

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

MUSCLE INFERNO EXHAUSTION DIRECTIONS: 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.

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. Repeat 2nd set (Circuit A) with minimal rest.

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
- Repeat Circuit A (A1-A8)

Continue with Circuit B. Perform exercises B1-B8 consecutively. Repeat 2nd set (Circuit B) with minimal rest. Continue for the time allotted (30-60 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)
Light stretching

Back to back workout days of differing programs are allowed, but not three consecutive 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 if needed.

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

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

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