

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

MUSCLE INFERNO'S "TWO TIMER" 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.

TWO TIMER Circuit is geared for Muscle Definition and for Muscle Toning. The Rapid Fire Circuit is Composed of mini circuits of 6 exercises of one muscle group in a row, 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 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-A6 consecutively. Repeat 2nd set (Circuit A) with minimal rest.

Circuit #1:

- A1: ABS #1 – 20-25 reps, minimal rest
 - A2: ABS #2 – 20-25 reps, minimal rest
 - A3: UPPER BACK #1 -- 15 reps, minimal rest
 - A4: UPPER BACK #2 -- 15 reps, minimal rest
 - A5: TRICEPS #1 -- 15 reps, minimal rest
 - A6: TRICEPS #2 -- 15 reps, minimal rest
- Repeat Circuit A (A1-A6)

Continue with Circuit B. Perform exercises B1-B6 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)

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. Save 10 minutes to stretch.

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

TWO TIMER: 1						
UPPER BACK/TRICEP/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
A1	ABS #1:	20-25 REPS		20-25 REPS		
A2	ABS #2:	20-25 REPS		20-25 REPS		
A3	UPPER BACK #1:	15 REPS		15 REPS		
A4	UPPER BACK #2:	15 REPS		15 REPS		
A5	TRICEPS #1:	15 REPS		15 REPS		
A6	TRICEPS #2:	15 REPS		15 REPS		
B1	ABS #3:	20-25 REPS		20-25 REPS		
B2	ABS #4:	20-25 REPS		20-25 REPS		
B3	UPPER BACK #3:	15 REPS		15 REPS		
B4	UPPER BACK #4:	15 REPS		15 REPS		
B5	TRICEPS #3:	15 REPS		15 REPS		
B6	TRICEPS #4:	15 REPS		15 REPS		
C1	LOWER BACK #1:	20-25 REPS		20-25 REPS		
C2	LOWER BACK #2:	20-25 REPS		20-25 REPS		
C3	UPPER BACK #3:	15 REPS		15 REPS		
C4	UPPER BACK #4:	15 REPS		15 REPS		
C5	TRICEPS #3:	15 REPS		15 REPS		
C6	TRICEPS #4:	15 REPS		15 REPS		

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

TWO TIMER: 2						
CHEST/BICEP/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
A1	ABS #1:	20-25 REPS		20-25 REPS		
A2	ABS #2:	20-25 REPS		20-25 REPS		
A3	CHEST #1:	15 REPS		15 REPS		
A4	CHEST #2:	15 REPS		15 REPS		
A5	BICEPS #1:	15 REPS		15 REPS		
A6	BICEPS #2:	15 REPS		15 REPS		
B1	ABS #3:	20-25 REPS		20-25 REPS		
B2	ABS #4:	20-25 REPS		20-25 REPS		
B3	CHEST #3:	15 REPS		15 REPS		
B4	CHEST #4:	15 REPS		15 REPS		
B5	BICEPS #3:	15 REPS		15 REPS		
B6	BICEPS #4:	15 REPS		15 REPS		
C1	LOWER BACK #1:	20-25 REPS		20-25 REPS		
C2	LOWER BACK #2:	20-25 REPS		20-25 REPS		
C3	CHEST #5:	15 REPS		15 REPS		
C4	CHEST #6:	15 REPS		15 REPS		
C5	BICEPS #5:	15 REPS		15 REPS		
C6	BICEPS #6:	15 REPS		15 REPS		

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

TWO TIMER: 3						
SHOULDER/LEG/ABS		SET	1	SET	2	NOTES
LEVEL: 4 ALARM FIRE/ELITE		REPS	LBS	REPS	LBS	
A1	ABS #1:	20-25 REPS		20-25 REPS		
A2	ABS #2:	20-25 REPS		20-25 REPS		
A3	SHOULDERS #1:	15 REPS		15 REPS		
A4	SHOULDERS #2:	15 REPS		15 REPS		
A5	LEGS/INFERNO #1:	20 REPS		20 REPS		
A6	LEGS/INFERNO #2:	20 REPS		20 REPS		
B1	ABS #3:	20-25 REPS		20-25 REPS		
B2	ABS #4:	20-25 REPS		20-25 REPS		
B3	SHOULDERS #3:	15 REPS		15 REPS		
B4	SHOULDERS #4:	15 REPS		15 REPS		
B5	LEGS/INFERNO #3:	20 REPS		20 REPS		
B6	LEGS/INFERNO #4:	20 REPS		20 REPS		
C1	LOWER BACK #1:	20-25 REPS		20-25 REPS		
C2	LOWER BACK #2:	20-25 REPS		20-25 REPS		
C3	SHOULDERS #5	15 REPS		15 REPS		
C4	SHOULDERS #6	15 REPS		15 REPS		
C5	LEGS/INFERNO #5:	20 REPS		20 REPS		
C6	LEGS/INFERNO #6:	20 REPS		20 REPS		

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

EXERCISE EXAMPLES:

ABS:	PIKE WITH PHYSIOBALL KNEE TUCK WITH PHYSIOBALL OVERHEAD DECLINE AB THROWS FULL RANGE HIP LIFTS WITH TWIST BALL PASS, OVERHEAD TO SHIN 3 DIRECTION PLANKS
BICEPS:	BICEP CURL HAMMER CURL ISOLATION CURL EZ CURL BAR PULLEY SUPINE HAMMER CURL TOP PULLEY
CHEST:	BENCH PRESS INCLINE BENCH PRESS CHEST FLIES INCLINE PUSH UPS CHEST FLIES WITH PULLEY, STANDING CHEST PRESS MACHINE PEC DEC MACHINE
LOWER BACK:	SUPERMAN (ARMS IN "T" FORMATION, THUMBS FACING UP) GOOD MORNINGS WITH BARBELL BACK EXTENSION ON RACK HIP EXTENSIONS WITH FEET ON BENCH
LEGS:	WALKING LUNGES LEG PRESS LEG EXTENSION HAMSTRING CURL STIFF LEGGED DEADLIFT LOW PULLEY STEP UPS, 90 DEGREE ANGLE
SHOULDERS:	MILITARY PRESS MACHINE MILITARY PRESS WITH DB OVERHEAD RAISE SIDE RAISE BENT OVER RAISE WITH THUMBS IN
TRICEPS:	NARROW BENCH SKULL CRUSHER KICKBACKS NARROW CHEST PRESS WITH 2X4 TRICEP PRESS DOWN PULLEY

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

EXERCISE EXAMPLES: Continued

UPPER BACK:

STRAIGHT ARM LAT PULL
WIDE LAT PULL
REVERSE LAT PULL
NARROW ROW
WIDE ROW
ONE ARM ROW
ASSISTED PULL UP

STRETCH:

STRAIGHT HAMSTRING
KNEE BENT ADDUCTOR/HAMSTRING STRETCH
PIRIFORMIS STRETCH
DIAGONAL HAMSTRING STRETCH
LOW BACK SCISSOR STRETCH AT EDGE OF TABLE
PRONE HIP FLEXOR STRETCH
LAT STRETCH
DIAGONAL LAT STRETCH
CHEST STRETCH WITH FOREARMS INTO DOORWAY
CHEST STRETCH WITH PALMS AGAINST CORNER WALL