacci Pyramid set 5 Exercise: Standing Dumbbell Curl		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 8 Day 3 Fibonacci Pyramid set 6 Exercise: Overhead Tricep Extension		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP, Week 9 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 1 Pyramid 1		
Set 1	Reps	Rest (secs)
Incline Dumbbell Press	21	
Set 2 (do the following two exercises back to back with no rest)		90
Incline Dumbbell Press	13	
Incline Dumbbell Flye	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Incline Dumbbell Press	7	
Incline Dumbbell Flye	7	
Flat Dumbbell Press	7	
Set 4 (do the following two exercises back to back with no rest)		90
Incline Dumbbell Press	13	
Incline Dumbbell Flye	8	
Set 5		90
Incline Dumbbell Pres	21	
Rest 3 mins before moving to next Progressive Tri- Pyramid		

Progressive Tri-Pyramid: Week 9, Day 1 Pyramid 2		
Set 1	Reps	Rest (secs)
Low Pulley Row	21	
Set 2 (do the following two exercises back to back with no rest)		90
Low Pulley Row	13	
Wide Grip Pulldown	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Low Pulley Row	7	
Wide Grip Pulldown	7	
Bent Dumbbell Row	7	
Set 4 (do the following two exercises back to back with no rest)		90
Low Pulley Row	13	
Wide Grip Pulldown	8	
Set 5		90
Low Pulley Row	21	
Rest 3 mins before moving to next Progressive Tri- Pyramid		

IXP, Week 9 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 1 Pyramid 3		
Set 1	Reps	Rest (secs)
Bench Press	21	
Set 2 (do the following two exercises back to back with no rest)		90
Bench Press	13	
Incline Dumbbell Flye	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Bench Press	7	
Incline Dumbbell Flye	7	
Decline Push Up	7	
Set 4 (do the following two exercises back to back with no rest)		90
Bench Press	13	
Incline Dumbbell Flye	8	
Set 5		90
Bench Press	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 9, Day 1 Pyramid 4		
Set 1	Reps	Rest (secs)
Reverse Grip Pulldown	21	
Set 2 (do the following two exercises back to back with no rest)		90
Reverse Grip Pulldown	13	
One Arm Dumbbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Reverse Grip Pulldown	7	
One Arm Dumbbell Row	7	
Bent Dumbbell Row	7	
Set 4 (do the following two exercises back to back with no rest)		90
Reverse Grip Pulldown	13	
One Arm Dumbbell Row	8	
Set 5		90
Reverse Grip Pulldown	21	
Workout day completed		

IXP, Week 9 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 2 Pyramid 1		
Set 1	Reps	Rest (secs)
Squats (Barbell or Dumbbell)	21	
Set 2 (do the following two exercises back to back with no rest)		60
Squats (Barbell or Dumbbell)	13	
Reverse Lunge	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Squats (Barbell or Dumbbell)	7	
Reverse Lunge	7	
One Leg Get Ups	7	
Set 4 (do the following two exercises back to back with no rest)		60
Squats (Barbell or Dumbbell)	13	
Reverse Lunge	8	
Set 5		60
Squats (Barbell or Dumbbell)	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 9, Day 2 Pyramid 2		
Set 1	Reps	Rest (secs)
Stiff Leg Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Lying Leg Curls	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stiff Leg Deadlift	7	
Lying Leg Curls	7	
One Leg Deadlift	7	
Set 4 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Lying Leg Curls	8	
Set 5		60
Stiff Leg Deadlift	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 9 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 2 Pyramid 3		
Set 1	Reps	Rest (secs)
Bulgarian Split Squat	21	
Set 2 (do the following two exercises back to back with no rest)		90
Bulgarian Split Squat	13	
Step Ups	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Bulgarian Split Squat	7	
Step Ups	7	
Reverse Lunge	7	
Set 4 (do the following two exercises back to back with no rest)		90
Lateral Raise	13	
Step Ups	8	
Set 5		90
Bulgarian Split Squat	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 9, Day 2 Pyramid 4		
Set 1	Reps	Rest (secs)
Standing Calf Raise	21	
Set 2 (do the following two exercises back to back with no rest)		90
Standing Calf Raise	13	
Seated Calf Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Standing Calf Raise	7	
Seated Calf Raise	7	
One Leg Calf Raise	7	
Set 4 (do the following two exercises back to back with no rest)		90
Standing Calf Raise	13	
Seated Calf Raise	8	
Set 5		90
Standing Calf Raise	21	
Workout day completed		

IXP, Week 9 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 3 Pyramid 1		
Set 1	Reps	Rest (secs)
Seated Shoulder Press	21	
Set 2 (do the following two exercises back to back with no rest)		90
Seated Shoulder Press	13	
Lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Seated Shoulder Press	7	
Lateral Raise	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		90
Seated Shoulder Press	13	
Lateral Raise	8	
Set 5		90
Seated Shoulder Press	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 9, Day 3 Pyramid 2		
Set 1	Reps	Rest (secs)
High Pull	21	
Set 2 (do the following two exercises back to back with no rest)		90
High Pull	13	
Adonis Cross	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
High Pull	7	
Adonis Cross	7	
Power Shrug	7	
Set 4 (do the following two exercises back to back with no rest)		90
High Pull	13	
Adonis Cross	8	
Set 5		90
High Pull	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 9 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 9, Day 3 Pyramid 3		
Set 1	Reps	Rest (secs)
Barbell Curls	21	
Set 2 (do the following two exercises back to back with no rest)		90
Barbell Curls	13	
Concentration Curls	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Barbell Curls	7	
Concentration Curls	7	
Hammer Curls	7	
Set 4 (do the following two exercises back to back with no rest)		90
Barbell Curls	13	
Concentration Curls	8	
Set 5		90
Barbell Curls	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 9, Day 3 Pyramid 4		
Set 1	Reps	Rest (secs)
Lying Tricep Extensions	21	
Set 2 (do the following two exercises back to back with no rest)		90
Lying Tricep Extensions	13	
Tate Press	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Lying Tricep Extensions	7	
Tate Press	7	
Dips	7	
Set 4 (do the following two exercises back to back with no rest)		90
Lying Tricep Extensions	13	
Tate Press	8	
Set 5		90
Lying Tricep Extensions	21	
Workout day completed		

IXP, Week 10 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 1 Pyramid 1		
Set 1	Reps	Rest (secs)
Incline Barbell Press	21	
Set 2 (do the following two exercises back to back with no rest)		90
Incline Barbell Press	13	
Incline Flye	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Incline Barbell Press	7	
Incline Flye	7	
Incline Dumbbell Press	7	
Set 4 (do the following two exercises back to back with no rest)		90
Incline Barbell Press	13	
Incline Flye	8	
Set 5		90
Incline Barbell Press	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 1 Pyramid 2		
Set 1	Reps	Rest (secs)
Wide Grip Pulldown	21	
Set 2 (do the following two exercises back to back with no rest)		60
Wide Grip Pulldown	13	
Bent Barbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Wide Grip Pulldown	7	
Bent Barbell Row	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Wide Grip Pulldown	13	
Bent Barbell Row	8	
Set 5		60
Wide Grip Pulldown	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 10 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 1 Pyramid 3		
Set 1	Reps	Rest (secs)
Incline Dumbbell Press	21	
Set 2 (do the following two exercises back to back with no rest)		90
Incline Dumbbell Press	13	
Dips	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Incline Dumbbell Press	7	
Dips	7	
Flat Dumbbell Flye	7	
Set 4 (do the following two exercises back to back with no rest)		90
Incline Dumbbell Press	13	
Dips	8	
Set 5		90
Incline Dumbbell Press	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 1 Pyramid 4		
Set 1	Reps	Rest (secs)
One arm dumbbell row Lateral	21	
Set 2 (do the following two exercises back to back with no rest)		90
One arm dumbbell row Lateral	13	
Pullovers	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
One arm dumbbell row Lateral	7	
Pullovers	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		90
One arm dumbbell row Lateral	13	
Pullovers	8	
Set 5		90
One arm dumbbell row Lateral	13	
Workout day completed		

IXP, Week 10 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 2 Pyramid 1		
Set 1	Reps	Rest (secs)
Sumo Deadlift	13	
Set 2 (do the following two exercises back to back with no rest)		60
Sumo Deadlift	13	
Dumbbell Squat	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Sumo Deadlift	7	
Dumbbell Squat	7	
One Leg Get Up	7	
Set 4 (do the following two exercises back to back with no rest)		60
Sumo Deadlift	13	
Dumbbell Squat	8	
Set 5		60
Sumo Deadlift	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 2 Pyramid 2		
Set 1	Reps	Rest (secs)
Squats (Barbell or Dumbbell)	21	
Set 2 (do the following two exercises back to back with no rest)		60
Squats (Barbell or Dumbbell)	13	
Stiff Leg Deadlift	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Squats (Barbell or Dumbbell)	7	
Stiff Leg Deadlift	7	
One Leg Get Up	7	
Set 4 (do the following two exercises back to back with no rest)		60
Squats (Barbell or Dumbbell)	13	
Stiff Leg Deadlift	8	
Set 5		60
Squats (Barbell or Dumbbell)	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 10 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 2 Pyramid 3		
Set 1	Reps	Rest (secs)
Stiff Leg Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Dumbbell Squat	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stiff Leg Deadlift	7	
Dumbbell Squat	7	
One Leg Get Ups	7	
Set 4 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Dumbbell Squat	8	
Set 5		60
Stiff Leg Deadlift	13	
Rest 3 mins before moving to next Progressive Tri- Pyramid		

Progressive Tri-Pyramid: Week 10, Day 2 Pyramid 4		
Set 1	Reps	Rest (secs)
Standing Calf Raise	21	
Set 2 (do the following two exercises back to back with no rest)		60
Standing Calf Raise	13	
Seated Calf Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Standing Calf Raise	7	
Seated Calf Raise	7	
One Leg Calf Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Standing Calf Raise	13	
Seated Calf Raise	8	
Set 5		60
Standing Calf Raise	13	
Workout day completed		

IXP, Week 10 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 3 Pyramid 1		
Set 1	Reps	Rest (secs)
Full Front Raise	21	
Set 2 (do the following two exercises back to back with no rest)		90
Full Front Raise	13	
Lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Full Front Raise	7	
Lateral Raise	7	
Adonis Cross	7	
Set 4 (do the following two exercises back to back with no rest)		90
Full Front Raise	13	
Lateral Raise	8	
Set 5		90
Full Front Raise	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 3 Pyramid 2		
Set 1	Reps	Rest (secs)
Upright Row	21	
Set 2 (do the following two exercises back to back with no rest)		90
Upright Row	13	
Bent Lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Upright Row	7	
Bent Lateral Raise	7	
Adonis Cross	7	
Set 4 (do the following two exercises back to back with no rest)		90
Upright Row	13	
Bent Lateral Raise	8	
Set 5		90
Upright Row	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 10 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 3 Pyramid 3		
Set 1	Reps	Rest (secs)
Wide Grip Bent Barbell Row	13	
Set 2 (do the following two exercises back to back with no rest)		90
Wide Grip Bent Barbell Row	8	
Corkscrew Press	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Wide Grip Bent Barbell Row	5	
Corkscrew Press	5	
Power Shrug	5	
Set 4 (do the following two exercises back to back with no rest)		90
Wide Grip Bent Barbell Row	8	
Corkscrew Press	8	
Set 5		90
Wide Grip Bent Barbell Row	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 3 Pyramid 4		
Set 1	Reps	Rest (secs)
Curl & Press	13	
Set 2 (do the following two exercises back to back with no rest)		90
Curl & Press	8	
one arm rear delt raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Curl & Press	5	
one arm rear delt raise	5	
Power Shrug	5	
Set 4 (do the following two exercises back to back with no rest)		90
Curl & Press	8	
one arm rear delt raise	8	
Set 5		90
Curl & Press	13	
Workout day completed		

IXP, Week 10 Day 4

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 4 Pyramid 1		
Set 1	Reps	Rest (secs)
Dips	21	
Set 2 (do the following two exercises back to back with no rest)		90
Dips	13	
Overhead Tricep Extension	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Dips	7	
Overhead Tricep Extension	7	
Decline Push Up Close Hands	7	
Set 4 (do the following two exercises back to back with no rest)		90
Dips	13	
Overhead Tricep Extension	8	
Set 5		90
Dips	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 4 Pyramid 2		
Set 1	Reps	Rest (secs)
Incline Curls	21	
Set 2 (do the following two exercises back to back with no rest)		90
Incline Curls	13	
Bench Assisted Curl	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Incline Curl	7	
Bench Assisted Curl	7	
Standing Dumbbell Curl	7	
Set 4 (do the following two exercises back to back with no rest)		90
Incline Curl	13	
Bench Assisted Curl	8	
Set 5		90
Incline Curls	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 10 Day 4

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 10, Day 4 Pyramid 3		
Set 1	Reps	Rest (secs)
Decline Push Ups Close Hands	21	
Set 2 (do the following two exercises back to back with no rest)		90
Decline Push Ups Close Hands	13	
Tate Press	13	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Decline Push Ups Close Hands	8	
Tate Press	8	
Lying Tricep Extension	8	
Set 4 (do the following two exercises back to back with no rest)		90
Decline Push Ups Close Hands	13	
Tate Press	13	
Set 5		90
Decline Push Ups Close Hands	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 10, Day 4 Pyramid 4		
Set 1	Reps	Rest (secs)
Hammer Curl	21	
Set 2 (do the following two exercises back to back with no rest)		90
Hammer Curl	13	
Barbell Curl	13	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Hammer Curl	8	
Barbell Curl	8	
Dumbbell Curls	8	
Set 4 (do the following two exercises back to back with no rest)		90
Hammer Curl	13	
Barbell Curl	13	
Set 5		90
Hammer Curl	21	
Workout day completed		

IXP, Week 11 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 1 Pyramid 1		
Set 1	Reps	Rest (secs)
Incline Bench Press	13	
Set 2 (do the following two exercises back to back with no rest)		90
Incline Bench Press	13	
Squeeze raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Incline Bench Press	5	
Squeeze raise	5	
Decline Push Ups	5	
Set 4 (do the following two exercises back to back with no rest)		90
Incline Bench Press	8	
Squeeze raise	8	
Set 5		90
Incline Bench Press	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 1 Pyramid 2		
Set 1	Reps	Rest (secs)
Dips	21	
Set 2 (do the following two exercises back to back with no rest)		90
Dips	13	
Incline Flyes	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Dips	7	
Incline Flyes	7	
Decline Push Ups	7	
Set 4 (do the following two exercises back to back with no rest)		90
Dips	13	
Incline Flyes	8	
Set 5		90
Dips	21	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 11 Day 1

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 1 Pyramid 3		
Set 1	Reps	Rest (secs)
Cable Cross Over High Finish	13	
Set 2 (do the following two exercises back to back with no rest)		90
Cable Cross Over High Finish	8	
Cable Cross Over Low Finish	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Cable Cross Over High Finish	5	
Cable Cross Over Low Finish	5	
Cable Cross Over Mid Finish	5	
Set 4 (do the following two exercises back to back with no rest)		90
Cable Cross Over High Finish	8	
Cable Cross Over Low Finish	8	
Set 5		90
Cable Cross Over High Finish	13	
Rest 3 mins before moving to next Progressive Tri- Pyramid		

Progressive Tri-Pyramid: Week 11, Day 1 Pyramid 4		
Set 1	Reps	Rest (secs)
Decline Push Ups	21	
Set 2 (do the following two exercises back to back with no rest)		90
Decline Push Ups	13	
Incline Dumbbell Flye	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Decline Push Ups	7	
Incline Dumbbell Flye	7	
Squeeze Raise	7	
Set 4 (do the following two exercises back to back with no rest)		90
Decline Push Ups	13	
Incline Dumbbell Flye	8	
Set 5		90
Decline Push Ups	21	
Workout day completed		

IXP, Week 11 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 2 Pyramid 1		
Set 1	Reps	Rest (secs)
Pull Ups	13	
Set 2 (do the following two exercises back to back with no rest)		90
Pull Ups	8	
One Arm Dumbbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Pull Ups	5	
One Arm Dumbbell Row	5	
Bent Lateral Raise	5	
Set 4 (do the following two exercises back to back with no rest)		90
Pull Ups	8	
One Arm Dumbbell Row	8	
Set 5		90
Pull Ups	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 2 Pyramid 2		
Set 1	Reps	Rest (secs)
Bent Barbell Row	13	
Set 2 (do the following two exercises back to back with no rest)		90
Bent Barbell Row	8	
Pullovers	13	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Bent Barbell Row	5	
Pullovers	8	
Bent Lateral Raise	8	
Set 4 (do the following two exercises back to back with no rest)		90
Bent Barbell Row	8	
Pullovers	13	
Set 5		90
Bent Barbell Row	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 11 Day 2

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 2 Pyramid 3		
Set 1	Reps	Rest (secs)
Sumo Deadlift	13	
Set 2 (do the following two exercises back to back with no rest)		90
Sumo Deadlift	8	
Inverted Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Sumo Deadlift	5	
Inverted Row	5	
Bent Lateral Raise	8	
Set 4 (do the following two exercises back to back with no rest)		90
Sumo Deadlift	8	
Inverted Row	8	
Set 5		90
Sumo Deadlift	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 2 Pyramid 4		
Set 1	Reps	Rest (secs)
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		90
Pullovers	13	
Bent Dumbbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Pullovers	7	
Bent Dumbbell Row	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		90
Pullovers	13	
Bent Dumbbell Row	8	
Set 5		90
Pullovers	21	
Workout day completed		

IXP, Week 11 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 3 Pyramid 1		
Set 1	Reps	Rest (secs)
Step Ups	13	
Set 2 (do the following two exercises back to back with no rest)		90
Step Ups	8	
Reverse lunge	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Step Ups	5	
Reverse lunge	5	
One Leg Get-Ups	5	
Set 4 (do the following two exercises back to back with no rest)		90
Step Ups	8	
Reverse lunge	8	
Set 5		90
Step Ups	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 3 Pyramid 2		
Set 1	Reps	Rest (secs)
Stiff Leg Deadlift	13	
Set 2 (do the following two exercises back to back with no rest)		90
Stiff Leg Deadlift	8	
Bulgarian Split Squat	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Stiff Leg Deadlift	5	
Bulgarian Split Squat	5	
One Leg Get-Ups	5	
Set 4 (do the following two exercises back to back with no rest)		90
Stiff Leg Deadlift	8	
Bulgarian Split Squat	8	
Set 5		90
Stiff Leg Deadlift	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 11 Day 3

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 3 Pyramid 3		
Set 1	Reps	Rest (secs)
Squats (Barbell or Dumbbell)	13	
Set 2 (do the following two exercises back to back with no rest)		90
Squats (Barbell or Dumbbell)	8	
Lying Leg Curls	13	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Squats (Barbell or Dumbbell)	5	
Lying Leg Curls	8	
One Leg Get-Ups	5	
Set 4 (do the following two exercises back to back with no rest)		90
Squats (Barbell or Dumbbell)	8	
Lying Leg Curls	13	
Set 5		90
Squats (Barbell or Dumbbell)	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 3 Pyramid 4		
Set 1	Reps	Rest (secs)
Standing Calf Raise	21	
Set 2 (do the following two exercises back to back with no rest)		90
Standing Calf Raise	13	
Seated Calf Raise	13	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Standing Calf Raise	8	
Seated Calf Raise	8	
One Leg Calf Raise	8	
Set 4 (do the following two exercises back to back with no rest)		90
Standing Calf Raise	13	
Seated Calf Raise	13	
Set 5		90
Standing Calf Raise	21	
Workout day completed		

IXP, Week 11 Day 4

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 4 Pyramid 1		
Set 1	Reps	Rest (secs)
High Pulls	13	
Set 2 (do the following two exercises back to back with no rest)		90
High Pulls	8	
Bent Lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
High Pulls	5	
Bent Lateral Raise	5	
Adonis Cross	5	
Set 4 (do the following two exercises back to back with no rest)		90
High Pulls	8	
Bent Lateral Raise	8	
Set 5		90
High Pulls	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 4 Pyramid 2		
Set 1	Reps	Rest (secs)
Seated Shoulder Press	13	
Set 2 (do the following two exercises back to back with no rest)		60
Seated Shoulder Press	8	
One Arm lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Seated Shoulder Press	5	
One Arm lateral Raise	5	
Adonis Cross	5	
Set 4 (do the following two exercises back to back with no rest)		60
Seated Shoulder Press	8	
One Arm lateral Raise	8	
Set 5		60
Seated Shoulder Press	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 11 Day 4

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 4 Pyramid 3		
Set 1	Reps	Rest (secs)
Standing Lateral Raise	13	
Set 2 (do the following two exercises back to back with no rest)		90
Standing Lateral Raise	8	
Full Front Raise	5	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Standing Lateral Raise	5	
Full Front Raise	5	
Adonis Cross	5	
Set 4 (do the following two exercises back to back with no rest)		90
Standing Lateral Raise	8	
Full Front Raise	5	
Set 5		90
Standing Lateral Raise	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 4 Pyramid 4		
Set 1	Reps	Rest (secs)
Wide Grip Upright Row	13	
Set 2 (do the following two exercises back to back with no rest)		90
Wide Grip Upright Row	8	
Power Shrug	5	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Wide Grip Upright Row	5	
Power Shrug	5	
Adonis Cross	5	
Set 4 (do the following two exercises back to back with no rest)		90
Wide Grip Upright Row	8	
Power Shrug	5	
Set 5		90
Wide Grip Upright Row	13	
Workout day completed		

IXP, Week 11 Day 5

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 5 Pyramid 1		
Set 1	Reps	Rest (secs)
Dips	21	
Set 2 (do the following two exercises back to back with no rest)		90
Dips	13	
Overhead Tricep Extension	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Dips	5	
Overhead Tricep Extension	5	
Tate Press	5	
Set 4 (do the following two exercises back to back with no rest)		90
Dips	8	
Overhead Tricep Extension	8	
Set 5		90
Dips	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 5 Pyramid 2		
Set 1	Reps	Rest (secs)
Lying Tricep Extension	13	
Set 2 (do the following two exercises back to back with no rest)		90
Lying Tricep Extension	8	
Decline Push Ups Close Hands	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Lying Tricep Extension	5	
Decline Push Ups Close Hands	5	
Tate Press	5	
Set 4 (do the following two exercises back to back with no rest)		90
Lying Tricep Extension	8	
Decline Push Ups Close Hands	8	
Set 5		90
Lying Tricep Extension	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

IXP, Week 11 Day 5

Progressive Tri-Pyramids

Progressive Tri-Pyramid: Week 11, Day 5 Pyramid 3		
Set 1	Reps	Rest (secs)
Barbell Curls	21	
Set 2 (do the following two exercises back to back with no rest)		90
Barbell Curls	13	
Hammer Curls	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Barbell Curls	5	
Hammer Curls	5	
Concentration Curls	5	
Set 4 (do the following two exercises back to back with no rest)		90
Barbell Curls	8	
Hammer Curls	8	
Set 5		90
Barbell Curls	13	
Rest 3 mins before moving to next Progressive Tri-Pyramid		

Progressive Tri-Pyramid: Week 11, Day 5 Pyramid 4		
Set 1	Reps	Rest (secs)
Dumbbell Curls	13	
Set 2 (do the following two exercises back to back with no rest)		90
Dumbbell Curls	8	
Incline Curls	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		90
Dumbbell Curls	5	
Incline Curls	5	
Concentration Curls	5	
Set 4 (do the following two exercises back to back with no rest)		90
Dumbbell Curls	8	
Incline Curls	8	
Set 5		90
Dumbbell Curls	13	
Workout day completed		

IXP Week 12 Day 1

Fibonacci Pyramid Sets

IXP Week 12 Day 1 Fibonacci Pyramid set 1 Exercise: Incline Bench Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 1 Fibonacci Pyramid set 2 Exercise: Incline Dumbbell Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 1 Fibonacci Pyramid set 3 Exercise: Low Pulley Row		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 1

Fibonacci Pyramid Sets

IXP Week 12 Day 1 Fibonacci Pyramid set 4 Exercise: Reverse Grip Pulldown		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 1 Fibonacci Pyramid set 5 Exercise: Full Front Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 1 Fibonacci Pyramid set 6 Exercise: Bent Lateral Raise		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2

Fibonacci Pyramid Sets

IXP Week 12 Day 2 Fibonacci Pyramid set 1 Exercise: High Pull		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2 Fibonacci Pyramid set 2 Exercise: Squat & Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2 Fibonacci Pyramid set 3 Exercise: Squats (Barbell or Dumbbell)		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2

Fibonacci Pyramid Sets

IXP Week 12 Day 2 Fibonacci Pyramid set 4 Exercise: Stiff Leg Deadlift		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2 Fibonacci Pyramid set 5 Exercise: Lying Tricep Extension		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 2 Fibonacci Pyramid set 6 Exercise: Barbell Curls		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3

Fibonacci Pyramid Sets

IXP Week 12 Day 3 Fibonacci Pyramid set 1 Exercise: Sumo Deadlift		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3 Fibonacci Pyramid set 2 Exercise: Standing Shoulder Press (Two Hands)		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3 Fibonacci Pyramid set 3 Exercise: Dumbbell Squat		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3

Fibonacci Pyramid Sets

IXP Week 12 Day 3 Fibonacci Pyramid set 4 Exercise: Wide Grip Pulldowns		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3 Fibonacci Pyramid set 5 Exercise: Bench Press		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

IXP Week 12 Day 3 Fibonacci Pyramid set 6 Exercise: Pullovers		
Weight	Sets	Reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Heavy	1	8
Rest 60 Seconds		
Heaviest	1	5
Rest 60 Seconds		
Heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21