

MALE WORKOUT PLAN

FULL BODY MONTH 3

RESULTS, NOT PROMISES.

DISCLAIMER

LIABILITY

When following this plan, you are doing so responsibly with your own guidance and take full responsibility for the effects on your body which you may encounter along the way.

Any form of exercise program can cause injuries and as with any exercise program, you assume certain risks to your health and safety.

It is possible that you may become injured doing the exercises in this program, especially if they are done with poor form. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such exercise activities.

You must consult your doctor before beginning this plan, and also consult your doctor/physical therapist immediately in the event of illness or injury and follow their direct advice in regard to the continuation of the plan.

You agree to use this plan at your own risk and UP Fitness is not responsible for any injuries or health problems you may experience or even death as a result of using this plan.

TERMS OF USE

By signing up to this plan, you agree not to share the documents and data with any third parties.

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FITNESS INSTRUCTIONS

- Increase repetitions by 1 each week.

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- Aim to increase the weight used in each workout , even if only by a little. Use tempo 4010 - see below for explanation.

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- Interval training

For intervals, we recommend outdoor hill sprints or "dead mill" sprints. Set a full sized treadmill to the max incline, then turn the power off. Use your own force to sprint on the belt for the time assigned in the cardio section, then rest and recover. See time details in each workout. You can also use modified strongman training such as prowler or sleds if you have access to the equipment.

-
- Daily step goals

Monday, Tuesday, Wednesday, Friday & Saturday - **12,500** Steps.

Thursday & Sunday (Rest days) - **15,000 steps.**

TEMPO BREAKDOWN

4

ECCENTRIC
LOWERING

0

ISOMETRIC
PAUSE AT BOTTOM

1

CONCENTRIC
LIFTING

0

ISOMETRIC
PAUSE AT TOP

Every rep consists of four phases, and each number refers to the time taken (in seconds) to complete each phase.

ECCENTRIC PHASE

The part of the movement where you lower the weight, e.g. lowering the weights down towards your chest during a dumbbell press.

CONCENTRIC PHASE

The part of the movement where you lift the weight, e.g. pressing the weights upwards during a dumbbell press.

ISOMETRIC PHASE

The transition period that separates successive eccentric and concentric phases, e.g. pausing at the top and bottom positions during a dumbbell press.

Still unsure? Click to watch a video explaining tempo.

Video 1 | Video 2

TRAINING SCHEDULES

WEEK 1

MONDAY	WORKOUT 1 - UPPER BODY A
TUESDAY	20 SETS OF 20 SECOND INTERVALS
WEDNESDAY	WORKOUT 2 - LOWER BODY
THURSDAY	REST - HIGHER STEP GOAL
FRIDAY	WORKOUT 3 - UPPER BODY B
SATURDAY	20 SETS OF 20 SECOND INTERVALS
SUNDAY	REST - HIGHER STEP GOAL

WEEK 2

MONDAY	WORKOUT 1 - UPPER BODY A
TUESDAY	20 SETS OF 20 SECOND INTERVALS
WEDNESDAY	WORKOUT 2 - LOWER BODY
THURSDAY	REST - HIGHER STEP GOAL
FRIDAY	WORKOUT 3 - UPPER BODY B
SATURDAY	20 SETS OF 20 SECOND INTERVALS
SUNDAY	REST - HIGHER STEP GOAL

WEEK 3

MONDAY	WORKOUT 1 - UPPER BODY A
TUESDAY	20 SETS OF 20 SECOND INTERVALS
WEDNESDAY	WORKOUT 2 - LOWER BODY
THURSDAY	REST - HIGHER STEP GOAL
FRIDAY	WORKOUT 3 - UPPER BODY B
SATURDAY	20 SETS OF 20 SECOND INTERVALS
SUNDAY	REST - HIGHER STEP GOAL

WEEK 4

MONDAY	WORKOUT 1 - UPPER BODY A
TUESDAY	20 SETS OF 20 SECOND INTERVALS
WEDNESDAY	WORKOUT 2 - LOWER BODY
THURSDAY	REST - HIGHER STEP GOAL
FRIDAY	WORKOUT 3 - UPPER BODY B
SATURDAY	20 SETS OF 20 SECOND INTERVALS
SUNDAY	REST - HIGHER STEP GOAL

Tip: Print this page out and stick it to your fridge.

WEEK 1

WORKOUT 1 - MONDAY

UPPER BODY A

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	High Incline Neutral Grip Dumbbell Press	4	8	4010	60 sec
A2	Bent Over Wide Grip Cable Row	4	8	4010	60 sec
B1	5° Decline Bench Press	4	8	4010	60 sec
B2	45° Chest Supported Dumbbell Row	4	8	4010	60 sec
C1	Standing Cable Pec Fly	4	8	4010	60 sec
C2	Seated Poliquin Dumbbell Raise	4	8	4010	60 sec
D1	Decline Ez Bar Triceps Extension	3	15	4010	60 sec
D2	Triceps V Bar Push Down	3	15	4010	60 sec
E1	Supinated Incline Dumbbell Biceps Curl	3	15	4010	60 sec
E2	Wide Grip Ez Bar Biceps Curl	3	15	4010	60 sec

WORKOUT 2 - WEDNESDAY

LOWER BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Barbell Back Squat	4	8	4010	60 sec
A2	Lying Hamstrings Curl	4	8	4010	60 sec
B1	Barbell/Dumbbell Walking Lunge	4	8	4010	60 sec
B2	Romanian Deadlift	4	8	4010	60 sec
C1	Alternate Dumbbell Lunge	4	8	4010	60 sec
C2	Seated Quads Extension	4	8	4010	60 sec
D1	Hanging Knee Raise	3	15	4010	60 sec
D2	Feet Elevated Crunch	3	15	4010	60 sec

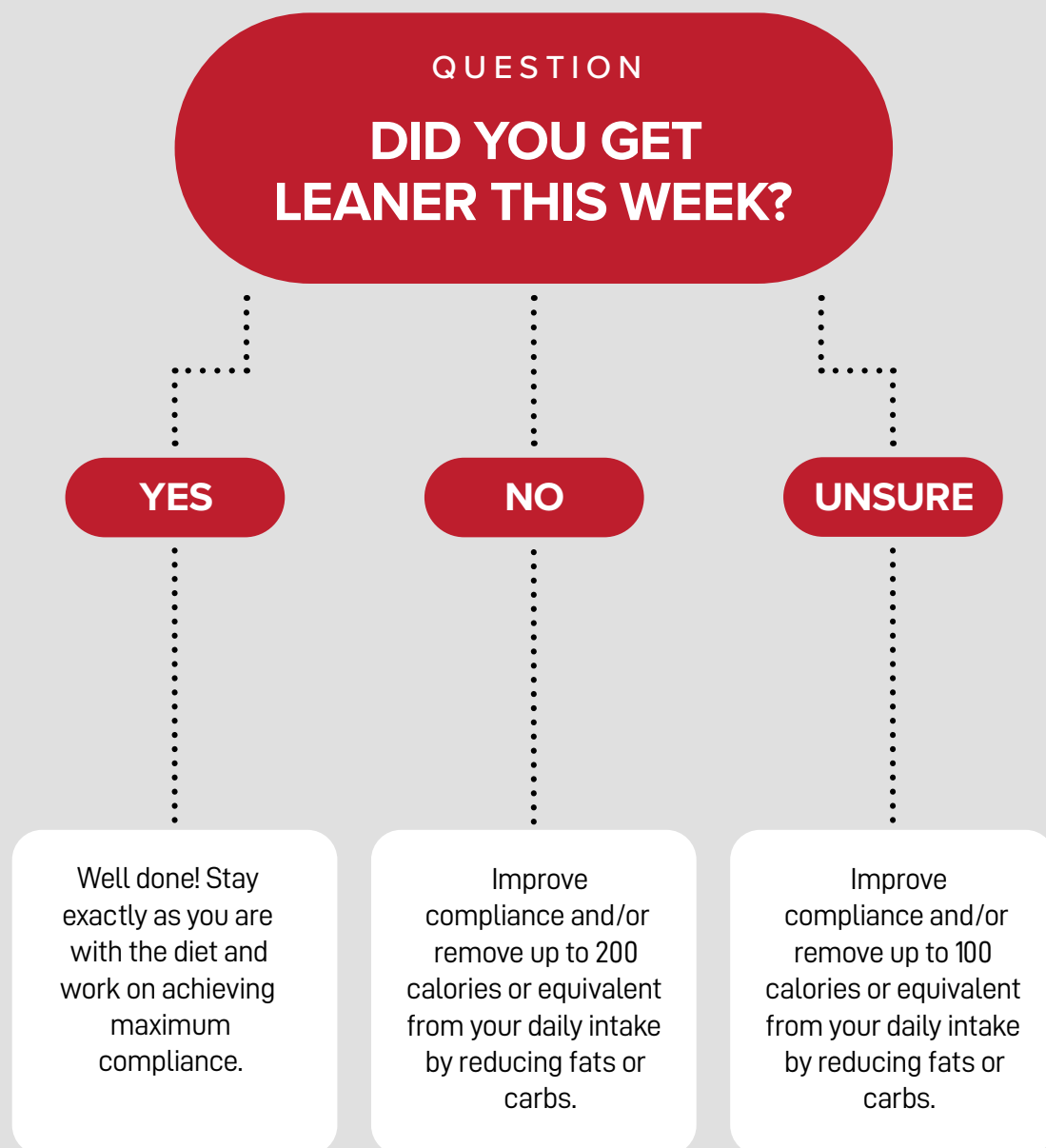
WORKOUT 3 - FRIDAY

UPPER BODY B

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Decline Dumbbell Bench Press	4	8	4010	60 sec
A2	Wide Grip Pull Up	4	8	4010	60 sec
B1	Incline Barbell Bench Press	4	8	4010	60 sec
B2	Neutral Grip Cable Lat Pull Down	4	8	4010	60 sec
C1	Dumbbell Arnold Press	4	8	4010	60 sec
C2	Bent Over Dumbbell Rear Delt Lateral Raise	4	8	4010	60 sec
D1	Triceps Bar Dip	3	15	4010	60 sec
D2	Triceps Kneeling Overhead Rope Extension	3	15	4010	60 sec
E1	Seated Barbell Preacher Curl	3	15	4010	60 sec
E2	Seated Alternate Dumbbell Hammer Curl	3	15	4010	60 sec

PROGRESS CHECK



- Make sure you join the check in webinar on the Facebook forums to ask questions specific to your individual progress or if you are in later stages and have already removed a large quantity of calories.

WEEK 2

WORKOUT 1 - MONDAY

UPPER BODY A

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	High Incline Neutral Grip Dumbbell Press	4	9	4010	60 sec
A2	Bent Over Wide Grip Cable Row	4	9	4010	60 sec
B1	5° Decline Bench Press	4	9	4010	60 sec
B2	45° Chest Supported Dumbbell Row	4	9	4010	60 sec
C1	Standing Cable Pec Fly	4	9	4010	60 sec
C2	Seated Poliquin Dumbbell Raise	4	9	4010	60 sec
D1	Decline Ez Bar Triceps Extension	3	16	4010	60 sec
D2	Triceps V Bar Push Down	3	16	4010	60 sec
E1	Supinated Incline Dumbbell Biceps Curl	3	16	4010	60 sec
E2	Wide Grip Ez Bar Biceps Curl	3	16	4010	60 sec

WORKOUT 2 - WEDNESDAY

LOWER BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Barbell Back Squat	4	8	4010	60 sec
A2	Lying Hamstrings Curl	4	8	4010	60 sec
B1	Barbell/Dumbbell Walking Lunge	4	8	4010	60 sec
B2	Romanian Deadlift	4	8	4010	60 sec
C1	Alternate Dumbbell Lunge	4	8	4010	60 sec
C2	Seated Quads Extension	4	8	4010	60 sec
D1	Hanging Knee Raise	3	15	4010	60 sec
D2	Feet Elevated Crunch	3	15	4010	60 sec

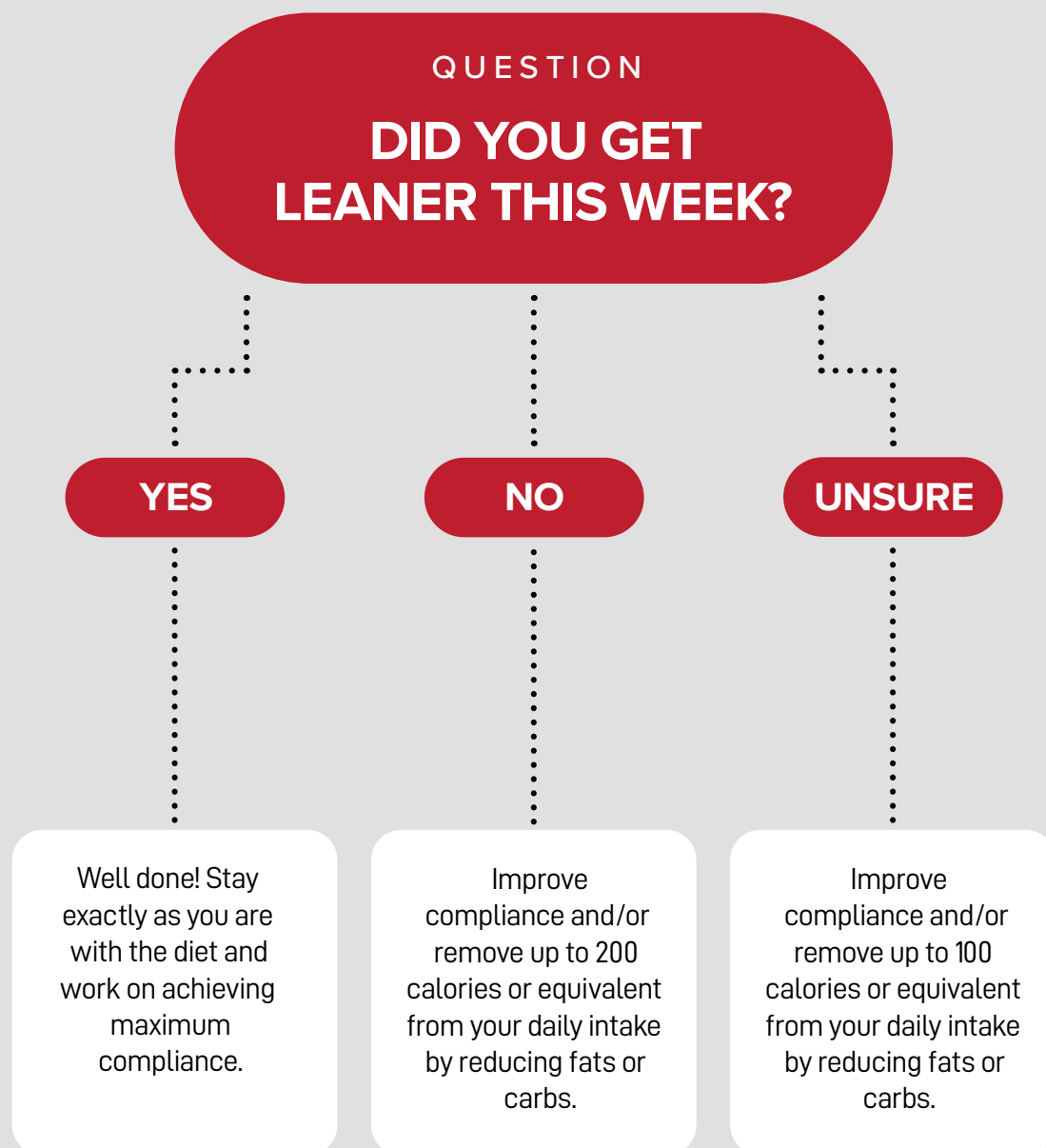
WORKOUT 3 - FRIDAY

UPPER BODY B

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Decline Dumbbell Bench Press	4	9	4010	60 sec
A2	Wide Grip Pull Up	4	9	4010	60 sec
B1	Incline Barbell Bench Press	4	9	4010	60 sec
B2	Neutral Grip Cable Lat Pull Down	4	9	4010	60 sec
C1	Dumbbell Arnold Press	4	9	4010	60 sec
C2	Bent Over Dumbbell Rear Delt Lateral Raise	4	9	4010	60 sec
D1	Triceps Bar Dip	3	16	4010	60 sec
D2	Triceps Kneeling Overhead Rope Extension	3	16	4010	60 sec
E1	Seated Barbell Preacher Curl	3	16	4010	60 sec
E2	Seated Alternate Dumbbell Hammer Curl	3	16	4010	60 sec

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WEEK 3

WORKOUT 1 - MONDAY

UPPER BODY A

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	High Incline Neutral Grip Dumbbell Press	4	10	4010	60 sec
A2	Bent Over Wide Grip Cable Row	4	10	4010	60 sec
B1	5° Decline Bench Press	4	10	4010	60 sec
B2	45° Chest Supported Dumbbell Row	4	10	4010	60 sec
C1	Standing Cable Pec Fly	4	10	4010	60 sec
C2	Seated Poliquin Dumbbell Raise	4	10	4010	60 sec
D1	Decline Ez Bar Triceps Extension	3	17	4010	60 sec
D2	Triceps V Bar Push Down	3	17	4010	60 sec
E1	Supinated Incline Dumbbell Biceps Curl	3	17	4010	60 sec
E2	Wide Grip Ez Bar Biceps Curl	3	17	4010	60 sec

WORKOUT 2 - WEDNESDAY

LOWER BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Barbell Back Squat	4	8	4010	60 sec
A2	Lying Hamstrings Curl	4	8	4010	60 sec
B1	Barbell/Dumbbell Walking Lunge	4	8	4010	60 sec
B2	Romanian Deadlift	4	8	4010	60 sec
C1	Alternate Dumbbell Lunge	4	8	4010	60 sec
C2	Seated Quads Extension	4	8	4010	60 sec
D1	Hanging Knee Raise	3	15	4010	60 sec
D2	Feet Elevated Crunch	3	15	4010	60 sec

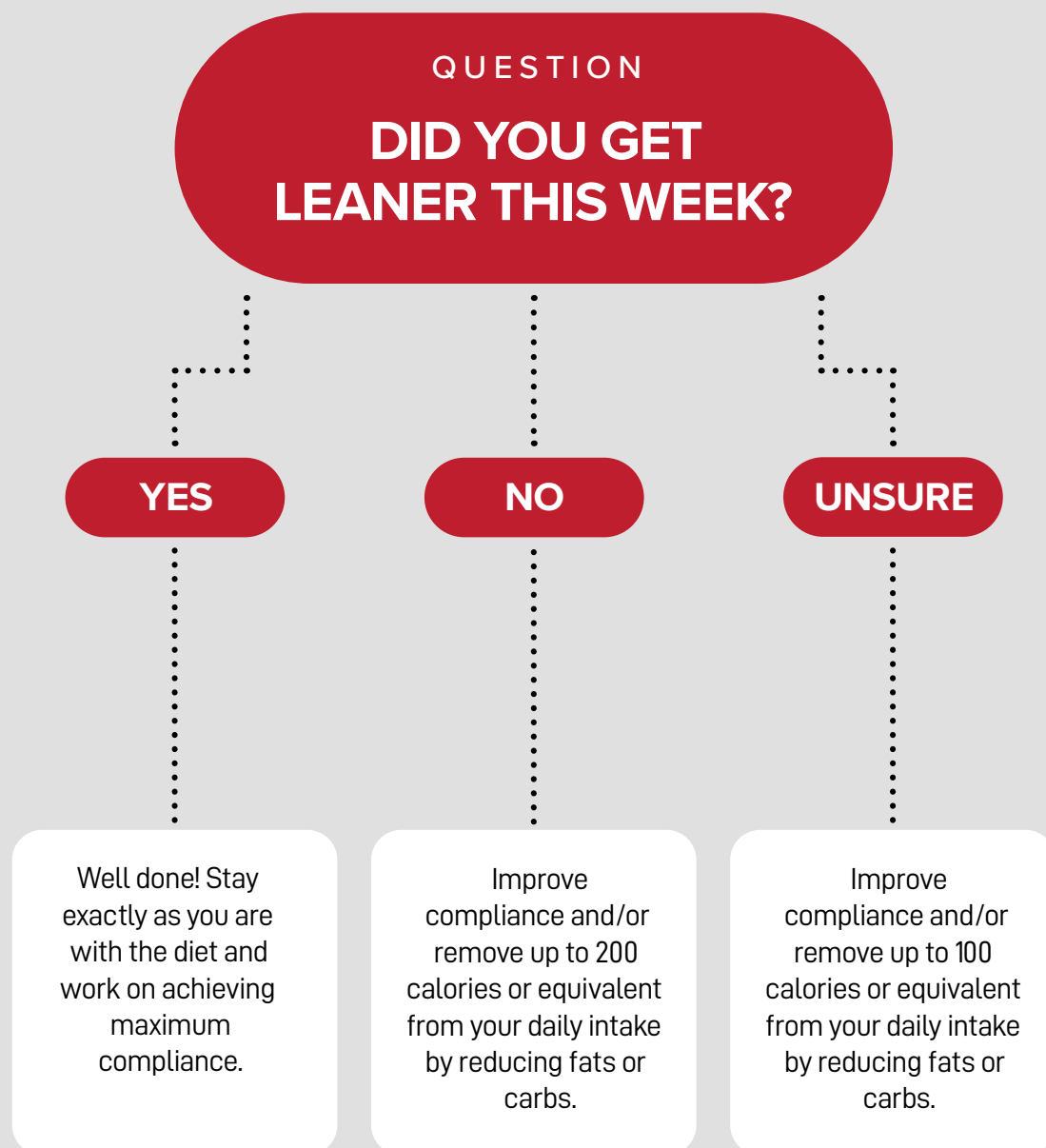
WORKOUT 3 - FRIDAY

UPPER BODY B

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Decline Dumbbell Bench Press	4	10	4010	60 sec
A2	Wide Grip Pull Up	4	10	4010	60 sec
B1	Incline Barbell Bench Press	4	10	4010	60 sec
B2	Neutral Grip Cable Lat Pull Down	4	10	4010	60 sec
C1	Dumbbell Arnold Press	4	10	4010	60 sec
C2	Bent Over Dumbbell Rear Delt Lateral Raise	4	10	4010	60 sec
D1	Triceps Bar Dip	3	17	4010	60 sec
D2	Triceps Kneeling Overhead Rope Extension	3	17	4010	60 sec
E1	Seated Barbell Preacher Curl	3	17	4010	60 sec
E2	Seated Alternate Dumbbell Hammer Curl	3	17	4010	60 sec

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WEEK 4

WORKOUT 1 - MONDAY

UPPER BODY A

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	High Incline Neutral Grip Dumbbell Press	4	11	4010	60 sec
A2	Bent Over Wide Grip Cable Row	4	11	4010	60 sec
B1	5° Decline Bench Press	4	11	4010	60 sec
B2	45° Chest Supported Dumbbell Row	4	11	4010	60 sec
C1	Standing Cable Pec Fly	4	11	4010	60 sec
C2	Seated Poliquin Dumbbell Raise	4	11	4010	60 sec
D1	Decline Ez Bar Triceps Extension	3	18	4010	60 sec
D2	Triceps V Bar Push Down	3	18	4010	60 sec
E1	Supinated Incline Dumbbell Biceps Curl	3	18	4010	60 sec
E2	Wide Grip Ez Bar Biceps Curl	3	18	4010	60 sec

WORKOUT 2 - WEDNESDAY

LOWER BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Barbell Back Squat	4	8	4010	60 sec
A2	Lying Hamstrings Curl	4	8	4010	60 sec
B1	Barbell/Dumbbell Walking Lunge	4	8	4010	60 sec
B2	Romanian Deadlift	4	8	4010	60 sec
C1	Alternate Dumbbell Lunge	4	8	4010	60 sec
C2	Seated Quads Extension	4	8	4010	60 sec
D1	Hanging Knee Raise	3	15	4010	60 sec
D2	Feet Elevated Crunch	3	15	4010	60 sec

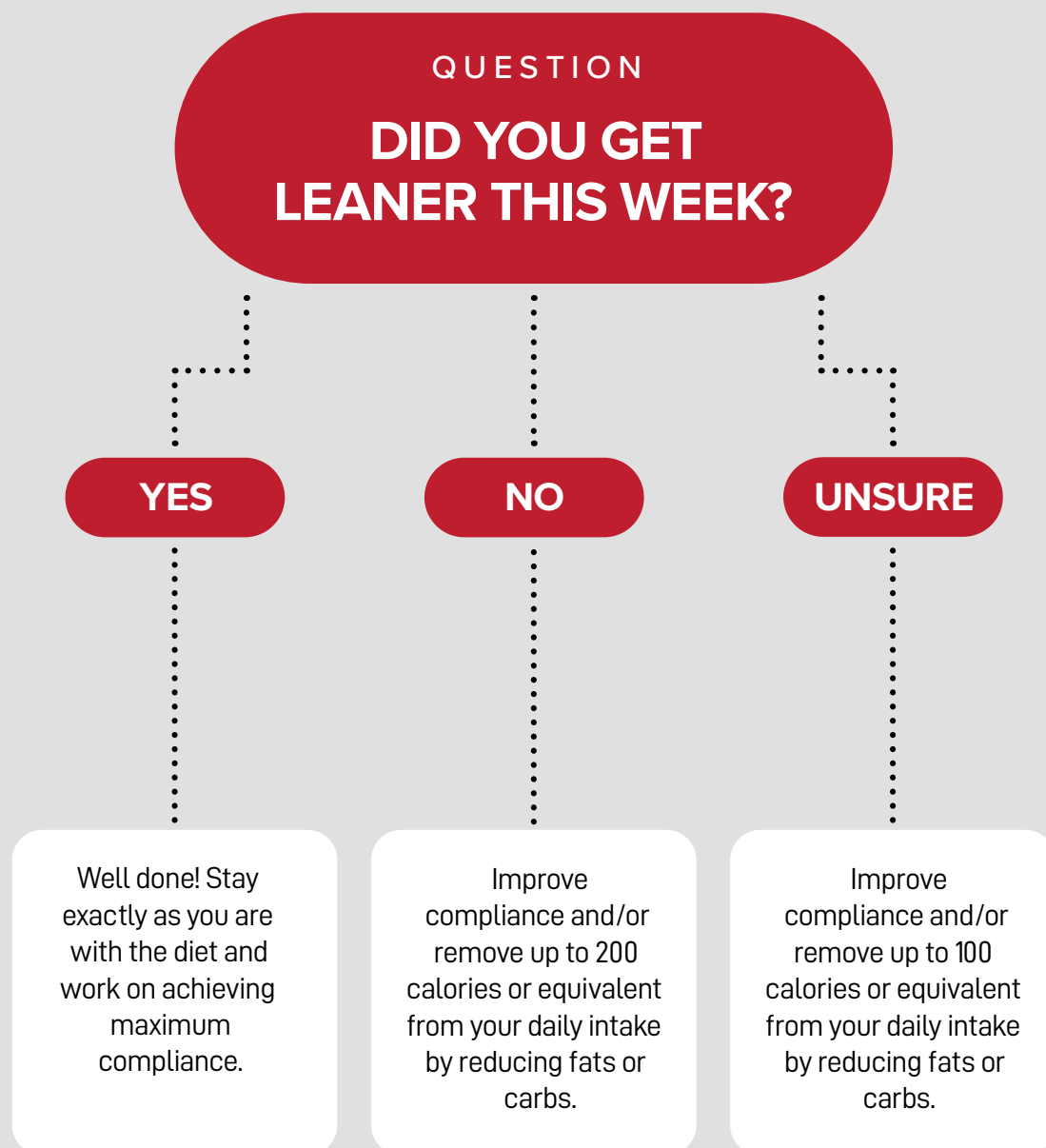
WORKOUT 3 - FRIDAY

UPPER BODY B

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
A1	Decline Dumbbell Bench Press	4	11	4010	60 sec
A2	Wide Grip Pull Up	4	11	4010	60 sec
B1	Incline Barbell Bench Press	4	11	4010	60 sec
B2	Neutral Grip Cable Lat Pull Down	4	11	4010	60 sec
C1	Dumbbell Arnold Press	4	11	4010	60 sec
C2	Bent Over Dumbbell Rear Delt Lateral Raise	4	11	4010	60 sec
D1	Triceps Bar Dip	3	18	4010	60 sec
D2	Triceps Kneeling Overhead Rope Extension	3	18	4010	60 sec
E1	Seated Barbell Preacher Curl	3	18	4010	60 sec
E2	Seated Alternate Dumbbell Hammer Curl	3	18	4010	60 sec

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FOOD PLAN



YOUR NUTRITION AT THIS STAGE SHOULD BE A CONTINUATION OF THE PREVIOUS PHASE.

— 4 MAIN MEALS

Spread out over your day to include the following amounts of each food group, + 3 litres of water per day.

— UPON WAKING

1 whole lemon squeezed into warm water with a pinch of pink Himalayan salt.

— HERBS AND SPICES

— EAT REGULARLY

Do not skip meals, try to avoid alcohol entirely for best results.

NOTES

It's important to us to maximize your chances of success in achieving your goals. Please read the following in order to create a better understanding of what is expected of you. We have also outlined the necessary steps that you should take in order to limit the factors which often cause people to make slower progress.

— PREPARE THOROUGHLY AND BE PRECISE

Purchase your meat, vegetables and fats in advance. Weigh them into the appropriate sized portions and place them into plastic sandwich bags ready for freezing or refrigeration.

This is vital if fat loss is your goal; macro nutrient calculations need to be precise. Buy a good set of digital scales to ensure accuracy. If you are miscalculating your food intake, your progression will be significantly slower.

— STAY HYDRATED

Dehydration by just 10% has been shown to significantly decrease both physical and cognitive performance by up to 70%. If you are dehydrated, your body will be unable to process toxins released when losing fats. This can cause severe damage to you physiologically. Not to mention that staying fully hydrated will improve your strength, stamina, shape and tone, significantly speed up fat loss as well as improving skin, hair and eye health.

— DO NOT NEGLECT YOUR GREENS AND PRESCRIBED FIBRE INTAKE

Natural foods have detoxifying properties, they're full of enzymes and essential vitamins that your body cannot do without. Your greens and other prescribed foods will have a neutralizing effect on toxins and will help remove the waste products which come as a part of a high protein diet. Remain alkaline and you will remain healthy and lose fat.

— YOU WILL ONLY EAT A "CHEAT MEAL" WHEN PRESCRIBED TO DO SO.

A cheat meal is an unnecessary part of a diet. You will only "cheat" when you are advised to do so. This will certainly not be each week.

— DON'T OVER DO IT ON STIMULANTS

As part of your program, you will be advised whether or not to have any stimulants as part of your diet. If so you must restrict yourself to only what has been advised. Excessive stimulant intake can cause adrenal fatigue or symptoms indicating as such. If this occurs, your progress will be slow and extremely difficult.

— CONTROLLING APPETITE

There is a good chance that during low-calorie dieting that you, may find yourself extremely hungry. Here are a few tips on how to reduce the distraction of hunger.

- Eat solely organic, nutrient-dense foods
- Make soups out of your vegetables
- Drink carbonated water
- Brush your teeth when hungry
- Never go shopping hungry

— PREPARE, PREPARE, PREPARE

Never leave the house without your whole days meals pre-prepared. Never get caught short or you will fail. Prep your food, place it in Tupperware tubs and take it with you wherever you go.

SUPPLEMENTATION



Effective nutritional supplementation is an absolute must for anyone seeking to optimise their health or athletic performance.

During this program, your body will need adequate amounts of nutrient-dense foods and the right supplements to maximise your results in minimum time.

We've put together a number of stacks to make your transformation that much easier. You'll recover faster, train harder and feel better with the addition of the right supplements.

[Click this link to get yours.](#)

CHECK-INS

During your transformation, you will need to take comparison photos each Tuesday morning before breakfast.

Start today with your current pictures front, back and side and then each week you will be required to submit your Day 1 pictures vs. your current pictures.

Accurate progress assessment is vital to your success.

It can be incredibly motivating. Shows you what's working, what isn't and what changes you might need to make.

Every Tuesday before 12:00 midday GMT, we want you to upload your progress pictures. Track your weight weekly, but don't focus on this too closely as it is only one useable metric and not necessarily an accurate representation of your progress and changes in body composition.

You will receive an introductory email explaining this, and you can ask any follow-up questions in the online forum.

FAQS

As part of the Ultimate Performance Online Program, you have exclusive access to a private online forum, which includes:

- **Answers to many frequently asked questions on all aspects of training, nutrition and lifestyle.**

- **Library of exercise guides and supporting videos for every exercise included in your workouts.**

- **Community forum where you can engage with UP trainers and share your experiences with fellow clients.**

To access the forum, [CLICK HERE.](#)