

Workout Week 1 Workout Number 1

Building a Better Body the All-Natural Way.

By Wade McNutt

<http://www.wadebodysystems.com>

Exercises

1. Flat Bench Press	3 Sets	8-10 reps
2. Bent over db rows	3 Sets	8-10 reps
3. Incline dumbbell press	3 sets	8-10 reps
4. Behind Neck Pulldown	3 sets	8-10 reps
5. Bent over db raises with dumbbell	3 sets	8-10 reps
6. Alternating standing db curl	3 sets	8-10 reps
7. Lying triceps extension	3 sets	8-10 reps
8. Barbell curl E-Z curl bar	3 sets	8-10 reps
9. Front Squats	3 sets	8-10 reps
10. Leg Curls Lying	3 sets	8-10 reps
11. Leg Extensions	3 sets	8-10 reps
12. Donkey Calf Raises	3 sets	15-25 reps
13. Crunches	3 sets	25-50 reps
14. Reverse Crunches	3 sets	25-50 reps
15. Reverse Hyperextensions	3 sets	25-50 reps

If you have not done any workouts before you may wish to start with only 1 set per exercise today and add a set each week until your at 3 sets.

For more advanced trainees perform sets the first week, 4 sets the second week, and 5 sets the third week. If you feel you can handle the volume.

It's important to remember not to train to failure on each set. Rather the last reps should be challenging but you should feel that you could have got another rep. This is in direct contrast to the hard, and heavy too failure program propagated in many books, and magazines.

This will only lead you turn burnout and fatigue and makes training painful and miserable. Training should be an enjoyable pursuit. I am not saying be slacker in the gym. Move between exercises at a brisk pace, stay focused and keep the talking to a minimum during the workout.

For those of you who are intermediate to advanced trainees I will demonstrating a 4 day workout next week, which is a bit more challenging. Eventually will be going up to a 5

day per week workout protocol, which I will get to later on the program. Until then, live well, love life, and most of all, be healthy.

Copyright by www.wadebodysystems.com