

# MUSCLE INFERNO.COM

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

### MUSCLE INFERNO'S "RAPID FIRE" 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](http://muscleinferno.com) and review prior to workout session.

Rapid Fire Circuit is geared for Muscle Definition and for Muscle Toning. The Rapid Fire Circuit is Composed of mini circuits of 3-5 exercises of one muscle group in a row, back to back to back. This circuit will burnout muscle groups with various consecutive exercises. With this non-stop pace, the target heart rate can range between 60-90% of maximum heart rate. The sets and reps (2 sets of 15-20 reps or 30-60 seconds) are designed to build muscular definition, endurance, tone, burn fat and calories. Select large, fast leg or total body movements for LEGS/INFERNO to Increase your heart rate and to burn more calories.

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-A9 consecutively. Repeat 2<sup>nd</sup> set (Circuit A) with minimal rest.

Circuit #1:

- A1: ABS #1 -- 15 reps, minimal rest
  - A2: ABS #2 -- 15 reps, minimal rest
  - A3: ABS #3 -- 15 reps, minimal rest
  - A4: LEGS/INFERNO #1 -- 15 reps, minimal rest
  - A5: LEGS/INFERNO #2 -- 15 reps, minimal rest
  - A6: LEGS/INFERNO #3 -- 15 reps, minimal rest
  - A7: UPPER BACK #1 -- 15 reps, minimal rest
  - A8: UPPER BACK #2 -- 15 reps, minimal rest
  - A9: UPPER BACK #3 -- 15 reps, minimal rest
- Repeat Circuit A (A1-A9)

Continue with Circuit B. Perform exercises B1-B9 consecutively. Repeat 2<sup>nd</sup> 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)

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.

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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RAPID FIRE: 1						
UPPER BACK/TRICEP/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
<b>A1</b>	ABS #1:	15 REPS		15 REPS		
<b>A2</b>	ABS #2:	15 REPS		15 REPS		
<b>A3</b>	ABS #3:	15 REPS		15 REPS		
<b>A4</b>	LEGS/INFERNO #1:	30 SEC		30 SEC		
<b>A5</b>	LEGS/INFERNO #2:	30 SEC		30 SEC		
<b>A6</b>	LEGS/INFERNO #3:	30 SEC		30 SEC		
<b>A7</b>	UPPER BACK #1:	15 REPS		15 REPS		
<b>A8</b>	UPPER BACK #2:	15 REPS		15 REPS		
<b>A9</b>	UPPER BACK #3:	15 REPS		15 REPS		
<b>B1</b>	LEGS/INFERNO #4:	30 SEC		30 SEC		
<b>B2</b>	LEGS/INFERNO #5:	30 SEC		30 SEC		
<b>B3</b>	LEGS/INFERNO #6:	30 SEC		30 SEC		
<b>B4</b>	ABS #4:	15 REPS		15 REPS		
<b>B5</b>	ABS #5:	15 REPS		15 REPS		
<b>B6</b>	ABS #6:	15 REPS		15 REPS		
<b>B7</b>	TRICEPS #1:	15 REPS		15 REPS		
<b>B8</b>	TRICEPS #2:	15 REPS		15 REPS		
<b>B9</b>	TRICEPS #3:	15 REPS		15 REPS		

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RAPID FIRE: 1						
CHEST/BICEP/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
<b>A1</b>	ABS #1:	15 REPS		15 REPS		
<b>A2</b>	ABS #2:	15 REPS		15 REPS		
<b>A3</b>	ABS #3:	15 REPS		15 REPS		
<b>A4</b>	LEGS/INFERNO #1:	30 SEC		30 SEC		
<b>A5</b>	LEGS/INFERNO #2:	30 SEC		30 SEC		
<b>A6</b>	LEGS/INFERNO #3:	30 SEC		30 SEC		
<b>A7</b>	CHEST #1:	15 REPS		15 REPS		
<b>A8</b>	CHEST #2:	15 REPS		15 REPS		
<b>A9</b>	CHEST #3:	15 REPS		15 REPS		
<b>B1</b>	LEGS/INFERNO #4:	30 SEC		30 SEC		
<b>B2</b>	LEGS/INFERNO #5:	30 SEC		30 SEC		
<b>B3</b>	LEGS/INFERNO #6:	30 SEC		30 SEC		
<b>B4</b>	ABS #4:	15 REPS		15 REPS		
<b>B5</b>	ABS #5:	15 REPS		15 REPS		
<b>B6</b>	ABS #6:	15 REPS		15 REPS		
<b>B7</b>	BICEPS #1:	15 REPS		15 REPS		
<b>B8</b>	BICEPS #2:	15 REPS		15 REPS		
<b>B9</b>	BICEPS #3:	15 REPS		15 REPS		

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RAPID FIRE: 1						
SHOULDER/TARGET/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
<b>A1</b>	ABS #1:	15 REPS		15 REPS		
<b>A2</b>	ABS #2:	15 REPS		15 REPS		
<b>A3</b>	ABS #3:	15 REPS		15 REPS		
<b>A4</b>	LEGS/INFERNO #1:	30 SEC		30 SEC		
<b>A5</b>	LEGS/INFERNO #2:	30 SEC		30 SEC		
<b>A6</b>	LEGS/INFERNO #3:	30 SEC		30 SEC		
<b>A7</b>	SHOULDER #1:	15 REPS		15 REPS		
<b>A8</b>	SHOULDER #2:	15 REPS		15 REPS		
<b>A9</b>	SHOULDER #3:	15 REPS		15 REPS		
<b>B1</b>	LEGS/INFERNO #4:	30 SEC		30 SEC		
<b>B2</b>	LEGS/INFERNO #5:	30 SEC		30 SEC		
<b>B3</b>	LEGS/INFERNO #6:	30 SEC		30 SEC		
<b>B4</b>	ABS #4:	15 REPS		15 REPS		
<b>B5</b>	ABS #5:	15 REPS		15 REPS		
<b>B6</b>	ABS #6:	15 REPS		15 REPS		
<b>B7</b>	TARGET #1:	15 REPS		15 REPS		
<b>B8</b>	TARGET #2:	15 REPS		15 REPS		
<b>B9</b>	TARGET #3:	15 REPS		15 REPS		