

12 Week Beach Body Program

All sets to be taken to failure: if further reps can be completed following achievement of prescribed rep range, increase weight. This program includes no fancy intensity methods other than supersets; intensity is to be created through lifting the heaviest weight possible and by going to absolute failure on each set.

For all 12-weeks, you must work to continue increasing weight on all lifts; make this your number one training priority to get stronger while maintaining perfect form.

Beach Body Training Plan:

Monday

Morning: (before breakfast) 30 minutes of HIIT (High Intensity Interval Training) cardio

30 seconds at 70% of maximal heart rate/30 seconds at 90% of maximal heart rate, back to back to completion.

Evening: Back & Biceps

- Chin Ups: 4 x 8-12 (add weight once bodyweight becomes less challenging)
- Reverse-grip Pulldowns superset with Single Arm Dumbbell (DB) Rows: 3 x 8-12
- Bent-over Barbell Rows (overhand grip): 2 x 6-8
- Rack Deadlifts: 3 x 8-10

Short break to refuel (ISOFLEX & CARBION+)

After back training, consume approx. 15 grams of whey protein (ISOFLEX) and 15 grams of a quality carb formulation (CARBION+), rest for 20 minutes, then hit arms).

- Incline DB Curls superset with DB Hammer Curls: 3 x 8-12
- Barbell Curls: 3 x 8-12

Tuesday

Morning: Steady State Cardio

40 minutes at 75-80% of maximal heart rate

Evening: Chest & Triceps

- Incline DB Press superset with Incline DB Flyes: 3 x 8-12
- Medium-width Bench Press superset with Close-grip Bench Press: 3 x 8-12
- Decline DB Flyes: 3 x 8-10

Short break to refuel (ISOFLEX & CARBION+)

After back training, consume approx. 15 grams of whey protein (ISOFLEX) and 15 grams of a quality carb formulation (CARBION+), rest for 20 minutes, then hit arms).

- Single Arm DB Overhead Triceps Extensions superset with DB Kickbacks: 3 x 8-12
- Lying Barbell Triceps Extensions: 3 x 8-10
- Rope Press-downs: 2 x 8-12

Wednesday

Morning: (before breakfast) 30 minutes of HIIT (High Intensity Interval Training) cardio

30 seconds at 70% of maximal heart rate/30 seconds at 90% of maximal heart rate, back to back to completion.

Thursday

Evening: Legs

- Barbell Squats: 2 x 8-12
- Barbell Squats superset with Leg Extensions: 2 x 10-15
- Leg Extensions: 2 x 8-12
- Walking Lunges: 3 x 15 (each leg)
- Leg Press: 2 x 8-12
- Standing Calf Raise: 3 x 15-20
- Seated Calf Raise superset with Toe Presses on the Leg Press Machine: 3 x 10-15

Friday

Morning: (before breakfast) 30 minutes of HIIT (High Intensity Interval Training) cardio

30 seconds at 70% of maximal heart rate/30 seconds at 90% of maximal heart rate, back to back to completion.

Saturday

Evening: Shoulders & Abs

- Standing DB Lateral Raise: 3 x 8-12
- Bent-over DB Raise superset with Standing DB Press: 3 x 8-12
- DB Front Raise superset with DB Shrugs: 3 x 8-12
- Swiss Ball Crunches superset with Hanging Leg Raises: 3 x 15-30
- Knee Raise (from bench): 4 x 15-25

Sunday: Rest

12 Week Nutrition Plan:

To ensure optimal hormonal health and consistent fat burning results, work in one cheat/high calorie day per week during which three carbohydrate grams per pound of bodyweight may be consumed and 1-2 meals may comprise any off-limits foods you fancy (each meal totaling 800 calories).

Such high calorie days are an effective way to elevate the metabolic rate, restore thyroid function and (with the inclusion of saturated fats) boost testosterone levels. Trial this approach for 2-3 weeks to see if it works for you; depending on your body type and metabolic rate you may need to schedule two of these days per week or one every 8-10 days.

Vary the overall caloric intake of this diet based on your present body fat levels and dietary requirements. For example, if your body fat levels exceed 13% (for males) or 20% (for females) and you find it difficult to lose weight, calories may need to be scaled down accordingly, or adjusted up if your BF levels are in the single digits and/or your body type is more ectomorphic. This can be done by modifying carbohydrate and fat intake accordingly. Protein is to be maintained as prescribed.

It is encouraged that you mix and match the following meal options to ensure a varied nutrient intake, and adherence to your diet.

Meal 1

Option 1: 150 grams of baked potato; 100 grams of broccoli; 1 whole egg; 6 egg whites

Option 2: 1 cup of brown rice; 100 grams of chicken breast; 1 apple

Recommended Supplements:

- One **VITAFEMME** multi-vitamin pack
- 1 gram of Vitamin C
- 1 scoop **ISOFLEX**
- 1 **Omega 3**

Meal 2

Option 1: 120 grams of water packed tuna; 1 cup of brown rice

Option 2: 120 grams of chicken breast; 1 cup of whole wheat pasta

Meal 3

Option 1: 120 grams of lean red meat; 150 grams of baked potato; one apple

Option 2: 7 egg whites; 100 grams of green beans; 150 grams of sweet potato

Recommended Supplements:

- 1 **Omega 3**
- 1 gram of Vitamin C
- 25 g of **ISOFLEX** (directly after evening training session)
- 1 serving of **CARBION+**, a quality Carbohydrate formulation (directly after evening training session)

Meal 4

Option 1: 150 grams of baked potato; 100 grams of beets; 100 grams of broccoli; 120 grams of chicken breast

Option 2: 120 grams of cabbage; 100 grams of asparagus; 1 cup of brown rice; 120 grams of lean red meat

Meal 5

Option 1: 7 egg whites

Option 2: 100 grams of low fat cottage cheese

Recommended Supplements:

- 15 grams of **CASEIN-FX** protein