

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

TOTAL BODY W/INFERNO: 6		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
WARM UP:		5 MIN				
A1	TOTAL BODY A:	15 REPS		15 REPS		
A2	TOTAL BODY B:	15 REPS		15 REPS		
A3	INFERNO:	30 SEC		30 SEC		
B1	CHEST A:	15 REPS		15 REPS		
B2	CHEST B:	15 REPS		15 REPS		
B3	INFERNO:	30 SEC		30 SEC		
C1	ABS A:	15 REPS		15 REPS		
C2	ABS B:	15 REPS		15 REPS		
C3	INFERNO:	30 SEC		30 SEC		
D1	UPPER BACK A:	15 REPS		15 REPS		
D2	UPPER BACK B:	15 REPS		15 REPS		
D3	INFERNO:	30 SEC		30 SEC		
E1	ABS A:	15 REPS		15 REPS		
E2	ABS B:	15 REPS		15 REPS		
E3	INFERNO:	30 SEC		30 SEC		
F1	TRICEPS A:	15 REPS		15 REPS		
F2	TRICEPS B:	15 REPS		15 REPS		
F3	INFERNO:	30 SEC		30 SEC		
G1	LEGS A:	15 REPS		15 REPS		
G2	LEGS B:	15 REPS		15 REPS		
G3	INFERNO:	30 SEC		30 SEC		
H1	LOWER BACK A:	15 REPS		15 REPS		
H2	LOWER BACK B:	15 REPS		15 REPS		
H3	INFERNO:	30 SEC		30 SEC		
I1	SHOULDERS A:	15 REPS		15 REPS		
I2	SHOULDERS B:	15 REPS		15 REPS		
I3	INFERNO:	15 REPS		15 REPS		
J1	BICEPS A:	15 REPS		15 REPS		
J2	BICEPS B:	15 REPS		15 REPS		
J3	INFERNO:	30 SEC		30 SEC		
K1	ABS A:	15 REPS		15 REPS		
K2	ABS B:	15 REPS		15 REPS		
K3	ABS C:	15 REPS		15 REPS		

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Muscle Inferno's "Calorie Inferno" Fat Metabolism and Muscular Endurance Program

Calorie Inferno Circuit is geared for Fat Metabolism and increasing Muscular Endurance.

The Calorie Inferno Circuit is composed of mini circuits of 3 exercises, two exercises of one muscle group followed by an inferno cardio pump (performed back to back to back). This circuit will burnout specific muscle groups with various consecutive exercises. Due to the 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 metabolize fat, increase muscular endurance, definition, and burn 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-A3 consecutively. Repeat 2nd set (Circuit A) with minimal rest.

Circuit A:

A1: TOTAL BODY A -- 15 reps, minimal rest

A2: TOTAL BODY B -- 15 reps, minimal rest

A3: INFERNO – 30 seconds, minimal rest

Repeat Circuit A (A1-A3)

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

Continue with Circuit C. Perform exercises C1-C3 consecutively. Repeat 2nd set (Circuit C) 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.

Tips:

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.