

# MUSCLE INFERNO.COM

## FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

### **MUSCLE INFERNO'S “DEFINE AND TONE” SPLIT ROUTINE – THREE DAYS A WEEK, 30 MINUTE SESSIONS**

Set up a workout schedule for the week. Select the appropriate number of exercises per body part from [muscleinferno.com](http://muscleinferno.com) and review prior to workout session.

Define and Tone Circuit is geared for increasing muscle tone and strength.

The Define and Tone Circuit is composed of mini circuits of 3 exercises, one chest, one biceps and one abdominal exercise.

This circuit will allow each muscle group to workout hard and recover between circuits. Due to the non-stop pace, the target heart rate can range between 60-90% of maximum heart rate. The sets and reps (4 sets of 9-15 reps with a burnout set (++) are designed to finish off that muscle group.

Goal: Shaping and increasing muscle definition, endurance and tone

Warm up: 5 minutes: Treadmill, a bike, an elliptical trainer or exercises that use large body movements

Start with Circuit A. Perform exercises A1-A3 consecutively. Repeat 2<sup>nd</sup> set (Circuit A) with minimal rest.

Circuit A:

A1: CHEST -- 15 reps, minimal rest

A2: BICEPS -- 15 reps, minimal rest

A3: ABS-- 20 reps, minimal rest

Repeat Circuit A (A1-A3) for set 2, set 3.

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Circuit B:

B1: ROTATOR CUFF – 20 reps, minimal rest

B2: LOW BACK – 20 reps, minimal rest

Repeat Circuit B (B1-B2) for set 2.

Continue for the time allotted (30 minutes).

Cool down: 5 minutes: Treadmill, bike, elliptical trainer (keep heart rate below 60% of max. heart rate),

Or Core exercises (abdominals or low back)

Tips:

Back to back workout days of differing programs are allowed.

Select a resistance that will burn/fatigue the muscle the last 3-5 reps of each set, each exercise. Proper form is crucial to target the right muscle(s) and to reduce the risk of injury. If the weight is too light or too heavy, adjust it immediately and finish the reps of that set.

Make sure that the right muscle is firing at the right time for every rep, every set. Refer to the instructions and illustrations to ensure the right technique, tempo, muscles, etc.

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DEFINE AND TONE: CHEST, BICEPS		SET	1	SET	2	SET	3	NOTES
LEVEL: 2 ALARM FIRE/INTERMEDIATE		REPS	LBS	REPS	LBS	REPS	WT	
A1	CHEST #1:	15		12		9,11++		
A2	BICEPS #1:	15		12		9,11++		
A3	ABS #1	20		15		15,20++		
B1	ROTATOR CUFF #1:	20		20				
B2	LOW BACK #1:	20		20				

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	DEFINE AND TONE: LEG, SHOULDER	SET	1	SET	2	SET	3	NOTES
	LEVEL: 2 ALARM FIRE/INTERMEDIATE	REPS	LBS	REPS	LBS	REPS	WT	
<b>A1</b>	LEG #1	15		12		9,11++		
<b>A2</b>	SHOULDER #1	15		12		9,11++		
<b>A3</b>	ABS #1	20		15		15,20++		
<b>B1</b>	ROTATOR CUFF #1:	20		20				
<b>B2</b>	LOW BACK #1:	20		20				

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	DEFINE AND TONE: UPPER BACK, TRICEPS	SET	1	SET	2	SET	3	NOTES
	LEVEL: 2 ALARM FIRE/INTERMEDIATE	REPS	LBS	REPS	LBS	REPS	WT	
<b>A1</b>	UPPER BACK #1	15		12		9,11++		
<b>A2</b>	TRICEPS #1	15		12		9,11++		
<b>A3</b>	ABS #1	20		15		15,20++		
<b>B1</b>	ROTATOR CUFF #1:	20		20				
<b>B2</b>	LOW BACK #1:	20		20				