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FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

MUSCLE INFERNO'S “DEFINE AND TONE” SPLIT ROUTINE – THREE DAYS A WEEK, 60 MINUTE SESSIONS

Set up a workout schedule for the week. Select the appropriate number of exercises per body part from 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 2nd 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:

Perform 9 reps for the Chest, drop the weight 30% and perform as many reps as possible (11 minimum). Repeat for the Biceps
And for the Abdominals.

Continue with Circuit B. Perform exercises B1-B3 consecutively. Repeat 2nd set (Circuit B) with minimal rest.

Continue with Circuit C. Perform exercises C1-C2 consecutively. Repeat 2nd set (Circuit C) with minimal rest.

Continue for the time allotted (60 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 | SET | 4 | NOTES |
|----------------------------------|------------------|---------|-----|---------|-----|------|----|---------|----|-------|
| LEVEL: 2 ALARM FIRE/INTERMEDIATE | | REPS | LBS | REPS | LBS | REPS | WT | REPS | WT | |
| A1 | CHEST #1: | 15 | | 12 | | 10 | | 9,11++ | | |
| A2 | BICEPS #1: | 15 | | 12 | | 10 | | 9,11++ | | |
| A3 | ABS #1 | 20 | | 15 | | 15 | | 15,20++ | | |
| B1 | CHEST #2 | 9,11++ | | 9,11++ | | | | | | |
| B2 | BICEPS #2 | 9,11++ | | 9,11++ | | | | | | |
| B3 | ABS #2 | 15,20++ | | 15,20++ | | | | | | |
| C1 | ROTATOR CUFF #1: | 20 | | 20 | | | | | | |
| C2 | LOW BACK #1: | 20 | | 20 | | | | | | |

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| | DEFINE AND TONE: LEG, SHOULDER | SET | 1 | SET | 2 | SET | 3 | SET | 4 | NOTES |
|-----------|----------------------------------|---------|-----|---------|-----|------|----|---------|----|-------|
| | LEVEL: 2 ALARM FIRE/INTERMEDIATE | REPS | LBS | REPS | LBS | REPS | WT | REPS | WT | |
| A1 | LEG #1 | 15 | | 12 | | 10 | | 9,11++ | | |
| A2 | SHOULDER #1 | 15 | | 12 | | 10 | | 9,11++ | | |
| A3 | ABS #1 | 20 | | 15 | | 15 | | 15,20++ | | |
| B1 | LEG #2 | 9,11++ | | 9,11++ | | | | | | |
| B2 | SHOULDER #2 | 9,11++ | | 9,11++ | | | | | | |
| B3 | ABS #2 | 15,20++ | | 15,20++ | | | | | | |
| C1 | ROTATOR CUFF #1: | 20 | | 20 | | | | | | |
| C2 | LOW BACK #1: | 20 | | 20 | | | | | | |

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| DEFINE AND TONE: UPPER BACK, TRICEPS | | SET | 1 | SET | 2 | SET | 3 | SET | 4 | NOTES |
|--------------------------------------|------------------|---------|-----|---------|-----|------|----|---------|----|-------|
| LEVEL: 2 ALARM FIRE/INTERMEDIATE | | REPS | LBS | REPS | LBS | REPS | WT | REPS | WT | |
| A1 | UPPER BACK #1 | 15 | | 12 | | 10 | | 9,11++ | | |
| A2 | TRICEPS #1 | 15 | | 12 | | 10 | | 9,11++ | | |
| A3 | ABS #1 | 20 | | 15 | | 15 | | 15,20++ | | |
| B1 | UPPER BACK #2 | 9,11++ | | 9,11++ | | | | | | |
| B2 | TRICEPS #2 | 9,11++ | | 9,11++ | | | | | | |
| B3 | ABS #2 | 15,20++ | | 15,20++ | | | | | | |
| C1 | ROTATOR CUFF #1: | 20 | | 20 | | | | | | |
| C2 | LOW BACK #1: | 20 | | 20 | | | | | | |