12 Week Beach Body Program

Training Plan

All sets to be taken to failure: if further reps can be completed following achievement of prescribed rep range, increase weight. This program includes no fancy intensity methods other than supersets; intensity is to be created through lifting the heaviest weight possible and by going to absolute failure on each set.

For all 12-weeks, you must work to continue increasing weight on all lifts; make this your number one training priority – to get stronger while maintaining perfect form.

Note: s/w = super set with

Monday

- Morning: (before breakfast) 30 minutes of HIIT (High Intensity Interval Training) cardio – 30 seconds at 70% of maximal heart rate/30 seconds at 90% of maximal heart rate, back to back to completion.
- Evening: back and biceps (after back training, consume 15 grams of whey protein and 15 grams of a quality carb formulation, rest for 20 minutes, then hit arms).

- Chin Ups: 4 x 8-12 (add weight once bodyweight becomes less challenging)
- Reverse-grip Pulldowns s/w Single Arm Dumbbell (DB) Rows: 3 x 8-12
- Bent-over Barbell Rows (overhand grip): 2 x 6-8
- Rack Deadlifts: 3 x 8-10

Short break to refuel

- Incline DB Curls s/w DB Hammer Curls: 3 x 8-12
- Barbell Curls: 3 x 8-12

Tuesday

- Morning: steady state cardio: 40 minutes at 75-80% of maximal heart rate
- Evening: Chest & Triceps (after chest training, consume 15 grams of whey protein and 15 grams of a quality carb formulation, rest for 20 minutes, then hit arms).

- Incline DB Press s/w Incline DB Flyes: 3 x 8-12
- Medium-width Bench Press s/w Close-grip Bench Press: 3 x 8-12
- Decline DB Flyes: 3 x 8-10

Short break to refuel
• Single Arm DB Overhead Triceps Extensions s/w DB Kickbacks: 3 x 8-12
• Lying Barbell Triceps Extensions: 3 x 8-10
• Rope Press-downs: 2 x 8-12

Wednesday

• Morning: (before breakfast): 30 minutes of HIIT (High Intensity Interval Training) cardio – 30 seconds at 70% of maximal heart rate/30 seconds of 90% of maximal heart rate, back to back to completion.

Thursday

• Evening: Legs

• Barbell Squats: 2 x 8-12
• Barbell Squats s/w Leg Extensions: 2 x 10-15
• Leg Extensions: 2 x 8-12
• Walking Lunges: 3 x 15 (each leg)
• Leg Press: 2 x 8-12
• Standing Calf Raise: 3 x 15-20
• Seated Calf Raise s/w Toe Presses on the Leg Press Machine: 3 x 10-15

Friday

• Morning: (before breakfast): 30 minutes of HIIT (High Intensity Interval Training) cardio – 30 seconds at 70% of maximal heart rate/30 seconds of 90% of maximal heart rate, back to back to completion.

Saturday

• Evening: shoulders and abs

• Standing DB Lateral Raise: 3 x 8-12
• Bent-over DB Raise s/w Standing DB Press: 3 x 8-12
• DB Front Raise s/w DB Shrugs: 3 x 8-12
• Swiss Ball Crunches s/w Hanging Leg Raises: 3 x 15-30
• Knee Raise (from bench): 4 x 15-25

Sunday: Rest
12 Week Nutrition Plan

To ensure optimal hormonal health and consistent fat burning results, work in one cheat/high calorie day per week during which three carbohydrate grams per pound of bodyweight may be consumed and 1-2 meals may comprise any off-limits foods you fancy (each meal totaling 800 calories). Such high calorie days are an effective way to elevate the metabolic rate, restore thyroid function and (with the inclusion of saturated fats) boost testosterone levels. Trial this approach for 2-3 weeks to see if it works for you; depending on your body type and metabolic rate you may need to schedule two of these days per week or one every 8-10 days.

Vary the overall caloric intake of this diet based on your present body fat levels and dietary requirements. For example, if your body fat levels exceed 13% (for males) or 20% (for females) and you find it difficult to lose weight, calories may need to be scaled down accordingly, or adjusted up if your BF levels are in the single digits and/or your body type is more ectomorphic. This can be done by modifying carbohydrate and fat intake accordingly. Protein is to be maintained as prescribed.

It is encouraged that you mix and match the following meal options to ensure a varied nutrient intake, and adherence to your diet.

Meal 1

Option 1: 150 grams of baked potato; 100 grams of broccoli; 1 whole egg; 6 egg whites

Option 2: 1 cup of brown rice; 100 grams of chicken breast; 1 apple

Recommended Supplements:

- One multi-vitamin
- Vitamin C: 1 gram
- 1 scoop ISOFLEX
- 1 Omega 3

Meal 2

Option 1: 120 grams of water packed tuna; 1 cup of brown rice;

Option 2: 120 grams of chicken breast; 1 cup of whole wheat pasta

Meal 3

Option 1: 120 grams of lean red meat; 150 grams of baked potato; one apple
Option 2: 7 egg whites; 100 grams of green beans; 150 grams of sweet potato

Recommended Supplements:

- 1 serving Omega 3
- Vitamin C: 1 gram
- 25 g of Whey Protein (directly after evening training session)
- 1 serving of a quality Carbohydrate formulation (directly after evening training session)

Meal 4

Option 1: 150 grams of baked potato; 100 grams of beets; 100 grams of broccoli; 120 grams of chicken breast

Option 2: 120 grams of cabbage; 100 grams of asparagus; 1 cup of brown rice; 120 grams of lean red meat

Meal 5

Option 1: 7 egg whites

Option 2: 100 grams of low fat cottage cheese

Recommended Supplements:

- 15 grams of casein protein