

Workout Week 2 Workout Number 1 and 3

Building a Better Body the All-Natural Way.

By Wade McNutt

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Exercises

1. Incline Bench Press	3 Sets	8-10 reps
2. Seated side laterals	3 Sets	8-10 reps
3. Flat bench Press	3 sets	8-10 reps
4. Bent over laterals with dumbbells	3 sets	8-10 reps
5. Db flies	3 sets	8-10 reps
6. Bent over db rows (or barbell)	3 sets	8-10 reps
7. Upright rows	3 sets	8-10 reps
8. Pull down to front	3 sets	8-10 reps
9. Standing Shoulder Press with Barbell	3 sets	8-10 reps
10. Db Pullovers	3 sets	8-10 reps
11. Hyperextensions	3 sets	15-20 reps
12. Seated Calf Raises	3 sets	15-25 reps
13. Crunches	3 sets	15-25 reps
14. Reverse Crunches	3 sets	15-25 reps
15. Leg raises	3 sets	10-25 reps

In this routine you will be working out only 3 sets per exercise. However we will be performing more total sets for each body part. We also split the body in half and work it out over two days.

I perform my workouts in a slow superset style, which means I take about a 30 second to 45 second rest between the first two exercises. I go back and forth between the two exercises until the desired number of sets are reached and then move on to the next two exercises.

This speeds the workout and keeps one mentally engaged. I like the pace of the workout and it allows you to get more done in less time. That means no time for chit-chat. It's all business until the last set is complete.

So you will perform this workout on the first day of the week. Then you will perform workout number two on the second day of the week. One day off for rest and the you will hit this workout again for the second time in the week, followed by workout number 2 the next day.

After that you will have 2 full rest days to recover and then we repeat the cycle next week. However next week you will be adding another set to each exercise and the rep ranges will change slightly.

Note if you found the 3 sets per exercise difficult you can stay with that next week as well. Never do more than your body can handle. As you build momentum in your training and your eating plan you can then work yourself harder but remember. Building a truly impressive physique naturally takes time. There is no reason to make your workouts a drudgery. Ideally you finish workouts feeling elated and pumped as opposed to tired and drained.

Again the last reps of each set should be difficult but not taken to failure. The volume of training will take care of the results.

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