

Fuel Full Body Series 2

Missing no muscle group, let's build the body with no limit upon itself. Each workout is a full body routine for 4 weeks, 4 days per week. As you begin, warm up with cardio and stretches. Within your 4 days of training you can begin or finish with core/abdominal training and post cardio. For every progression week add a set and slowly increase weight for each exercise. Each workout routine has 4-8 exercises, while performing each exercise make sure to 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. If you are not able to view, check with a trainer at your facility for form and safety. You can also track your progression through your **PROGRESSION TRACKING APP** and find an example of exercise.

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	4 Days Per Week
Workouts	4
Equipment	Barbell Dumbbells Cables
Core Training	1-3 Exercises
Abdominal	1-2 Exercises
Post Cardio	2 Times Per Week
Exercises	4-8 Exercises Per Workout
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
Stairmill or AMT Stair Motion	Steady State	10 minutes	3 - 6 Speed

Stretches
Daily Stretches

Workout 1: Low Volume			
Exercise	Sets	Repetitions	Rest
Barbell Back Squat	3	4-6	2 minutes
Dumbbell Bench Press	3	6-8	1:30 minutes
Overhand Barbell Rows	3	6-8	1:30 minutes
EZ Bar Skull Crushers	3	6-8	1:30 minutes
Cable face-pulls	3	6-8	1:30 minutes

Abdominal Training			
Exercise	Sets	Repetitions	Rest
Crunches	3	15-20	30s - 45s

Cardio Core Training			
Exercise	Sets	Time	Rest
Flutter Kicks	3	1 minute	30s - 45s

Day 2

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

Stretches
Daily Stretches

Workout 2: Low Volume			
Exercise	Sets	Repetitions	Rest
Conventional Deadlift	3	4-6	2 minutes
Barbell Incline Press	3	6-8	1:30 minutes
Wide Grip Lat Pulldown	3	6-8	1:30 minutes
DB Lateral Raises	2	6-8	1:30 minutes
Dumbbell Curls	2	8-10	45s - 1:00 minute
Standing Calf Raises	2	8-10	45s - 1:00 minute
Back Extensions	2	8-10	45s - 1:00 minute

Post Cardio			
Exercise	Type	Time	Notes
Treadmill	Steady	15 minutes	Flat

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Day 3

Cardio

Exercise	Type	Time	Notes
Rower	Steady State	10 minutes	Highest Incline

Stretches

Daily Stretches

Workout 3: High Volume

Exercise	Sets	Repetitions	Rest
Barbell Lunges	2	10-15	30s - 1 minute
Leg Press	2	10-15	30s - 1 minute
Barbell Bench Press	2	10-15	30s - 1 minute
Machine Chest Flies	2	10-15	30s - 1 minute
Hammer Lat. Pulldowns	2	15-20	30s - 45 seconds
Dumbbell Front Raises	2	15-20	30s - 45 seconds
Rope Extensions	2	15-20	30s - 45 seconds
Push Ups	2	15-20	30s - 45 seconds

Core Training

Exercise	Sets	Time
Plank	3	30s - 1 minute

Cardio Core Training

Exercise	Sets	Time
Side To Side Heel Taps	3	1 minute

Day 4

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

Stretches
Daily Stretches

Workout 4: Time Based - Pauses			
Exercise	Sets	Repetitions	Rest
Back Squats	2	6-8	1:30 minutes
Barbell Bench Press	2	6-8	1:30 minutes
Barbell Shoulder Press	1	8	1:30 minutes
Dumbbell Hammer Curls	1	10	1:00 minute

Abdominal Training			
Exercise	Sets	Repetitions	Rest
Decline Sit-Ups	3	15-20	30s - 45s

Post Cardio			
Exercise	Type	Time	Notes
Treadmill	Steady	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
- All Greens Matter
- 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