



# ADONIS INDEX WORKOUT

## Rage Workout Series

Fibonacci Pyramids - Progressive Super Sets,  
Timed Sets, Conditioning Circuits

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## Warming up

A good warm up before any workout is important.

Go through the following warm up before each workout using a light manageable weight for each of the exercises:

(Note: Choose warm up weights that are approximately 30-50% of your working weight.)

Curl & press	1 set x 21 reps	30 seconds rest
Push Ups	1 set x 21 reps	30 seconds rest
Bent Dumbbell Row	1 set x 21 reps	30 seconds rest
Step Ups (bodyweight)	1 set x 13 reps	30 seconds rest
Pulldown & Pressdown	1 set x 21 reps	30 seconds rest
Bodyweight Squats	1 set x 21 reps	30 seconds rest

# Adonis Index Workout: Rage Workout Series Manual

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Fibonacci Pyramids  
Progressive Super Sets  
Timed Sets  
Conditioning Circuits

## Adonis Index Workouts:

### RAGE Workouts

The “Rage” series are overload workouts meant to push your limits stimulating new growth and accelerating your results in the gym. Because of their high intensity they are only meant to be done for 2 weeks at a time, separate by 8 week intervals.

During the 8 week intervals you should be following your regular Adonis Index Workouts which are broken down into 4 week cycles. Once you complete two consecutive 4 week Adonis Index Workout cycles, switch your workout program to one of the 4 rage workouts for two weeks.

Once you complete two weeks of the first rage workout go back to your Adonis Index workouts for two more 4 week cycles as outlined in your program manual followed the second rage workout for 2 weeks.

Each rage workout focuses on a different aspect of strength and conditioning:

**Fibonacci Pyramids** – Focus on increasing intensity and strength development within a single exercise

**Progressive Super Sets** – Works the same muscle group with multiple exercises within a giant super set

**Timed Sets** – Focuses on intensity and teaching you how to push harder and beyond your normal mental limit

**Conditioning Circuits** – Focus on whole body work that trains your cardiovascular system as well as your strength-endurance

ADONIS EFFECT RAGE WORKOUTS

# Fibonacci Pyramids

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2 Weeks: 3 workouts per week, 6 exercises per  
workout

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# Fibonacci Pyramids WEEK 1: DAY 1

Week 1 Day 1		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Incline Dumbbell Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 1		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Incline Dumbbell Press</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 1 Day 1		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">Tate Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 1		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Dumbbell Curls</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 1		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Standing Calf Raises</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 1		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Standing Lateral Raises</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

# Fibonacci Pyramids WEEK 1: DAY 2

Week 1 Day 2		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Dumbbell Squat</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 2		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Dumbbell Squat</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 1 Day 2		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">Seated Shoulder Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 2		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Lying Tricep Extensions (dumbbell)</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21



Week 1 Day 2		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Calf Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 2		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Dumbbell Upright Row</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

## Fibonacci Pyramids WEEK 1: DAY 3

Week 1 Day 3		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Wide Grip Pulldown</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 3		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Wide Grip Pulldown</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 1 Day 3		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">Tricep Rope Pushdowns</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 3		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Incline Dumbbell Curls</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 3		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Stiff Leg Deadlift</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 1 Day 3		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Bent Lateral Raise</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

## Fibonacci Pyramids WEEK 2: DAY 1

Week 2 Day 1		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Seated Shoulder Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 1		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Seated Shoulder Press</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 2 Day 1		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">Lying Triceps Extension</a> <a href="#">Barbell</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 1		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Incline Dumbbell Curls</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 1		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Seated Calf Raise</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 1		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Alternate Incline Dumbbell Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

## Fibonacci Pyramids WEEK 2: DAY 2

Week 2 Day 2		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Dumbbell Squat</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 2		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Dumbbell Squat</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 2 Day 2		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">High Pull</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 2		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Seated Curl &amp; Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 2		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Standing Calf Raises</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 2		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Shrugs</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

# Fibonacci Pyramids WEEK 2: DAY 3

Week 2 Day 3		
Fibonacci Pyramid Set # 1		
Exercise: <a href="#">Low Pulley Row Wide Grip</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 3		
Fibonacci Pyramid Set # 2		
Exercise: <a href="#">Low Pulley Row Wide Grip</a>		
Weight	Sets	reps
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5

Week 2 Day 3		
Fibonacci Pyramid Set # 3		
Exercise: <a href="#">Incline Dumbbell Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 3		
Fibonacci Pyramid Set # 4		
Exercise: <a href="#">Tate Press</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21



Week 2 Day 3		
Fibonacci Pyramid Set # 5		
Exercise: <a href="#">Barbell Curls</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

Week 2 Day 3		
Fibonacci Pyramid Set # 6		
Exercise: <a href="#">Front Raises</a>		
Weight	Sets	reps
Light	1	21
Rest 30 Seconds		
Moderate	1	13
Rest 30 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Heavy	1	5
Rest 45 Seconds		
Moderate/heavy	1	8
Rest 45 Seconds		
Moderate	1	13
Rest 30 Seconds		
Light	1	21

# Progressive SuperSets

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2 Weeks: 4 workouts per week, 2 Progressive  
SuperSets Per Workout

# PROGRESSIVE SUPER SETS

## Adonis Index RAGE Workout Series

Adonis Effect Progressive Super Sets		
<b>Week 1 Day 1 - Progressive Super Set 1</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Pulldown</a>	21	
Super Set 2 (do the following 2 exercises back to back)		60
<a href="#">Pulldown</a>	13	
<a href="#">Bent Dumbbell Row</a>	13	
Super Set 3 (do the following 3 in one non-stop set)		60
<a href="#">Pulldown</a>	8	
<a href="#">Bent Dumbbell Row</a>	8	
<a href="#">One Arm Dumbbell Row</a>	8	
Super Set 4 (do the following 4 in one non-stop set)		90
<a href="#">Pulldown</a>	8	
<a href="#">Bent Dumbbell Row</a>	8	
<a href="#">One Arm Dumbbell Row</a>	8	
<a href="#">Shrugs</a>	8	
Super Set 5 (do the following 5 in one non-stop set)		120
<a href="#">Pulldown</a>	5	
<a href="#">Bent Dumbbell Row</a>	5	
<a href="#">One Arm Dumbbell Row</a>	5	
<a href="#">Shrugs</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
Super Set 6 (do the following 4 in one non-stop set)		120
<a href="#">Pulldown</a>	8	
<a href="#">Bent Dumbbell Row</a>	8	
<a href="#">One Arm Dumbbell Row</a>	8	
<a href="#">Shrugs</a>	8	
Super Set 7 (do the following 3 in one non-stop set)		120
<a href="#">Pulldown</a>	8	
<a href="#">Bent Dumbbell Row</a>	8	
<a href="#">One Arm Dumbbell Row</a>	8	
Super Set 8 (do the following 2 exercises back to back)		90
<a href="#">Pulldown</a>	13	
<a href="#">Bent Dumbbell Row</a>	13	
Set 9		60
<a href="#">Pulldown</a>	21	

Adonis Effect Progressive Super Sets		
<b>Week 1 Day 1 - Progressive Super Set 2</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Tricep Rope Pushdowns</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Tricep Rope Pushdowns</a>	13	
<a href="#">Close Hands Pushups</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Tricep Rope Pushdowns</a>	8	
<a href="#">Close Hands Pushups</a>	8	
<a href="#">Tate Press</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Tricep Rope Pushdowns</a>	5	
<a href="#">Close Hands Pushups</a>	5	
<a href="#">Tate Press</a>	8	
<a href="#">Tricep Extensions (dumbbell)</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Tricep Rope Pushdowns</a>	5	
<a href="#">Close Hands Pushups</a>	5	
<a href="#">Tate Press</a>	5	
<a href="#">Tricep Extensions (dumbbell)</a>	5	
Dips	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Tricep Rope Pushdowns</a>	5	
<a href="#">Close Hands Pushups</a>	5	
<a href="#">Tate Press</a>	8	
<a href="#">Tricep Extensions (dumbbell)</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Tricep Rope Pushdowns</a>	8	
<a href="#">Close Hands Pushups</a>	8	
<a href="#">Tate Press</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Tricep Rope Pushdowns</a>	13	
<a href="#">Close Hands Pushups</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Tricep Rope Pushdowns</a>	21	

Adonis Effect Progressive Super Sets		
<b>Week 1 Day 2 - Progressive Super Set 1</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Seated Shoulder Press</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Seated Shoulder Press</a>	13	
<a href="#">Standing Lateral Raise</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Seated Shoulder Press</a>	8	
<a href="#">Standing Lateral Raise</a>	8	
<a href="#">Bent Lateral Raise</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Seated Shoulder Press</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Seated Shoulder Press</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	5	
<a href="#">Dumbbell Upright Row</a>	5	
<a href="#">Shrugs</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Seated Shoulder Press</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Seated Shoulder Press</a>	8	
<a href="#">Standing Lateral Raise</a>	8	
<a href="#">Bent Lateral Raise</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Seated Shoulder Press</a>	13	
<a href="#">Standing Lateral Raise</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Seated Shoulder Press</a>	21	

Adonis Effect Progressive Super Sets		
Week 1 Day 2 - Progressive Super Set 2		
Set 1	Reps	Rest (Seconds)
Cable Curls	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
Cable Curls	13	
<a href="#">Hammer Curls</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
Cable Curls	8	
<a href="#">Hammer Curls</a>	8	
<a href="#">Standing Dumbbell Curls</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
Cable Curls	5	
<a href="#">Hammer Curls</a>	5	
<a href="#">Standing Dumbbell Curls</a>	8	
<a href="#">Barbell Curls</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
Cable Curls	5	
<a href="#">Hammer Curls</a>	5	
<a href="#">Standing Dumbbell Curls</a>	5	
<a href="#">Barbell Curls</a>	5	
<a href="#">Incline Dumbbell Curls</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
Cable Curls	5	
<a href="#">Hammer Curls</a>	5	
<a href="#">Standing Dumbbell Curls</a>	8	
<a href="#">Barbell Curls</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
Cable Curls	8	
<a href="#">Hammer Curls</a>	8	
<a href="#">Standing Dumbbell Curls</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
Cable Curls	13	
<a href="#">Hammer Curls</a>	13	
<b>Set 9</b>		<b>60</b>
Cable Curls	21	

Adonis Effect Progressive Super Sets		
Week 1 Day 3 - Progressive Super Set 1		
Set	Reps	Rest (Seconds)
Set 1		
<a href="#">Flat Dumbbell Press</a>	21	
Super Set 2 (do the following 2 exercises back to back)		60
<a href="#">Flat Dumbbell Press</a>	13	
<a href="#">Cable Cross Over Low Finish</a>	13	
Super Set 3 (do the following 3 in one non-stop set)		60
<a href="#">Flat Dumbbell Press</a>	8	
<a href="#">Cable Cross Over Low Finish</a>	8	
<a href="#">Incline Dumbbell Press</a>	8	
Super Set 4 (do the following 4 in one non-stop set)		90
<a href="#">Flat Dumbbell Press</a>	5	
<a href="#">Cable Cross Over Low Finish</a>	5	
<a href="#">Incline Dumbbell Press</a>	8	
<a href="#">Flat Dumbbell Fly</a>	8	
Super Set 5 (do the following 5 in one non-stop set)		120
<a href="#">Flat Dumbbell Press</a>	5	
<a href="#">Cable Cross Over Low Finish</a>	5	
<a href="#">Incline Dumbbell Press</a>	5	
<a href="#">Flat Dumbbell Fly</a>	5	
<a href="#">Push Ups</a>	5	
Super Set 6 (do the following 4 in one non-stop set)		120
<a href="#">Flat Dumbbell Press</a>	5	
<a href="#">Cable Cross Over Low Finish</a>	5	
<a href="#">Incline Dumbbell Press</a>	8	
<a href="#">Flat Dumbbell Fly</a>	8	
Super Set 7 (do the following 3 in one non-stop set)		120
<a href="#">Flat Dumbbell Press</a>	8	
<a href="#">Cable Cross Over Low Finish</a>	8	
<a href="#">Incline Dumbbell Press</a>	8	
Super Set 8 (do the following 2 exercises back to back)		90
<a href="#">Flat Dumbbell Press</a>	13	
<a href="#">Cable Cross Over Low Finish</a>	13	
Set 9		60
<a href="#">Flat Dumbbell Press</a>	21	

Adonis Effect Progressive Super Sets		
Week 1 Day 3 - Progressive Super Set 2		
Set 1	Reps	Rest (Seconds)
<a href="#">Standing Calf Raises</a>	21	
Super Set 2 (do the following 2 exercises back to back)		60
<a href="#">Standing Calf Raises</a>	13	
<a href="#">Calf Press</a>	13	
Super Set 3 (do the following 3 in one non-stop set)		60
<a href="#">Standing Calf Raises</a>	8	
<a href="#">Calf Press</a>	8	
<a href="#">Seated Calf Raise</a>	8	
Super Set 4 (do the following 4 in one non-stop set)		90
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Calf Press</a>	5	
<a href="#">Seated Calf Raise</a>	8	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	8	
Super Set 5 (do the following 5 in one non-stop set)		120
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Calf Press</a>	5	
<a href="#">Seated Calf Raise</a>	5	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	5	
Jumps	5	
Super Set 6 (do the following 4 in one non-stop set)		120
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Calf Press</a>	5	
<a href="#">Seated Calf Raise</a>	8	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	8	
Super Set 7 (do the following 3 in one non-stop set)		120
<a href="#">Standing Calf Raises</a>	8	
<a href="#">Calf Press</a>	8	
<a href="#">Seated Calf Raise</a>	8	
Super Set 8 (do the following 2 exercises back to back)		90
<a href="#">Standing Calf Raises</a>	13	
<a href="#">Calf Press</a>	13	
Set 9		60
<a href="#">Standing Calf Raises</a>	21	



Adonis Effect Progressive Super Sets		
<b>Week 1 Day 4 - Progressive Super Set 1</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Shrugs</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Shrugs</a>	13	
<a href="#">Front Raises</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Shrugs</a>	8	
<a href="#">Front Raises</a>	8	
<a href="#">High Pull</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Shrugs</a>	5	
<a href="#">Front Raises</a>	5	
<a href="#">High Pull</a>	8	
<a href="#">Seated Lateral Raise</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Shrugs</a>	5	
<a href="#">Front Raises</a>	5	
<a href="#">High Pull</a>	5	
<a href="#">Seated Lateral Raise</a>	5	
Seated Bent Lateral Raise	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Shrugs</a>	5	
<a href="#">Front Raises</a>	5	
<a href="#">High Pull</a>	8	
<a href="#">Seated Lateral Raise</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Shrugs</a>	8	
<a href="#">Front Raises</a>	8	
<a href="#">High Pull</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Shrugs</a>	13	
<a href="#">Front Raises</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Shrugs</a>	21	

Adonis Effect Progressive Super Sets		
Week 1 Day 4 - Progressive Super Set 2		
Set 1	Reps	Rest (Seconds)
<a href="#">Bodyweight Squat</a>	21	
Super Set 2 (do the following 2 exercises back to back)		60
<a href="#">Bodyweight Squat</a>	13	
<a href="#">Step Ups</a>	13	
Super Set 3 (do the following 3 in one non-stop set)		60
<a href="#">Bodyweight Squat</a>	8	
<a href="#">Step Ups</a>	8	
Barbell Squat	8	
Super Set 4 (do the following 4 in one non-stop set)		90
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Step Ups</a>	5	
Barbell Squat	8	
<a href="#">Bulgarian Split Squat</a>	8	
Super Set 5 (do the following 5 in one non-stop set)		120
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Step Ups</a>	5	
Barbell Squat	5	
<a href="#">Bulgarian Split Squat</a>	5	
Get Ups	5	
Super Set 6 (do the following 4 in one non-stop set)		120
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Step Ups</a>	5	
Barbell Squat	8	
<a href="#">Bulgarian Split Squat</a>	8	
Super Set 7 (do the following 3 in one non-stop set)		120
<a href="#">Bodyweight Squat</a>	8	
<a href="#">Step Ups</a>	8	
Barbell Squat	8	
Super Set 8 (do the following 2 exercises back to back)		90
<a href="#">Bodyweight Squat</a>	13	
<a href="#">Step Ups</a>	13	
Set 9		60
<a href="#">Bodyweight Squat</a>	21	

Adonis Effect Progressive Super Sets		
<b>Week 2 Day 1 - Progressive Super Set 1</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Reverse Grip Pulldowns</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Reverse Grip Pulldowns</a>	13	
<a href="#">Low Pulley Row</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Reverse Grip Pulldowns</a>	8	
<a href="#">Low Pulley Row</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Reverse Grip Pulldowns</a>	5	
<a href="#">Low Pulley Row</a>	5	
<a href="#">Dumbbell Upright Row</a>	8	
<a href="#">Inverted Row</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Reverse Grip Pulldowns</a>	5	
<a href="#">Low Pulley Row</a>	5	
<a href="#">Dumbbell Upright Row</a>	5	
<a href="#">Inverted Row</a>	5	
<a href="#">Shrugs</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Reverse Grip Pulldowns</a>	5	
<a href="#">Low Pulley Row</a>	5	
<a href="#">Dumbbell Upright Row</a>	8	
<a href="#">Inverted Row</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Reverse Grip Pulldowns</a>	8	
<a href="#">Low Pulley Row</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Reverse Grip Pulldowns</a>	13	
<a href="#">Low Pulley Row</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Reverse Grip Pulldowns</a>	21	

Adonis Effect Progressive Super Sets		
Week 2 Day 1 - Progressive Super Set 2		
Set	Reps	Rest (Seconds)
<b>Set 1</b>		
<a href="#">Lying Tricep Extensions (dumbbell)</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	13	
<a href="#">V-bar pushdowns</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	8	
<a href="#">V-bar pushdowns</a>	8	
Seated dumbbell Overhead Tricep Extension	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	5	
<a href="#">V-bar pushdowns</a>	5	
Seated dumbbell Overhead Tricep Extension	8	
<a href="#">Tate Press</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	5	
<a href="#">V-bar pushdowns</a>	5	
Seated dumbbell Overhead Tricep Extension	5	
<a href="#">Tate Press</a>	5	
<a href="#">Offset Pushups</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	5	
<a href="#">V-bar pushdowns</a>	5	
Seated dumbbell Overhead Tricep Extension	8	
<a href="#">Tate Press</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	8	
<a href="#">V-bar pushdowns</a>	8	
Seated dumbbell Overhead Tricep Extension	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	13	
<a href="#">V-bar pushdowns</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Lying Tricep Extensions (dumbbell)</a>	21	

Adonis Effect Progressive Super Sets		
Week 2 Day 2 - Progressive Super Set 1		
Set 1	Reps	Rest (Seconds)
Military Press	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
Military Press	13	
<a href="#">High Pull</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
Military Press	8	
<a href="#">High Pull</a>	8	
<a href="#">Seated Lateral Raise</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
Military Press	5	
<a href="#">High Pull</a>	5	
<a href="#">Seated Lateral Raise</a>	8	
Seated Bent Lateral Raise	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
Military Press	5	
<a href="#">High Pull</a>	5	
<a href="#">Seated Lateral Raise</a>	5	
Seated Bent Lateral Raise	5	
<a href="#">Power Shrug</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
Military Press	5	
<a href="#">High Pull</a>	5	
<a href="#">Seated Lateral Raise</a>	8	
Seated Bent Lateral Raise	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
Military Press	8	
<a href="#">High Pull</a>	8	
<a href="#">Seated Lateral Raise</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
Military Press	13	
<a href="#">High Pull</a>	13	
<b>Set 9</b>		<b>60</b>
Military Press	21	

Adonis Effect Progressive Super Sets		
Week 2 Day 2 - Progressive Super Set 2		
Set 1	Reps	Rest (Seconds)
<a href="#">Barbell Curl</a>	21	
Super Set 2 (do the following 2 exercises back to back)		60
<a href="#">Barbell Curl</a>	13	
<a href="#">Incline Dumbbell Curls</a>	13	
Super Set 3 (do the following 3 in one non-stop set)		60
<a href="#">Barbell Curl</a>	8	
<a href="#">Incline Dumbbell Curls</a>	8	
<a href="#">Seated Dumbbell Curl</a>	8	
Super Set 4 (do the following 4 in one non-stop set)		90
<a href="#">Barbell Curl</a>	5	
<a href="#">Incline Dumbbell Curls</a>	5	
<a href="#">Seated Dumbbell Curl</a>	8	
<a href="#">Hammer Curl</a>	8	
Super Set 5 (do the following 5 in one non-stop set)		120
<a href="#">Barbell Curl</a>	5	
<a href="#">Incline Dumbbell Curls</a>	5	
<a href="#">Seated Dumbbell Curl</a>	5	
<a href="#">Hammer Curl</a>	5	
<a href="#">Concentration Curl</a>	5	
Super Set 6 (do the following 4 in one non-stop set)		120
<a href="#">Barbell Curl</a>	5	
<a href="#">Incline Dumbbell Curls</a>	5	
<a href="#">Seated Dumbbell Curl</a>	8	
<a href="#">Hammer Curl</a>	8	
Super Set 7 (do the following 3 in one non-stop set)		120
<a href="#">Barbell Curl</a>	8	
<a href="#">Incline Dumbbell Curls</a>	8	
<a href="#">Seated Dumbbell Curl</a>	8	
Super Set 8 (do the following 2 exercises back to back)		90
<a href="#">Barbell Curl</a>	13	
<a href="#">Incline Dumbbell Curls</a>	13	
Set 9		60
<a href="#">Barbell Curl</a>	21	

Adonis Effect Progressive Super Sets		
Week 2 Day 3 - Progressive Super Set 1		
Set 1	Reps	Rest (Seconds)
Bench Press	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
Bench Press	13	
<a href="#">Decline Push Up</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
Bench Press	8	
<a href="#">Decline Push Up</a>	8	
<a href="#">Incline Dumbbell Press</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
Bench Press	5	
<a href="#">Decline Push Up</a>	5	
<a href="#">Incline Dumbbell Press</a>	8	
<a href="#">Incline Dumbbell Fly</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
Bench Press	5	
<a href="#">Decline Push Up</a>	5	
<a href="#">Incline Dumbbell Press</a>	5	
<a href="#">Incline Dumbbell Fly</a>	5	
Dips	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
Bench Press	5	
<a href="#">Decline Push Up</a>	5	
<a href="#">Incline Dumbbell Press</a>	8	
<a href="#">Incline Dumbbell Fly</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
Bench Press	8	
<a href="#">Decline Push Up</a>	8	
<a href="#">Incline Dumbbell Press</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
Bench Press	13	
<a href="#">Decline Push Up</a>	13	
<b>Set 9</b>		<b>60</b>
Bench Press	21	

Adonis Effect Progressive Super Sets		
<b>Week 2 Day 3 - Progressive Super Set 2</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Calf Press</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Calf Press</a>	13	
<a href="#">Standing Calf Raises</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Calf Press</a>	8	
<a href="#">Standing Calf Raises</a>	8	
<a href="#">Seated Calf Raise</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Calf Press</a>	5	
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Seated Calf Raise</a>	8	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Calf Press</a>	5	
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Seated Calf Raise</a>	5	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	5	
Jumps	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Calf Press</a>	5	
<a href="#">Standing Calf Raises</a>	5	
<a href="#">Seated Calf Raise</a>	8	
<a href="#">One Leg Calf Raise (Dumbbell)</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Calf Press</a>	8	
<a href="#">Standing Calf Raises</a>	8	
<a href="#">Seated Calf Raise</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Calf Press</a>	13	
<a href="#">Standing Calf Raises</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Calf Press</a>	21	



Adonis Effect Progressive Super Sets		
<b>Week 2 Day 4 - Progressive Super Set 1</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">High Pull</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">High Pull</a>	13	
<a href="#">Standing Lateral Raise</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">High Pull</a>	8	
<a href="#">Standing Lateral Raise</a>	8	
<a href="#">Bent Lateral Raise</a>	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">High Pull</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">High Pull</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	5	
<a href="#">Dumbbell Upright Row</a>	5	
<a href="#">Power Shrug</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">High Pull</a>	5	
<a href="#">Standing Lateral Raise</a>	5	
<a href="#">Bent Lateral Raise</a>	8	
<a href="#">Dumbbell Upright Row</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">High Pull</a>	8	
<a href="#">Standing Lateral Raise</a>	8	
<a href="#">Bent Lateral Raise</a>	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">High Pull</a>	13	
<a href="#">Standing Lateral Raise</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">High Pull</a>	21	

Adonis Effect Progressive Super Sets		
<b>Week 2 Day 4 - Progressive Super Set 2</b>		
Set 1	Reps	Rest (Seconds)
<a href="#">Bodyweight Squat</a>	21	
<b>Super Set 2 (do the following 2 exercises back to back)</b>		<b>60</b>
<a href="#">Bodyweight Squat</a>	13	
<a href="#">Reverse Lunge</a>	13	
<b>Super Set 3 (do the following 3 in one non-stop set)</b>		<b>60</b>
<a href="#">Bodyweight Squat</a>	8	
<a href="#">Reverse Lunge</a>	8	
Barbell Squat	8	
<b>Super Set 4 (do the following 4 in one non-stop set)</b>		<b>90</b>
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Reverse Lunge</a>	5	
Barbell Squat	8	
<a href="#">Step Ups</a>	8	
<b>Super Set 5 (do the following 5 in one non-stop set)</b>		<b>120</b>
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Reverse Lunge</a>	5	
Barbell Squat	5	
<a href="#">Step Ups</a>	5	
<a href="#">Get Ups</a>	5	
<b>Super Set 6 (do the following 4 in one non-stop set)</b>		<b>120</b>
<a href="#">Bodyweight Squat</a>	5	
<a href="#">Reverse Lunge</a>	5	
Barbell Squat	8	
<a href="#">Step Ups</a>	8	
<b>Super Set 7 (do the following 3 in one non-stop set)</b>		<b>120</b>
<a href="#">Bodyweight Squat</a>	8	
<a href="#">Reverse Lunge</a>	8	
Barbell Squat	8	
<b>Super Set 8 (do the following 2 exercises back to back)</b>		<b>90</b>
<a href="#">Bodyweight Squat</a>	13	
<a href="#">Reverse Lunge</a>	13	
<b>Set 9</b>		<b>60</b>
<a href="#">Bodyweight Squat</a>	21	

ADONIS EFFECT RAGE WORKOUTS

# Timed Sets

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2 Weeks: 4 workouts per week

# RAGE WORKOUT: TIMED SETS Week 1

\*Perform all sets, other than the timed rage set, at about 70-75% of the intensity you would use during your normal Adonis Index workouts.

Rage Times Sets, Week 1			
Day 1 Adonis Index			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Standing Lateral Raise</a>	2	13	60
<a href="#">Front Raises</a>	2	8	60
<a href="#">Seated Lateral Raise</a>	2	5	60
<b>RAGE SET – <a href="#">Standing Dumbbell</a></b>			
<a href="#">Shoulder Press</a> 45 SECONDS	1	X	180
<a href="#">Curl &amp; Press</a>	3	5	60
<a href="#">High Pull</a>	3	8	60
<b>RAGE SET – <a href="#">Power Shrug</a> 45</b>			
SECONDS	1	X	180
<a href="#">Incline Dumbbell Press</a>	3	5	60
<a href="#">Incline Dumbbell Flye</a>	3	8	60
<b>Rage Set – <a href="#">Incline Dumbbell</a></b>			
<a href="#">Press</a> 45 Seconds	1	X	180
<a href="#">Triceps Rope Push Down</a>	3	21	60

BUILD & BURN Week 1:			
Day 2 LEGS & BACK			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	3	13	60
<a href="#">Reverse Lunge</a>	3	8	60
<a href="#">Stiff Leg Deadlift</a>	2	5	60
<b>RAGE SET – <a href="#">DUMBBEL SQUAT</a> 45</b>			
SECONDS	1	X	180
<a href="#">Wide Grip Pulldown</a>	3	5	60
<a href="#">One Arm Dumbbell Row</a>	5	8	60
<b>RAGE SET – <a href="#">Low Pulley Row Wide</a></b>			
<a href="#">Grip</a>	1	X	180
<a href="#">Barbell Curl</a>	3	21	60

Rage Times Sets, Week 1			
Day 3 Adonis Index			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Standing Lateral Raise</a>	2	13	60
<a href="#">Standing Shoulder Press</a>	2	8	60
<a href="#">Bent Lateral Raise</a>	2	5	60
<b>RAGE SET – <a href="#">Standing Dumbbell Shoulder Press</a> 50 SECONDS</b>	<b>1</b>	<b>X</b>	<b>180</b>
<a href="#">Curl &amp; Press</a>	3	5	60
<a href="#">High Pull</a>	3	8	60
<b>RAGE SET – <a href="#">Power Shrug</a> 50 SECONDS</b>	<b>1</b>	<b>X</b>	<b>180</b>
<a href="#">One Arm Push ups</a>	3	13	60
<a href="#">Incline Dumbbell Flyes</a>	3	8	60
<b>Rage Set – <a href="#">Incline Dumbbell Press</a> 50 Seconds</b>	<b>1</b>	<b>X</b>	<b>180</b>
<a href="#">Tate Press</a>	3	21	60

BUILD & BURN Week 1:			
Day 4 LEGS & BACK			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	3	13	60
<a href="#">Reverse Lunge</a>	3	8	60
<a href="#">Stiff Leg Deadlift</a>	2	5	60
<b>RAGE SET – <a href="#">DUMBBEL SQUAT</a> 50 SECONDS</b>	<b>1</b>	<b>X</b>	<b>180</b>
<a href="#">Reverse Grip Pulldowns</a>	3	5	60
<a href="#">Bent Dumbbell Row</a>	5	8	60
<b>RAGE SET - <a href="#">Low Pulley Row Wide Grip</a> 50 Seconds</b>	<b>1</b>	<b>X</b>	<b>180</b>
<a href="#">Seated Dumbbell Curl</a>	3	21	60

# RAGE WORKOUTS: TIMED SETS Week 2

Rage Times Sets, Week 2			
Day 1 Adonis Index			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Standing Lateral Raises</a>	2	13	60
<a href="#">Standing Shoulder Press</a>	2	8	60
<a href="#">Bent Lateral Raise</a>	2	5	60
<b>RAGE SET – <a href="#">Standing Dumbbell</a></b>			
<a href="#">Shoulder Press</a> 55 SECONDS	1	X	180
<a href="#">Seated Shoulder Press</a>	3	8	60
<a href="#">High Pull</a>	3	5	60
<b>RAGE SET – <a href="#">Power Shrug</a> 55</b>			
<b>SECONDS</b>	1	X	180
<a href="#">Incline Dumbbell Press</a>	3	8	60
<a href="#">Incline Dumbbell Flyes</a>	3	5	60
<b>Rage Set – <a href="#">Incline Dumbbell</a></b>			
<a href="#">Press</a> 55 Seconds	1	X	180
<a href="#">Close Grip Pushups</a>	3	13	60
<a href="#">Triceps Rope Push Down</a>	3	21	60

BUILD & BURN Week 2:			
Day 2 LEGS & BACK			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	3	13	60
<a href="#">Reverse Lunge</a>	3	8	60
<a href="#">Stiff Leg Deadlift</a>	2	5	60
<b>RAGE SET – <a href="#">DUMBBEL</a></b>			
<a href="#">SQUAT</a> 55 SECONDS	1	X	180
<a href="#">Wide Grip Pulldown</a>	3	8	60
<a href="#">One Arm Dumbbell Rows</a>	5	5	60
<b>RAGE SET - <a href="#">Low Pulley</a></b>			
<a href="#">Row Wide Grip</a> 55 Seconds	1	X	180
<a href="#">Reverse Grip Pulldowns</a>	3	8	60
<a href="#">Barbell Curl</a>	3	21	60

Rage Times Sets, Week 2			
Day 3 Adonis Index			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Standing Lateral Raises</a>	2	13	60
<a href="#">Standing Shoulder Press</a>	2	8	60
<a href="#">Seated Lateral Raise</a>	2	5	60
<b>RAGE SET – <a href="#">Standing Dumbbell</a></b>			
<a href="#">Shoulder Press</a> 60 SECONDS	1	X	180
<a href="#">Curl &amp; Press</a>	3	8	60
<b>RAGE SET – <a href="#">Power Shrug</a> 60 SECONDS</b>			
<a href="#">Incline Dumbbell Flyes</a>	3	13	60
<b>Rage Set – Incline Dumbbell</b>			
<a href="#">Bench Press</a> 60 Seconds	1	X	180
<a href="#">Tate Press</a>	3	21	60

BUILD & BURN Week 2			
Day 4 LEGS & BACK			
Exercise			
Warm Up Sets	Sets	Reps	Rest (Sec)
<a href="#">Reverse Lunge</a>	3	13	60
<a href="#">Step Ups</a>	3	8	60
<a href="#">Stiff Leg Deadlift</a>	2	5	60
<b>RAGE SET – <a href="#">DUMBBEL</a></b>			
<a href="#">SQUAT</a> 60 SECONDS	1	X	180
<a href="#">Reverse Grip Pulldowns</a>	3	8	60
<b>RAGE SET - <a href="#">Low Pulley</a></b>			
<a href="#">Row Wide Grip</a> 60 Seconds	1	X	180
<a href="#">Seated Dumbbell Curl</a>	3	21	60

# Conditioning Circuits

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2 weeks 4 workouts per week



# RAGE WORKOUTS: CONDITIONING CIRCUITS

## Week 1

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<b>Week 1: Day 1</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Push Ups</a>	21
<a href="#">Bodyweight Squat</a>	21
<a href="#">Curl &amp; Press</a>	13
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Close Hands Push Ups</a>	21
<a href="#">Prisoner Squat</a>	21
<a href="#">Bent Dumbbell Row</a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Reverse Lunge</a>	13
<a href="#">Wide Grip Pulldown</a>	13
<a href="#">Stability Ball Curl ups</a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Incline Dumbbell Press</a>	13
<a href="#">Standing Calf Raises</a>	21
<a href="#">Stability Ball Roll outs</a>	21
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
Dips	21
<a href="#">Seated Calf Raise</a>	21
<a href="#">Squat &amp; Press</a>	13

<b>Week 1: Day 2</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Bodyweight Squat</u></a>	21
<a href="#"><u>Offset Push ups</u></a>	8
<a href="#"><u>Stability Ball Roll outs</u></a>	13
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Push Up &amp; Row</u></a>	8
<a href="#"><u>Reverse Lunge</u></a>	21
<a href="#"><u>Standing Dumbbell Press</u></a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Standing Calf Raises</u></a>	21
<a href="#"><u>Dumbbell Upright Row</u></a>	13
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Close Hands Push Ups</u></a>	13
<a href="#"><u>Prisoner Squat</u></a>	21
<a href="#"><u>Stability Ball Roll outs</u></a>	21
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Bench Squat &amp; Press</u></a>	13
<a href="#"><u>Standing Calf Raises</u></a>	21
Dips	21

<b>Week 1: Day 3</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Spiderman Push ups</u></a>	8
<a href="#"><u>Bodyweight Squat</u></a>	21
<a href="#"><u>Curl &amp; Press</u></a>	13
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Close Hands Push up</u></a>	21
<a href="#"><u>Reverse Lunge</u></a>	13
<a href="#"><u>Standing Dumbbell Press</u></a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Prisoner Squat</u></a>	21
<a href="#"><u>Dumbbell Upright Row</u></a>	13
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Bent Dumbbell Row</u></a>	13
<a href="#"><u>Standing Calf Raises</u></a>	21
<a href="#"><u>Stability Ball Roll outs</u></a>	21
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Push Ups</u></a>	21
<a href="#"><u>Standing Calf Raises</u></a>	21
<a href="#"><u>Squat &amp; Press</u></a>	13

<b>Week 1: Day 4</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
Take 1 minute rest between each circuit	<b>Reps</b>
<a href="#">Bodyweight Squat</a>	21
<a href="#">Stability Ball Rollouts</a>	13
<a href="#">Reverse Lunge</a>	13
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
Take 1 minute rest between each circuit	<b>Reps</b>
<a href="#">Close Hands Push Ups</a>	21
<a href="#">Triple Raise</a>	21
<a href="#">Bulgarian Squat</a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
Take 1 minute rest between each circuit	<b>Reps</b>
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Curl &amp; Press</a>	13
<a href="#">Reverse Lunge</a>	13
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
Take 1 minute rest between each circuit	<b>Reps</b>
<a href="#">Push Ups</a>	21
<a href="#">Standing Calf Raises</a>	21
<a href="#">Close Grip Pulldowns</a>	13
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
Take 1 minute rest between each circuit	<b>Reps</b>
<a href="#">Standing Calf Raise</a>	21
<a href="#">Cable Cross Over Low Finish</a>	13
<a href="#">Dumbbell Upright Row</a>	13

# RAGE WORKOUTS: CONDITIONING CIRCUITS

## Week 2

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<b>Week 2: Day 1</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Complete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Bodyweight Squat</a>	21
<a href="#">Stability Ball Roll outs</a>	13
<a href="#">Pushups</a>	21
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Complete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Bulgarian Squat</a>	13
<a href="#">Dumbbell Upright Row</a>	21
<a href="#">Standing Dumbbell Press</a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Complete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Front Raise plate</a>	13
<a href="#">Prisoner Squat</a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Complete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Reverse Lunge</a>	13
<a href="#">Curl &amp; Press</a>	21
<a href="#">Wide Grip Pulldown</a>	13
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Complete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#">Standing Calf Raise</a>	21
<a href="#">Incline Dumbbell Press</a>	13
<a href="#">Bodyweight Squat</a>	21

<b>Week 2: Day 2</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Decline Pushups</u></a>	21
<a href="#"><u>Step Ups</u></a>	13
<a href="#"><u>Stability Ball Roll Out</u></a>	21
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Reverse Lunge</u></a>	13
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<a href="#"><u>Pulldown &amp; Pressdown</u></a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<a href="#"><u>Cable Cross Over High Finish</u></a>	13
<a href="#"><u>Prisoner Squat</u></a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Squat &amp; Press</u></a>	13
<a href="#"><u>Standing Calf Raise</u></a>	21
<a href="#"><u>Dumbbell Upright Row</u></a>	13
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Standing Calf Raise</u></a>	21
<a href="#"><u>Incline Flye</u></a>	13
<a href="#"><u>Stability Ball Rollouts</u></a>	21

<b>Week 2: Day 3</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Triple Raise</u></a>	21
<a href="#"><u>Reverse Lunge</u></a>	13
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Step Ups</u></a>	13
<a href="#"><u>Stability Ball Roll outs</u></a>	21
<a href="#"><u>Curl &amp; Press</u></a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Prisoner Squat</u></a>	21
<a href="#"><u>Pulldown &amp; Pressdown</u></a>	13
<a href="#"><u>Bent Dumbbell Row</u></a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Squat &amp; Press</u></a>	13
<a href="#"><u>Standing Calf Raise</u></a>	21
<a href="#"><u>Low Cable Crossover</u></a>	13
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Standing Calf Raise</u></a>	21
<a href="#"><u>Bench Squat &amp; Press</u></a>	13
<a href="#"><u>Pushups</u></a>	21

<b>Week 2: Day 4</b>	
<b>CONDITIONING CIRCUITS</b>	
<b>Circuit 1 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Prisoner Squat</u></a>	21
<a href="#"><u>Pulldown &amp; Pressdown</u></a>	13
<a href="#"><u>Bent Dumbbell Row</u></a>	21
<b>3 Min Rest then move on to Circuit 2</b>	
<b>Circuit 2 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Step Ups</u></a>	13
<a href="#"><u>Stability Ball Roll outs</u></a>	21
<a href="#"><u>Curl &amp; Press</u></a>	13
<b>3 Min Rest then move on to Circuit 3</b>	
<b>Circuit 3 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Stability Ball Curl ups</u></a>	21
<a href="#"><u>Reverse Lunge</u></a>	13
<a href="#"><u>Triple Raise</u></a>	21
<b>3 Min Rest then move on to Circuit 4</b>	
<b>Circuit 4 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Squat &amp; Press</u></a>	13
<a href="#"><u>Bodyweight Squat</u></a>	21
<a href="#"><u>Low Cable Crossover</u></a>	13
<b>3 Min Rest then move on to Circuit 5</b>	
<b>Circuit 5 - Compete 3 sets of the following exercises back to back to back</b>	
<b>Take 1 minute rest between each circuit</b>	<b>Reps</b>
<a href="#"><u>Standing Calf Raise</u></a>	21
<a href="#"><u>Squat &amp; Press</u></a>	13
<a href="#"><u>Pushups</u></a>	21