Shredded training program pdf

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Thrirty days. That's how much time celebrity trainer Don Saladino had to get cover-ready for our March 2018 issue. For that one month, he shed 10 pounds of water weight, ate clean, shunned cheat meals, and trained his ass off. Yet instead of showing up on set depleted and acting moody, he's chipper, energetic, and pleasant. That, he says, was a
product of a calculated approach. Saladino's workout routine (below) allowed him to acquire strength and maintain athleticism while incorporating bodybuilding moves for symmetry. "I think there is confusion that the program is what's going to make the individual look a certain way—there's more than one way to get things done," he says. "If you
want abs like Ryan Reynolds' in Deadpool, we can get you there with an old-school 8×8 with 30 seconds of rest, or a power-building program, or a kettlebell program—it doesn't have to be the same program we gave Ryan." The malleability in his program we gave Ryan." The malleability is not a supplication of the his program we gave Ryan. The malleability is not a supplication of the his program we gave Ryan. The malleability is not a supplication 
creates better insight for training frequency and volume. Saladino also stresses top-to-bottom foundational strength—including the toes, which he accomplishes by training barefoot when possible. "Think of it like putting a cast on your hand's healthy and it's wrapped in a cast half the day, you'll lose dexterity," he says. "And if something
stops working in your foot it can affect you from a joint-by-joint approach." One area that has no wiggle room, however, is the need for a targeted 10-minute dynamic warmup. "Skipping, hopping, moving side to side, neck rotation, and other athletic moves work ineffciencies in the body and grease the groove so you feel athletic," he says. "Overall, I'm
looking to make sure the body is as strong and as resilient as possible 365 days a year." Check out Saladino's 7-week shred below. Let's face it, most corporate training programs are dreadful. They're boring, PowerPoint-heavy monologues, delivered to equally bored participants doodling in 3-ring binders that are destined for 'binder heaven' within
hours of the class ending (for yes, they are almost always 'classes'). This may seem like no more than a rite of passage in any growing company, but the truth goes much deeper, and is much more dangerous. Ineffective training isn't just a minor torture to be endured. At some point, it becomes a major factor in pushing an organization into Treadmill
the first of the decline stages, when, if the momentum isn't reversed, your company will start to become creaky, bureaucratic and increasingly out of touch with the marketplace. Here are ten tips to ensure your training is a positive factor in keeping your business vibrant, and taking you to (and staying in) Predictable Success, rather than becoming a
contributor to your decline into irrelevance:1. Develop, don't just train. If you're just throwing information at your training dollars. 2. Train against real outputs. Start by redesigning all your training
away from generic content and instead focus it on actual, real world outputs your people face every day. Don't just have 'spreadsheet training' - focus it on the actual use cases you have. Don't just teach 'Negotiation' - take time to write case studies around real life negotiations (internal and external) that happen in your business. 3. Don't leave
curriculum design to 'HR'. If you have an HR department, they're the last people who should be extraction, but they should be extraction that content from employees and supervisors, from line managers and C-suite executives. 4. Don't leave
delivery to 'HR'. If you can afford them, professional training skills in your line managers (and C-suite execs). 5. Don't leave assessment to
'HR'.The real proof of the success of a training program is in observable behavior change, not the completion of 'happy sheets'. Develop a simple 360 assessment process to measure the actual change in behaviors seen in participants after partaking in the training.6. Make the training a two-way process. Now that you have your line managers and C-
suite execs in the room, make the training interaction a dialog, not a monologue. When I deliver a training session, I invariably learn something new - about myself, about the organization I'm working with. Conducted properly, and with the right people in the room, every training session should develop everyone - not just the participants.7. Link it to
(vibrant) performance assessment. Don't develop your people randomly or in homogenous 'chunks'. Link participation to an individual development plan that gives participants a clear understanding of how and why each training session is important to their personal development. 8. Use multiple delivery channels. We don't all learn the same way - and
classroom training is one of the least effective ways to do so. Experiment with reading groups, webinars, peer coaching, brown bag lunches, email 'zaps', daily tips - see what works best for you and your organization.9. Invest in custom content. If you have some training dollars, use it to produce customized case studies, worksheets, exercises. Nothing
helps people learn faster than seeing real world application immediately. 10. Build a culture of manager-employee developmental collusion. The best training or ganizations I know don't just 'push' training on their people - they have development they
personally need, then they go find it. In short, turning a tired, paternalistic, information-based training program into a developmentally-focused, Socratic interchange that regularly includes C-level executives is a vitally important step in keeping an organization away from Treadmill and decline. Is it something you need to start thinking about today?
Transforming your body will challenge your limits. One thing I'd like to say is this isn't a "miracle workout," meaning if you are 100 pounds overweight, you won't look stage ready for a bodybuilding competition. In order to get thoroughly shredded from this workout, you'll need to be closer to a healthy weight. Related - 70 Day Fat Shred If you have a
bit of weight to lose, however, this workout will get you on the gains train in no time. We aren't going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any insider secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets that "melt the fat away." Instead, you're going to see any inside secrets the secrets that "melt the fat away." Instead, you're going to see any inside secrets the secret that "melt the fat away." Instead, you're going to see any inside secrets the secret the secret the
the next four weeks will be a direct result of this routine. If you only put half into it, don't expect to reap the full benefits. It's time to clean out the fridge and pantry — no more cupboards full of junk food. Start a list of things to buy, because you're going to need to put a little skin into the game to make it easier. We'll get into this in the nutrition
overview section. Nutrition Overview The old saying "abs are made in the kitchen" is an understatement. What you eat and how much you eat determine whether you are building muscle, losing fat, burning muscle, or gaining fat. If you under-eat and over exercise, you'll lose weight... but you will burn precious muscle and look skinny fat. That's not a
winning strategy. On the other end of the spectrum, if you overeat and try to out-exercise a bad diet, you won't make the progress you desire. The key is finding the right balance between calorie intake and exercise. Think of cardio for improving heart health and conditioning, while lifting weights improves our strength levels and is the catalyst for
building muscle. How you perform, how much muscle you gain, or how much fat you burn is related to what you eat. I tried to out exercise my eating habits. I lost 120 pounds and gained more back. This second time around I'm down around 135 pounds, and I've exercised much less. Less than I care to admit, actually. You aren't eliminating food
groups, and you definitely can still have your favorite snack if you log it correctly. The one caveat with this workout is you're going to have to learn how to cook. But I'll give you a few ways to quickly get started. Things to Buy If you have that shopping list ready, we'll go over a few things you need to buy and why. This doesn't have to cost you a month
of income, but the better quality products you can purchase, the better. Cookware Having a nice full set of pots and pans make a huge difference in cooking. If you've never had to deal with a lousy pan that unevenly heats, lets food stick to it, and the coating starts flaking off after a month of uses... consider yourself lucky. They say forming habits
takes around 21 days, so following this routine will help you form some new healthy habits. Cooking is going to be one of them. So when looking for a decent cookware set, don't go the cheapest — you're going to use them daily. I use my pots, pans, or wok at least once per day. If you can't afford to buy a complete set right now, buy a pot to cook rice
in, a pan you can cook protein in, and if you can find a wok for a reasonable price, pick one up. More on the wok in the cooking tips section. Knives Buying decent cookware produces higher quality food... but some good knives are more important. A nice and sharp knife is safer than the dull knife that won't even cut through a tomato. When learning
how to cook, knife skills will need to be learned. Jump onto YouTube and check out how to improve your knife — it's about learning how to cut uniform size. A sharp knife will easily slice through raw meat. Too many times I would try to cut some chicken up for a stir fry, and my pieces look smashed and
ripped. It just isn't a good look. So buy a quality knife set. Buy an automatic sharpener or use a steel rod sharpener or use a stee
Board Pick up a few cutting boards. These don't need to be top of the line, but pick up a few — it keeps you from having to do dishes every single time you cook. I like having a few different sized cutting boards. These don't need to be top of the line, but pick up a few — it keeps you from having to do dishes every single time you cook. I like having a few different sized cutting boards. These don't need to be top of the line, but pick up a few — it keeps you from having to do dishes every single time you cook. I like having a few different sized cutting boards.
Tupperware pack — you're going to need it. Buying cheap here works because they will get old, discolor, and eventually break. You can pick some up at the dollar store if you want the cheap ones, but I generally find one brand trying
to find the right lid to use. Shaker cups are great for your supplements, but they are also a great to-go cup. Some days I'll have coffee and whey, other times it'll be BCAAs. Pick up a few different sized storage baggies. Add
aluminum foil and parchment paper to the list, too. Storage baggies are great for meal prep, and they are extremely helpful when trying to portion out food. For example, I decided to skip portioning out an entire bag of Doritos into ten baggies, so I ended up eating the whole bag. All 1500 calories worth. If this sounds like something you do, I promise
you that baggies will help. As you learn to cook more and budget your grocery bill, you will see that buying meat in bulk is more cost effective. Many times, you can get a three-pound pack of chicken for a cheaper-per-pound price than buying an individual pound. But it sucks having to defrost all of it just to cook a meal. So as soon as you get your
groceries, take the time to break down your proteins into individual baggies. This is going to help in a few ways: An individual serving, so you know exactly how much you are eating. You can use baggies to store your fresh fruits and veggies as snacks throughout the day
You can break down an entire bag of Doritos and have ten servings instead of one. Food Scale When it comes to actually losing weight, eyeballing your food produces consistent results. I think I picked my food scale up for $10 or
$15 so it's not going to break the bank. Measuring Cups and Spoons Just like a food scale, most of the foods you'll be eating need to be measuring cups and having a couple of sets means you won't have to stop in the middle of
cooking to clean them out to use them again. Herbs, Spices, and Sauces The difference between a healthy meal and a tasty, healthy meal is how you season it. Something that inspires me to cook more is all of the flavors. You can take a simple chicken breast and "visit Greece" by making a Greek souvlaki marinade with some olive oil, lemon, garlic,
oregano, mint, parsley, and some salt and pepper. You could also check out Spain by using some smoked paprika, garlic powder, salt and pepper, ground cumin, chili powder, coriander, and some Italian seasoning. So buy a spice rack if possible. There are many complete sets of spices you can buy. Or, every time you to go to the store, pick up one or
two new spices or seasonings. Body Weight Scale Use it as a measure of progress, but don't solely rely on it. Optional Purchases Here are a few extra things that are nice to have, but not necessary. Pick these up as you have some extra things that are nice to have, but not necessary. Pick these up as you have some extra things that are nice to have, but not necessary. Pick these up as you have some extra cash. A lunchbox to carry your meals in makes a huge difference. You won't ever have to stress about when or what
you will eat since you have it with you — no more succumbing to office temptations. A rice cooker can help prepare perfect rice every time. This is something I'm going to pick up soon. An instapot or crockpot make easy meals. Cut up some fresh potatoes, carrots, and onions, put a hunk of meat in with some broth or water, and come home from work
to a hearty ready to eat a meal. Air fryers are relatively new to the market, but they make some great foods. Enjoy the wonderful Maillard reaction that breaks down sugars and proteins that create the golden brown exterior we love... but without having to submerge it in hot oil. This is another one on my list to buy. An instant-read thermometer is nice
to have. Mine broke so I have to guess more than I'd like. If you don't want to a "microwave the food the rest of the way" emergency, pick one up. Food Choices When it comes to food choices, I don't want to a "microwave the food the rest of the way" emergency, pick one up. Food Choices When it comes to food choices, I don't want you to think "elimination." What I want you to think about is nutrition. No, that doesn't mean salads only, it means taking a look at your overall food
consumption. Do you eat fresh fruits and vegetables so you can have the vitamins, minerals, and fiber to stay healthy? Do you choose fresh proteins? Do you shop the perimeter of the store? Or do you buy microwaveable dishes and rely on companies to produce the cheapest quality food that only costs $1? When you look at your calorie intake, does it
stuff as much nutrition as possible or do you enjoy sinful foods and try to eat healthy on the side? Your food choices will make the most significant difference in how you progress, so I'll go over some food basics to give you some ideas on how to transform some chicken breast into a nutritious chicken parmesan. Proteins Eggs Almonds Pistachios
Cashews Chicken Breast Oats Greek Yogurt Cottage Cheese Broccoli - believe it or not, calorie for calorie this is very high in protein compared to other veggies Milk Beef Tuna Salmon Quinoa Lentils Ezekiel Bread Pumpkin Seeds Flax Seeds Sunflower Seeds Chia Seeds Peanuts Turkey Breast Brussels Sprouts Shrimp Carbohydrates Oats Quinoa
Bananas Buckwheat White Potatoes Sweet Potatoes Sweet Potatoes Beetroots Oranges Blueberries Apples Grapefruit Kidney Beans Chickpeas Brown Rice White Rice Fats Avocados Cheese Dark Chocolate Whole Eggs Nuts Salmon Chia Seeds Extra Virgin Olive Oil Full-Fat Yogurt Logging Your Food Now that you have a shopping list ready with the
products you need to make cooking easier and the foods you are going to cook with, I need to go over the importance of logging your food... and I gained my weight back. The second time around I didn't start logging my food until I had lost around 60 pounds
Once I started logging my food, my progress doubled. Food Logging Tips It's impossible to plan everything out, so don't get discouraged if you have to log foods on the fly. It has taken some discipline, but that's how I log food. Generally, I will open my app to see how many calories I have left, see what I want to cook and compile my list before I cook.
Instead of trying to plan everything out, I pick a protein, a carb, and find as many veggies as I can put into the discipline, you can eat fully-loaded nachos you
created since you know exactly what's in it. There are no surprises, and you don't need to feel guilty about eating it. It merely takes the effort to log and hold yourself Before You Eat The most pivotal part of my journey happened
when I started asking myself if I'm getting fuel from something or merely eating it. Is that burrito full of nutrition or is it full of calories? Would I rather have four more ounces of meat instead of a serving of mac and cheese? What veggies can I add to this dish? Don't be afraid to barter with your food choices. That is, you can have bread with your
meal, but would you rather have a little more meat and tasty fats instead? Would you rather skip your 400 calorie dessert and have an extra five ounces of stir fry pork? Once you start looking at your food objectively instead of "what are you gaining
nutritionally from something. Daily Food Requirements Now that you have a list of foods you can shop for, how much food should you be eating? Since everybody has different metabolic needs, we can get an idea by calculating our total daily energy expenditure. Jump over to our TDEE calculator and fill out your weight, height, age, and activity level.
Lean towards a conservative activity level — you may not be burning as many calories as you think. Now that you have your TDEE, we can breakdown how many calories should come from proteins, fats, and carbohydrates. Since getting shredded is the goal, we are going to operate with a 15% calorie deficit. For example, if your TDEE is 2,000
calories, we are going to reduce our intake to 1,700 calories per day. Generally speaking, a small 100-250 calorie deficit per day is recommended for steady weight loss, but we are on a mission. Cooking Tips #1 - Start With Pasta If you've never touched any appliances in your kitchen, learning to cook pasta is easy, and it's pretty hard to mess up
completely. Get yourself a box of pasta like elbow macaroni or another pasta you like. Fill up a pot just above halfway with water will start boiling. Add a generous pinch of salt to your water and then put your pasta into the pot. Follow the
directions on the packaging on how long to boil it. As it gets closer to the time, it says to cook the pasta and try it. If you like your pasta to have more of a bite, you will want to stop cooking pasta earlier than someone who wants a less firm texture. #2 - Bake Some Chicken Now that you cooked up some pasta on the stove, the
next thing you can try is to bake some boneless skinless chicken breast. Pull your chicken out of the refrigerator and let it sit out. This isn't going to give you salmonella; it's going to allow the chicken breast not being fully cooked while the outside is
done, this is why. Preheat your oven to 400 degrees. Drizzle some olive oil over your chicken breasts and use your hands to coat it evenly. Season your food. Use salt and pepper at the bare minimum. Use foil or lightly spray some non-stick spray on a baking dish or pan. This will keep it from sticking. The foil helps with cleanup. Put your chicken into
your preheated oven and cook for 22 to 26 minutes or until they reach an internal temperature of 165. Flip the breasts about halfway through. Pull the chicken breasts out of the oven and let the meat rest for at least five minutes. This is going to allow the juices to soak back into the meat and increase your flavors. #3 - Try Style Dishes Out of
all of the ways you can prepare dishes, I've found stir fry style to be the most natural and most cost-effective. Cooking meat can be stressful, but once you learn how to use all of your senses and keep track of time, it's no big deal. But what if you want to save more time? Meet stir fry. Buy some bulk meat like a pork loin or some chicken breast. Grab
 your sharp knife and start cutting the meat into similar sized cubes. Think about your favorite restaurant and how they do it. Put the cut up meat into a Tupperware container, and you now have hibachi style meat to use in your dishes. Put your pan or wok on the stove, turn the heat to about medium-high, and let it preheat. Now is the time
to weigh out your protein and prepare your fresh veggies and meat, and then cooking into a pick which containers you want, weigh them out, and cook. Seriously, you can make
pretty much any stir fry dish in less than 15 minutes. So weigh out and plan what you will eat — grab mushrooms, bell peppers, onions, hot peppers, and a protein. Throw them in your preheated pan with a little olive oil and cook. Move the food around while it cooks and ensures everything gets cooked. You'll see the meat slowly lose its pink and
veggies will start to get translucent and appear cooked. Use your senses — stir fry is the easiest way you can cook dishes with tremendous flavor. #4 - Most Recipes Are Just Ideas I've had some good luck with many friends starting to cook their own foods. Many of them subscribe to my stir fry methods because they are easy. The biggest thing about
cooking I think many people forget is that recipes are merely suggestions for flavor. By that, I mean there is a certain temperature and time. You bake a turkey, and it's a certain temperature and time. What you season it
with is what makes it the recipe. So don't get hung up on trying to learn new recipes by the book. Learn the foundations of cooking — how to cook protein, h
eating. If you aren't cooking at least half of your meals at home by now, you're better off spending your supplement money on nutritious foods. Once you are taking control of your meals at home by now, you're better off spending your supplement money on nutritious foods. Once you are taking control of your meals at home by now, you're better off spending your supplement money on nutritious foods.
provide an edge to your training and focus. There are a lot of choices for pre-workouts can improve your pump, focus, and other parts of your training, too. Do your research and find a pre-workout that works with your training style and budget. Here is a
list of our best pre-workout supplements. Creatine monohydrate could help improve your overall strength and recovery. Protein A good whey protein can help you get plenty of protein into your diet. They are not considered a meal
replacement, but they are great to drink after you work out. Other Supplements Here are some supplements that are nice to have: Branched-chain amino acids Coffee or caffeine Post-workout Multivitamin - not needed if you eat nutritious foods Training Overview We've got a solid nutrition foundation; now it's time to lift some weights and make some
gains. Here is your training blueprint for the next 28 days. Day 1 - Back and Biceps Spend five to ten minutes performing cardio and active mobility drills to warm up. Bent Over Barbell Rows - three sets of 12 reps Close Grip Lat Pulldown - three sets of 15 reps Hammer Curls - four sets of eight reps
Preacher Curls - four sets of 12 reps Pull-Ups - two sets of as many as possible Take 5 minutes to cool down from lifting and perform quality reps and don't cheat yourself. Day 2 - Shoulders and Triceps Spend five to ten minutes performing cardio and active
mobility drills to warm up. Seated Military Press - four sets of eight reps Rope Pushdowns - three sets of 12 reps Take 5 minutes to cool down from lifting and perform 15 minutes of HIIT
cardio post-workout. Daily Workout Tips Keep the tempo slower for your shoulders so you can achieve more time under tension. Day 3 - Active Rest Time to stay out of the gym today, but we have some work to do. Planks - three sets of 30 to 60 seconds Side Planks - two sets per side as long as possible Walking Lunges - perform walking lunges for 60
seconds Mobility Exercises - move around and stretch and massage tender areas Daily Workout Tips Try to get a walk in — it will help you recover, and you can enjoy the weather. Day 4 - Legs You can't forget leg day. Take five to ten minutes to warm up and get your core temperature up. Barbell Back Squats - four sets of 12 reps Romanian Deadlift -
four sets of 12 reps Leg Extensions - four sets of 15 reps Leg Extensions - four sets of 20 reps Take 5 minutes to cool down from lifting and perform squats with good form — it's better to perform squats
with less weight perfectly than create bad habits with heavy weight. Don't skip leg day. Day 5 - Chest and Calves Spend five to ten minutes warming up and get your chest ready for some pressing. Barbell Bench Press - four sets of 12 reps Incline Dumbbell Chest Press - three sets of 15 reps Decline Chest Flyes - three sets of 20 reps Chest Press
Machine - two sets to failure Donkey Calf Raises - three sets of 12 reps Seated Calf Raises - two sets of 20 reps Take 5 minutes to cool down from lifting and perform 15 minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Use a full range of motion for all exercises. Day 6 - Active Rest You've been working out hard, time to get some recovery. Take
today and walk as much as you can. There are no exercises today, but staying active and moving around will improve your overall recovery. Day 7 - Active Rest Today you should feel more refreshed, but we're going to take a break from the gym. Here are some exercises to perform today. Jumping Jacks - three sets of 20 Mountain Climbers - two sets
of 45 seconds Walking Lunges - two sets of 45 seconds Daily Workout Tips Lightly massage and stretch any tender areas. Day 8 - Back and Biceps Take 10 minutes to warm up today. You're going to need it. Deadlifts - five sets of eight reps 1 Arm Dumbbell Rows - four sets of 12 reps Pull-Ups - two sets until
failure Barbell Preacher Curls - three sets of 12 reps Dumbbell Curls - three sets of 12 reps Dumbbell Curls - three sets of 15 reps Take 5 minutes to cool down from lifting and perform 15 minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Explode with your deadlifts and Pendlay rows. Use a slower tempo than usual with your bicep curls. Day 9 - Shoulders and Triceps Spend ten
minutes performing some light shoulder mobility work and get your core body temperature up. Dumbbell Overhead Press - four sets of 12 reps Stiff Arm Pull Downs - three sets of 12 reps Take 5
minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Make sure you warm up your shoulders. Day 10 - Active Rest Take today off, move around when you can, and enjoy some nutritious foods. You've earned it. Day 11 - Legs Legs again... today may be rough. Leg Press - four sets of 12 reps Stiff Leg
Deadlift - four sets of eight reps Goblet Squats - three sets of 15 reps Leg Extensions - four sets of 20 reps Walking Lunges - perform walking lunges for three sets of 20 reps Walking Lunges for three sets of 20 reps Walking Lunges - perform walking lunges for three sets of 20 reps Leg Extensions - four sets of 20 reps Walking Lunges for three sets of 20 reps Walking Lunges for three sets of 40 reps Leg Extensions - four sets of 20 reps Walking Lunges for three sets of 40 reps Leg Extensions - four sets of 20 reps Walking Lunges for three sets of 40 reps Leg Extensions - four sets of 20 reps Walking Lunges for three sets of 40 reps Walking Lunges for three sets of 40 reps Leg Extensions - four sets of 20 reps Walking Lunges for three sets of 40 reps Walking Lunges
between sets to keep them loose. Day 12 - Chest and Calves Chest day! Barbell Bench Press - four sets of 15 reps Donkey Calf Raises - three sets of 15 reps Donkey Calf Raises - three sets of 8 reps Take 5
minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Use a full range of motion for your calf raises. Day 13 - Active Rest We'll need to walk today to help with recovery. Take 15 minutes to go for a walk or
perform some extra house chores today. Here are a few exercises to perform. Active Mobility - spend 10 minutes moving and stretching your body Sit Ups - three sets of 15 reps Day 14 - Active Rest Gauge how you feel today — if you are still sore, perform another 15-minute walk and take a nice hot bath at night. Stretch and lightly massage any
tender areas. Day 15 - Back and Biceps Spend five to ten minutes warming up and get your back ready for some pulls. Barbell Curls - four sets of 12 reps Wide Grip Lat Pull Down - four sets of 12 reps Row Machine - two sets until
failure Take 5 minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Focus on maintaining tension throughout the lift. Day 16 - Shoulders and Triceps Today will be higher volume, so spend five to ten minutes warming up and getting your shoulders ready for some work. Dumbbell Overhead Press -
four sets of 15 reps Side Lateral Raise - four sets of 12 reps Close Grip Military Press - three sets of 12 reps Rope Pushdowns - four sets of 15 
shoulders and rotator cuffs up before you train. Day 17 - Active Rest Today is a good day to rest and stay out of the gym. Spend today being as active as you can, but put most of your effort into recovery. Day 18 - Legs Leg day is back, so spend five to ten minutes warming up. Walking Lunges - four sets for 45 seconds Box Jumps - three sets of 5 reps
Stiff Leg Deadlift - four sets of 12 reps Goblet Squats - four sets of 15 reps Standing Calf Raise - three sets of 20 reps Leg Extensions - three sets until failure Take 5 minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Day 19 - Chest, Calves, Abs Time for a fun day of some volume. Warm up for
five to ten minutes before jumping into lifting. Incline Barbell Bench Press - four sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Bench Press - three sets of 15 reps Dumbbell Be
minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Try to keep rest between sets low today. Day 20 - Active Rest Today you'll do a few exercises at home to keep you
moving. Jumping Jacks - four sets of 20 reps Side Planks - two sets of 60 seconds per side Push Ups - two sets of as many as possible Daily Workout Tips You don't need to push yourself too hard, but make sure to be active and perform the exercises at some point throughout the day. Day 22 - Back and Biceps Here are your last back and biceps
workout for this routine. Go big or go home. Give yourself five to ten minutes to properly warm up. Deadlifts - four sets of 12 reps Pendlay Rows - three sets 
until failure Take 5 minutes to cool down from lifting and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Day 23 - Shoulders and Triceps Last shoulder day. Do you have much left in the tank? Give yourself five to ten minutes to properly warm up. Military Press - four sets of 12 reps Push Press - three sets of 8 reps Bent Over
Lateral Raise - four sets of 20 reps Face Pulls - three sets of 15 reps Dips - four sets of 12 reps Close Grip Push Ups - three sets until failure Take 5 minutes to cool down from lifting and perform 15 minutes of 40 reps Close Grip Push Ups - three sets until failure Take 5 minutes to cool down from lifting and perform 15 minutes to cool down from lifting and perform 15 minutes of 40 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - three sets of 10 reps Close Grip Push Ups - thr
- Active Rest Get outside today and sweat. Do some sprints, go hiking, or hop on a bike and go for a ride. Day 25 - Legs Your last leg day is here. Give yourself five to ten minutes to properly warm up. Barbell Back Squat - four sets of 12 reps Goblet Squats - four sets of 12 reps Goblet Squats - four sets of 20 reps Leg Extensions - two sets until
failure Leg Curls - two sets until failure Seated Calf Raise - three sets until failure Take 5 minutes of HIIT cardio post-workout. Daily Workout Tips Drop the weight today as you up the volume — you're looking for quality reps, not sloppy half reps. Day 26 - Chest and Triceps Last chest day and we will
pound triceps one more time in this routine. Incline Dumbbell Bench Press - four sets of 20 reps Decline Barbell Bench Press - four sets of 12 reps Close Grip Bench Press - four sets of 12 reps Close Grip Bench Press - four sets of 12 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip Bench Press - four sets of 15 reps Close Grip B
and perform 15 minutes of HIIT cardio post-workout. Daily Workout Tips Use quality reps and keep your rest between sets low. Day 27 - Active Rest One more day until you are done with this gauntlet of workouts. Take 30 minutes today to go for a walk and perform a few exercises. Mountain Climbers - three sets of 45 seconds Sit Ups - two sets of 20
reps Jumping Jacks - three sets of 30 reps Daily Workout Tips Treat you've earned it. Drink extra water today. Day 28 - Day of Reckoning Time to take a look at what you've earned it. Drink extra water today. Day 28 - Day of Reckoning Time to take a look at what you've earned it. Drink extra water today.
look? How many new habits have you created or replaced bad habits with healthy habits? No exercise today — bask in your glorious wins, laugh at how you wanted to quit halfway through and enjoy the new physique and lifestyle.
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