

# MUSCLE INFERNO.COM

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

### **MUSCLE INFERNO EXHAUSTION DIRECTIONS: 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.

Goal: Increasing tone, strength and muscular endurance, slightly bigger and harder muscles: 20-20+ reps

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

Start with Circuit A. Perform exercises A1-A8 consecutively.

Circuit A:

- A1: UPPER BACK #1 - 20 reps, minimal rest
- A2: UPPER BACK #2 - 20 reps, minimal rest
- A3: UPPER BACK #3 - 20+ reps (20 minimum, burnout), 10 sec rest
- A4: UPPER BACK #3 - 20+ reps (20 minimum, burnout), minimal rest
- A5: ABS #1 – 20 reps, minimal rest
- A6: ABS #2 – 20 reps, minimal rest
- A7: LEGS #1 – 20 reps, minimal rest
- A6: LEGS #2 – 20 reps, minimal rest

Continue with Circuit B. Perform exercises B1-B8 consecutively.

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)  
Light stretching

Back to back workout days of differing programs are allowed, but not three workouts in three days.  
(Unless you are doing a split routine)

Repeat with the other two workouts.

Note: For the Target exercises, select a personal problem area and find exercises to improve that area.  
For 20+ rep sets, perform over 20 reps with good form, rest/decrease the resistance if needed.

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MUSCLE INFERNO EXHAUSTION: 1				
UPPER BACK/TRICEP/LEG/ABS		SET	1	NOTES
LEVEL: 3 ALARM FIRE/ELITE		REPS	LBS	
WARM UP:		5 MIN		
<b>A1</b>	UPPER BACK #1:	20 REPS		
<b>A2</b>	UPPER BACK #2:	20 REPS		
<b>A3</b>	UPPER BACK #3:	20+ REPS		
<b>A4</b>	UPPER BACK #3:	20+ REPS		
<b>A5</b>	ABS #1:	20 REPS		
<b>A6</b>	ABS #2:	20 REPS		
<b>A7</b>	LEGS #1:	20 REPS		
<b>A8</b>	LEGS #2:	20 REPS		
<b>B1</b>	TRICEPS #1:	20 REPS		
<b>B2</b>	TRICEPS #2:	20 REPS		
<b>B3</b>	TRICEPS #3:	20+ REPS		
<b>B4</b>	TRICEPS #3:	20+ REPS		
<b>B5</b>	ABS #3:	20 REPS		
<b>B6</b>	ABS #4:	20 REPS		
<b>B7</b>	LEGS #3:	20 REPS		
<b>B8</b>	LEGS #4:	20 REPS		

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MUSCLE INFERNO EXHAUSTION: 1				
CHEST/BICEPS/ABS		SET	1	NOTES
LEVEL: 3 ALARM FIRE/ELITE		REPS	LBS	
WARM UP:		5 MIN		
<b>A1</b>	CHEST #1:	20 REPS		
<b>A2</b>	CHEST #2:	20 REPS		
<b>A3</b>	CHEST #3:	20+ REPS		
<b>A4</b>	CHEST #3:	20+ REPS		
<b>A5</b>	ABS #1:	20 REPS		
<b>A6</b>	ABS #2:	20 REPS		
<b>A7</b>	LEGS #1:	20 REPS		
<b>A8</b>	LEGS #2:	20 REPS		
<b>B1</b>	BICEPS #1:	20 REPS		
<b>B2</b>	BICEPS #2:	20 REPS		
<b>B3</b>	BICEPS #3:	20+ REPS		
<b>B4</b>	BICEPS #3:	20+ REPS		
<b>B5</b>	ABS #3:	20 REPS		
<b>B6</b>	ABS #4:	20 REPS		
<b>B7</b>	LEGS #3:	20 REPS		
<b>B8</b>	LEGS #4:	20 REPS		

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MUSCLE INFERNO EXHAUSTION: 1				
SHOULDER/TARGET/ABS		SET	1	NOTES
LEVEL: 3 ALARM FIRE/ELITE		REPS	LBS	
WARM UP:		5 MIN		
<b>A1</b>	SHOULDER #1:	20 REPS		
<b>A2</b>	SHOULDER #2:	20 REPS		
<b>A3</b>	SHOULDER #3:	20+ REPS		
<b>A4</b>	SHOULDER #3:	20+ REPS		
<b>A5</b>	ABS #1:	20 REPS		
<b>A6</b>	ABS #2:	20 REPS		
<b>A7</b>	LOW BACK #1:	20 REPS		
<b>A8</b>	LOW BACK #2:	20 REPS		
<b>B1</b>	TARGET #1:	20 REPS		
<b>B2</b>	TARGET #2:	20 REPS		
<b>B3</b>	TARGET #3:	20+ REPS		
<b>B4</b>	TARGET #3:	20+ REPS		
<b>B5</b>	ABS #3:	20 REPS		
<b>B6</b>	ABS #4:	20 REPS		
<b>B7</b>	ROTATOR CUFF #3:	20 REPS		
<b>B8</b>	ROTATOR CUFF #4:	20 REPS		