

Traditional Workout Series 3

Never missing a day of training is a challenge in itself. Like all the standard workout plans, this is created to target all muscle groups twice within the same week consistently providing shock. Each workout is a full body routine for 4 weeks, 6 days per week. As you begin, warm up with cardio and stretches. Within your 6 days of training alternate between core/ abdominal training and post cardio to keep a strong heart. Each workout routine has 5 exercises, while performing each exercise, take your time and keep a steady tempo. Each phase of the exercises should be controlled and felt through the full range of motion while keeping tension.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used towards this routine.

| Workout Outline | |
|---------------------------|-------------------------------------------------------------|
| Weeks | 3 - 4 |
| Days | 6 Days Per Week |
| Workouts | 6 |
| Equipment | Barbell Dumbbells Cables |
| Core Training | 3 Exercises |
| Abdominal | 3 Exercises |
| Cardio Core | 3 Exercises |
| Exercises | 5 - 6 Exercises Per Workout |
| Post Cardio | 3 Times Per Week |
| Recovery | 24 - 48 Hours For Previous Trained Muscle |
| Level of Intensity | 1 - 6 |
| Improvements | General Health Muscular Strength Physique Development |

Day 1

| Cardio | | | |
|-----------|--------------|-----------------|-----------------|
| Exercise | Type | Time | Notes |
| Treadmill | Steady State | 12 - 15 minutes | Highest Incline |

| Stretches |
|-----------------|
| Daily Stretches |

| Core Training | | | |
|---------------|-------|------------|-----------|
| Exercise | Sets | Time | Notes |
| Side Planks | 3 - 4 | 45 seconds | Each Side |
| Planks | 3 - 4 | 45 seconds | |

| Workout 1 | | |
|----------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Barbell Back Squats | 3 - 4 | 8 - 10 |
| Dumbbell Front Raises | 3 - 4 | 12 - 15 |
| Barbell Incline Press | 3 - 4 | 10 - 12 |
| Alternating Dumbbell Curls | 3 - 4 | 12 - 15 |
| Cable Chest Flies | 3 - 4 | 12 - 15 |

Day 2

| Cardio | | | |
|-------------------------------|--------------|------------|-------------|
| Exercise | Type | Time | Notes |
| Stairmill or AMT Stair Motion | Steady State | 10 minutes | 3 - 6 Speed |

| Stretches |
|-----------------|
| Daily Stretches |

| Workout 2 | | |
|------------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Dumbbell RDLs | 3 - 4 | 10 - 12 |
| Single Cable lateral Raises | 3 - 4 | 12 - 15 |
| Double Dumbbell Rows | 3 - 4 | 10 - 12 |
| Overhead EZ Bar Tricep Press | 3 - 4 | 10 - 12 |
| Lat. Pull Downs | 3 - 4 | 12 - 15 |

| Post Cardio | | | |
|-------------|-----------|------------|-------|
| Exercise | Type | Time | Notes |
| Treadmill | Intervals | 15 minutes | |

Day 3

| Cardio | | | |
|-----------------|--------------|-----------------|-------------------|
| Exercise | Type | Time | Notes |
| Stationary Bike | Steady State | 12 - 15 minutes | Medium Resistance |

| Stretches |
|-----------------|
| Daily Stretches |

| Abdominal Training | | | |
|--------------------|-------|-------------|------------------------|
| Exercise | Sets | Repetitions | Notes |
| Crossover crunches | 3 - 4 | 15 - 20 | Using a stability ball |
| Crunches | 3 - 4 | 15 - 20 | Using a stability ball |
| Back Extensions | 3 - 4 | 15 - 20 | Using a stability ball |

| Workout 3 | | |
|-----------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Dumbbell Hammer Press | 3 - 4 | 10 - 12 |
| Cable Rope Delt Pulls | 3 - 4 | 12 - 15 |
| Dumbbell Arnold Press Press | 3 - 4 | 10 - 12 |
| Cable Bar Curls | 3 - 4 | 12 - 15 |
| Dumbbell Push Over | 3 - 4 | 12 - 15 |

Day 4

| Cardio | | | |
|-----------|--------------|------------|-----------------|
| Exercise | Type | Time | Notes |
| Treadmill | Steady State | 10 minutes | Highest Incline |

| Stretches |
|-----------------|
| Daily Stretches |

| Workout 4 | | |
|------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Goblet Squats | 3 - 4 | 10 - 12 |
| EZ Bar Front Raises | 3 - 4 | 10 - 12 |
| Dumbbell Incline Press | 3 - 4 | 8 - 10 |
| Barbell Curls | 3 - 4 | 8 - 10 |
| Dumbbell Chest Flyes | 3 - 4 | 12 - 15 |

| Post Cardio | | | |
|---------------------------------|-----------|------------|-------|
| Exercise | Type | Time | Notes |
| Assault Bike or Stationary Bike | Intervals | 15 minutes | |

Day 5

| Cardio | | | |
|-------------------------------|--------------|-----------------|-------------|
| Exercise | Type | Time | Notes |
| Stairmill or AMT Stair Motion | Steady State | 12 - 15 minutes | 3 - 6 Speed |

| Stretches |
|-----------------|
| Daily Stretches |

| Cardio Core Training | | | |
|----------------------|-------|------------|-------|
| Exercise | Sets | Time | Notes |
| Russian Twist | 3 - 4 | 45 seconds | |
| Flutter Kicks | 3 - 4 | 45 seconds | |

| Workout 5 | | |
|-------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Barbell Deadlift | 3 - 4 | 8 - 10 |
| Dumbbell Lateral Raises | 3 - 4 | 12 - 15 |
| Barbell Rows | 3 - 4 | 10 - 12 |
| Dumbbell Kickbacks | 3 - 4 | 12 - 15 |
| Cable Hammer Rows | 3 - 4 | 12 - 15 |

Day 6

| Cardio | | | |
|----------|--------------|------------|-----------------|
| Exercise | Type | Time | Notes |
| Rower | Steady State | 10 minutes | Highest Incline |

| Stretches |
|-----------------|
| Daily Stretches |

| Workout 6 | | |
|-------------------------------|-------|-------------|
| Exercise | Sets | Repetitions |
| Barbell Bench Press | 3 - 4 | 8 - 10 |
| Dumbbell Rear Flyes | 3 - 4 | 12 - 15 |
| Seated Barbell Shoulder Press | 3 - 4 | 10 - 12 |
| Dumbbell hammer Curls | 3 - 4 | 12 - 15 |
| Cable Incline Flyes | 3 - 4 | 12 - 15 |

| Post Cardio | | | |
|-------------|-----------|------------|-------|
| Exercise | Type | Time | Notes |
| Treadmill | Intervals | 15 minutes | Flat |

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins