

Double Or Nothing

Never be afraid to BET on yourself. Take the chance of improving your body to its max exercising each muscle twice a week. This workout plan is created for 4 weeks for 6 days per week. For each day, warm up with cardio and perform day to day core/abdominal training. Since each routine give a 48 hours rest before training that muscle again, you can train through all 6 routines. If you need a break, you can take a break after training 3 days in a row. Using this workout plan it is highly recommended to have a nutritional plan and supplement to your best.

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. Review your workout outline and let's win this bet.

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

Everyday

Cardio	
Exercises	Time/Distance
Treadmill	½ Mile

Core	
Exercises	Time
Side Planks	30 seconds - 2 minutes
Plank	30 seconds - 2 minutes
6 Inches	30 seconds - 2 minutes

Abdominal		
Exercises	Sets	Repetitions
Crunches	3 - 4	15 - 20
Back Extensions	3 - 4	15 - 20
Crossover Crunches	3 - 4	15 - 20
Leg Raises	3 - 4	15 - 20

Post Cardio	
Exercises	Time/Distance
Treadmill	½ Mile

Day 1: Shoulder/Arms 1A

Exercises	Sets	Repetitions
Seated Dumbbell Shoulder Press	3	12
EZ Bar Curls	3	10
Tricep Rope Extensions	3	12 - 15
Single Cable Lateral Raises	3	12 - 15
Dumbbell hammer Curls	3	12

Day 2: Back/ Hamstrings 2A

Exercises	Sets	Repetitions
Lat. Pull downs	3	12 - 15
Leg Curls	3	12 - 15
Dumbbell Rows	3	12
Dumbbell RDLs	3	10
Machine Hammer Rows	3	12

Day 3: Chest/Quadriceps 3A

Exercises	Sets	Repetitions
Incline Bench Press	3	12
Barbell Back Squats	3	10
Machine Chest Press	3	12
Leg Extensions	3	12 - 15
Chest Flies	3	12 - 15

Day 4: Shoulder/Arms 1B

Exercises	Sets	Repetitions
Standing Barbell Shoulder Press	3	10
Alternating Dumbbell Curls	3	12
Dumbbell Kickbacks	3	12 - 15
Cable Front Raises	3	12 - 15
Tricep Press Downs	3	12

Day 5: Back/ Hamstrings 2B

Exercises	Sets	Repetitions
Hammer Pull Downs	3	12 - 15
Adductors	3	12 - 15
Barbell Rows	3	10
Single Dumbbell Deadlift	3	10
Supinated Machine Rows	3	12

Day 6: Chest/Quadriceps 3B

Exercises	Sets	Repetitions
Barbell Bench Press	3	10
Goblet Squats	3	12
Machine Hammer Grip Press	3	12
Leg Press	3	12
Dumbbell Pushovers	3	12 - 15

Nutritional Experience

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

- Explore Plans
- High Protein 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.

- Creatine Monohydrate
- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins