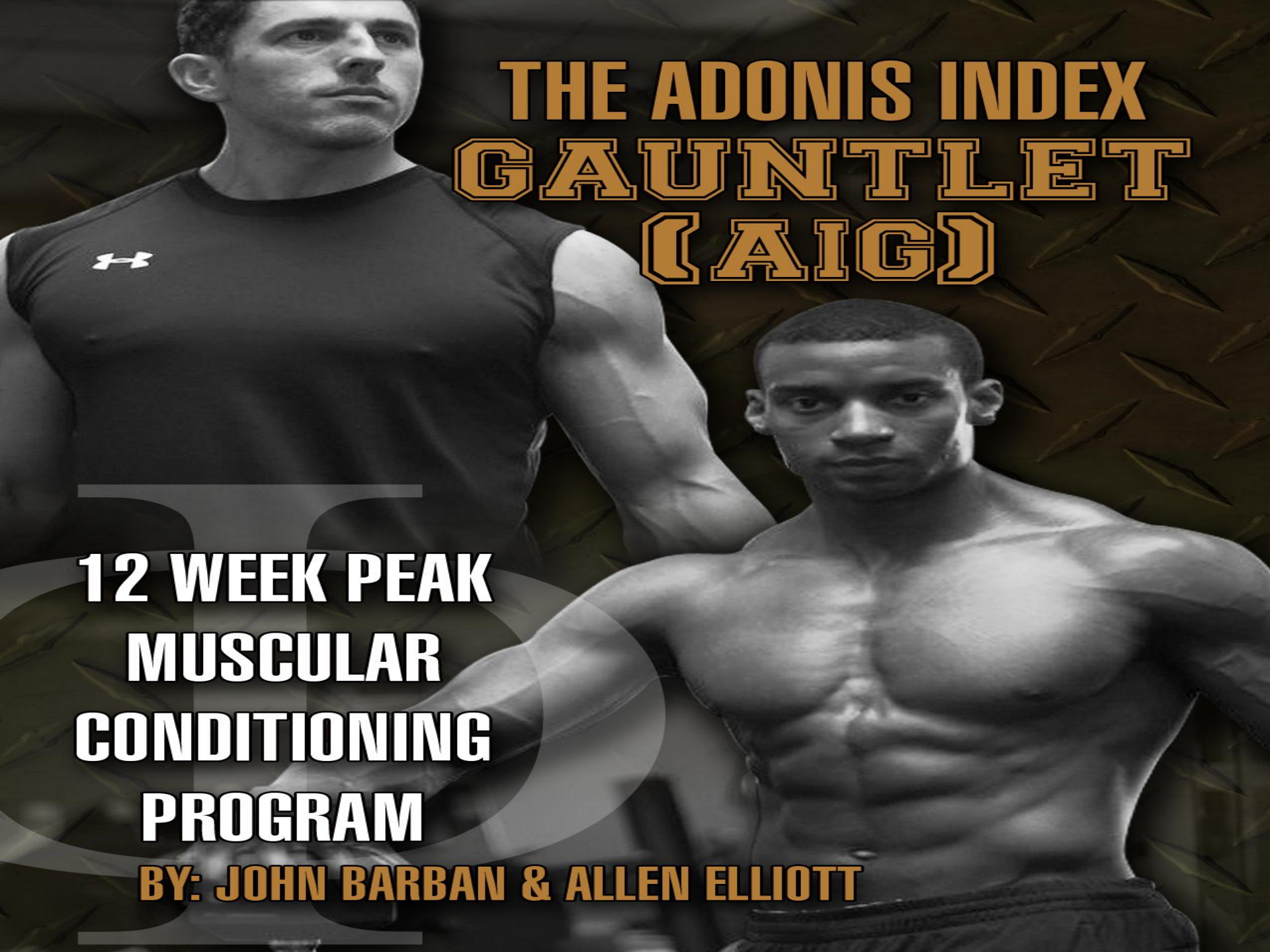




THE ADONIS INDEX GAUNTLET (AIG)

**12 WEEK PEAK
MUSCULAR
CONDITIONING
PROGRAM**

BY: JOHN BARBAN & ALLEN ELLIOTT

THE ADONIS INDEX GAUNTLET (AIG)



- ENTER THE GAUNTLET: A gauntlet is defined as going through an intimidating or dangerous crowd, place, or experience in order to reach a goal
- This 12 Week Peak Muscular Conditioning Program is your 'gauntlet' to prepare you for your next photo-shoot or contest
- EXPECT THE UNEXPECTED: Like a traditional gauntlet, challenging workouts stand in your way; not to prevent you from your goal but to empower you as you overcome and complete each workout—ensuring that you arrive a 'polished' product at the end of the program

THE ADONIS INDEX GAUNTLET (AIG)



12 Week Peak Muscular Conditioning Program

AIG Module 1: Physique Conditioning (weeks 1-2)

AIG Module 2: Giant Wave Sets (weeks 3-4)

AIG Module 3: Mini-X Sets (weeks 5-6)

AIG Module 4: Tri-Phase Sets (weeks 7-8)

AIG Module 5: Power Giant Sets (weeks 9-10)

AIG Module 6: Touch Up Sets & Peak Week (weeks 11-12)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 1: Physique Conditioning Sets

2 Week Module (weeks 1-2 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 1: Physique Conditioning Sets

- The first two weeks of AIG focus on muscular endurance; the foundation needed to enter the gauntlet of photo-shoot or contest prep

AIG WEEK 1 DAY 1

PHYSIQUE CONDITIONING

Week 1 Day 1 - Physique Conditioning Muscle Group - Quad/Hamstring			
Giant Set #1	Exercise	Reps	Rest (Sec)
	Dumbbell Squat	21	45
	Dumbbell Step Ups	13	45
	Stiff Leg Deadlift	21	45
	Reverse Lunge	13	45
	Lying Hamstring Curl	21	45
Giant Set #2	Exercise	Reps	Rest (Sec)
	Dumbbell Squat	13	45
	Dumbbell Step Ups	21	45
	Stiff Leg Deadlift	13	45
	Reverse Lunge	21	45
	Lying Hamstring Curl	13	45
Giant Set #3	Exercise	Reps	Rest (Sec)
	Dumbbell Squat	21	45
	Dumbbell Step Ups	13	45
	Stiff Leg Deadlift	21	45
	Reverse Lunge	13	45
	Lying Hamstring Curl	21	45

AIG WEEK 1 DAY 2

PHYSIQUE CONDITIONING

Week 1 Day 2 - Physique Conditioning			
Muscle Group - Chest/Back			
Giant Set #1	Exercise	Reps	Rest (Sec)
	Pullover	21	45
	Incline Dumbbell Press	13	45
	Low Pulley Row Close Grip	21	45
	Cable Cross Over Low Finish	13	45
	Wide Grip Pulldown	21	45
Giant Set #2	Exercise	Reps	Rest (Sec)
	Pullover	13	45
	Incline Dumbbell Press	21	45
	Low Pulley Row Close Grip	13	45
	Cable Crossover Low Finish	21	45
	Wide Grip Pulldown	13	45
Giant Set #3	Exercise	Reps	Rest (Sec)
	Pullover	21	45
	Dips	13	45
	Incline Dumbbell Flye	21	45
	Reverse Grip Pulldown	13	45
	Bent Dumbbell Row	21	45

AIG WEEK 1 DAY 3

PHYSIQUE CONDITIONING

Week 1 Day 3 - Physique Conditioning			
Muscle Group - Shoulder/Calves			
Giant Set #1	Exercise	Reps	Rest (Sec)
	Triple Raise	7	45
	Standing Dumbbell Shoulder Press	13	45
	Standing Calf Raise	21	45
	Wide Grip Upright Row	13	45
	Seated Calf Raise	21	45
Giant Set #2	Exercise	Reps	Rest (Sec)
	Triple Raise	7	45
	Standing Dumbbell Shoulder Press	21	45
	Standing Calf Raise	13	45
	Wide Grip Upright Row	21	45
	Seated Calf Raise	13	45
Giant Set #3	Exercise	Reps	Rest (Sec)
	Triple Raise	7	45
	Seated Alternate Dumbbell Press	13	45
	Standing Calf Raise	21	45
	Standing One Leg Calf Raise	13	45
	Front Raise Plate	21	45

AIG WEEK 1 DAY 4

PHYSIQUE CONDITIONING

Week 1 Day 4 - Physique Conditioning Muscle Group - Bicep/Tricep			
Giant Set #1	Exercise	Reps	Rest (Sec)
	<u>Standing Curl & Tate Press</u>	21	45
	<u>Barbell Curl</u>	13	45
	<u>Tate Press</u>	21	45
	<u>Standing Alternate Dumbbell Curl</u>	13	45
	<u>Incline Tricep Extension - Barbell</u>	21	45
Giant Set #2	Exercise	Reps	Rest (Sec)
	<u>Standing Curl & Tate Press</u>	13	45
	<u>Barbell Curl</u>	21	45
	<u>Tate Press</u>	13	45
	<u>Standing Alternate Dumbbell Curl</u>	21	45
	<u>Incline Tricep Extension - Barbell</u>	13	45
Giant Set #3	Exercise	Reps	Rest (Sec)
	<u>Standing Curl & Tate Press</u>	21	45
	<u>Incline Curl</u>	13	45
	<u>Hammer Curl</u>	21	45
	<u>Incline Tate Press</u>	13	45
	<u>Tricep Kickback</u>	21	45

AIG WEEK 2 DAY 1

PHYSIQUE CONDITIONING

Week 2 Day 1 - Physique Conditioning			
Muscle Group - Chest/Quads			
Giant Set #1	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	13	60
	<u>Incline Dumbbell Press</u>	8	60
	<u>Dumbbell Reverse Lunge</u>	13	60
	<u>Flat Bench Dumbbell Flye</u>	8	60
	<u>Squat & Squeeze Raise</u>	13	60
Giant Set #2	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	8	60
	<u>Incline Dumbbell Press</u>	13	60
	<u>Dumbbell Reverse Lunge</u>	8	60
	<u>Flat Bench Dumbbell Flye</u>	13	60
	<u>Squat & Squeeze Raise</u>	8	60
Giant Set #3	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	13	60
	<u>Incline Dumbbell Press</u>	8	60
	<u>Dumbbell Reverse Lunge</u>	13	60
	<u>Flat Bench Dumbbell Flye</u>	8	60
	<u>Squat & Squeeze Raise</u>	13	60

AIG WEEK 2 DAY 2

PHYSIQUE CONDITIONING

Week 2 Day 2 - Physique Conditioning			
Muscle Group - Back/Hamstrings			
Giant Set #1	Exercise	Reps	Rest (Sec)
	Modified Upright Row	13	60
	Stiff Leg Deadlift	8	60
	One-Arm Dumbbell Row (Lateral)	13	60
	Adonis Row- Dumbbell Palms Down	8	60
	Lying Hamstring Curl	13	60
Giant Set #2	Exercise	Reps	Rest (Sec)
	Modified Upright Row	8	60
	Stiff Leg Deadlift	13	60
	One-Arm Dumbbell Row (Lateral)	8	60
	Adonis Row- Dumbbell Palms Up	13	60
	Lying Hamstring Curl	8	60
Giant Set #3	Exercise	Reps	Rest (Sec)
	Modified Upright Row	13	60
	Stiff Leg Deadlift	8	60
	One-Arm Dumbbell Row (Lateral)	13	60
	Adonis Row- Dumbbell Palms Down	8	60
	Lying Hamstring Curl	13	60

AIG WEEK 2 DAY 3

PHYSIQUE CONDITIONING

Week 2 Day 3 - Physique Conditioning Muscle Group - Bicep/Tricep			
Giant Set #1	Exercise	Reps	Rest (Sec)
	<u>Incline Curl</u>	13	60
	<u>Incline Tate Press</u>	8	60
	<u>Standing Alternate Dumbbell Curl</u>	13	60
	<u>Rope Push Down</u>	8	60
	<u>Single Arm Cable Curl</u>	13	60
Giant Set #2	Exercise	Reps	Rest (Sec)
	<u>Incline Curl</u>	8	60
	<u>Incline Tate Press</u>	13	60
	<u>Standing Alternate Dumbbell Curl</u>	8	60
	<u>Rope Push Down</u>	13	60
	<u>Single Arm Cable Curl</u>	8	60
Giant Set #3	Exercise	Reps	Rest (Sec)
	<u>Incline Curl</u>	13	60
	<u>Incline Tate Press</u>	8	60
	<u>Standing Alternate Dumbbell Curl</u>	13	60
	<u>Rope Push Down</u>	8	60
	<u>Single Arm Cable Curl</u>	13	60

AIG WEEK 2 DAY 4

PHYSIQUE CONDITIONING

Week 2 Day 4 - Physique Conditioning			
Muscle Group - Shoulders/Calves			
Giant Set #1	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	13	60
	Standing One Leg Calf Raise	8	60
	Bentover Lateral Raise	13	60
	Seated Calf Raise	8	60
	Dumbbell Shrug	13	60
Giant Set #2	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	8	60
	Standing One Leg Calf Raise	13	60
	Bentover Lateral Raise	8	60
	Seated Calf Raise	13	60
	Dumbbell Shrug	8	60
Giant Set #3	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	13	60
	Standing One Leg Calf Raise	8	60
	Bentover Lateral Raise	13	60
	Seated Calf Raise	8	60
	Dumbbell Shrug	13	60

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 2: Giant Wave Sets

2 Week Module (weeks 3-4 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 2: Giant Wave Sets

- Giant Wave Sets Combine the principles of Giant Sets and the “Wave” repetition scheme from the Venus Index workouts
- As you move through each Giant Set the repetitions performed will also vary

AIG WEEK 3 DAY 1

GIANT WAVE SETS

Week 3 Day 1 - Giant Wave Sets			
Muscle Group - Chest/Quad			
Giant Set #1-Chest	Exercise	Reps	Rest (Sec)
	Flat Bench Press	13	45
	Incline Dumbbell Press	13	45
	Dips	13	45
	Cable Cross Over Low Finish	13	45
	Incline Dumbbell Flye	13	45
Giant Set #2-Chest	Exercise	Reps	Rest (Sec)
	Flat Bench Press	8	60
	Incline Dumbbell Press	8	60
	Dips	8	60
	Cable Cross Over Low Finish	8	60
	Incline Dumbbell Flye	8	60
Giant Set #3-Chest	Exercise	Reps	Rest (Sec)
	Flat Bench Press	5	90
	Incline Dumbbell Press	5	90
	Weighted Dips	5	90
	Cable Cross Over Low Finish	5	90
	Incline Dumbbell Flye	5	90

AIG WEEK 3 DAY 1

GIANT WAVE SETS

Giant Set #4-Quad	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	13	45
	<u>Barbell Squat</u>	13	45
	<u>Dumbbell Step Ups</u>	13	45
	<u>Machine Leg Extension [1-S-2]</u>	13	45
	<u>Bulgarian Split Squat</u>	13	45
Giant Set #5-Quad	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	8	60
	<u>Barbell Squat</u>	8	60
	<u>Dumbbell Step Ups</u>	8	60
	<u>Machine Leg Extension [1-S-2]</u>	8	60
	<u>Bulgarian Split Squat</u>	8	60
Giant Set #6-Quad	Exercise	Reps	Rest (Sec)
	<u>Dumbbell Squat</u>	5	90
	<u>Barbell Squat</u>	5	90
	<u>Dumbbell Step Ups</u>	5	90
	<u>Machine Leg Extension [1-S-2]</u>	5	90
	<u>Bulgarian Split Squat</u>	5	90

AIG WEEK 3 DAY 2

GIANT WAVE SETS

Week 3 Day 2 - Giant Wave Sets Muscle Group - Back/Hamstring			
Giant Set #1-Back	Exercise	Reps	Rest (Sec)
	Bent Dumbbell Row	13	45
	Wide Grip Pulldown	13	45
	Low Pulley Row Close Grip	13	45
	One-Arm Dumbbell Row (Lateral)	13	45
	Adonis Row Wide Grip	13	45
Giant Set #2-Back	Exercise	Reps	Rest (Sec)
	Bent Dumbbell Row	8	60
	Wide Grip Pulldown	8	60
	Low Pulley Row Close Grip	8	60
	One-Arm Dumbbell Row (Lateral)	8	60
	Adonis Row Wide Grip	8	60
Giant Set #3-Back	Exercise	Reps	Rest (Sec)
	Bent Dumbbell Row	5	90
	Wide Grip Pulldown	5	90
	Low Pulley Row Close Grip	5	90
	One-Arm Dumbbell Row (Lateral)	5	90
	Adonis Row Wide Grip	5	90

AIG WEEK 3 DAY 2

GIANT WAVE SETS

Giant Set #4-Hamstring	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift	13	45
	Lying Hamstring Curl	13	45
	T-Bend	13	45
	Lying One Leg Hamstring Curl	13	45
	T-Bend	13	45
Giant Set #5-Hamstring	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift	8	60
	Lying Hamstring Curl	8	60
	T-Bend	8	60
	Lying One Leg Hamstring Curl	8	60
	T-Bend	8	60
Giant Set #6-Hamstring	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift	5	90
	Lying Hamstring Curl	5	90
	T-Bend	5	90
	Lying One Leg Hamstring Curl	5	90
	T-Bend	5	90

AIG WEEK 3 DAY 3

GIANT WAVE SETS

Week 3 Day 3 - Giant Wave Sets			
Muscle Group - Bicep/Tricep			
Giant Set #1-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Curl	13	45
	Seated Hammer Curl	13	45
	Incline Curl	13	45
	Concentration Curl	13	45
	Barbell Reverse Curl	13	45
Giant Set #2-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Curl	8	60
	Seated Hammer Curl	8	60
	Incline Curl	8	60
	Concentration Curl	8	60
	Barbell Reverse Curl	8	60
Giant Set #3-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Curl	5	90
	Seated Hammer Curl	5	90
	Incline Curl	5	90
	Concentration Curl	5	90
	Barbell Reverse Curl	5	90
Giant Set #4-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Curl	21	30
	Seated Hammer Curl	21	30
	Incline Curl	21	30
	Concentration Curl	21	30
	Barbell Reverse Curl	21	30

AIG WEEK 3 DAY 3

GIANT WAVE SETS

Giant Set #5-Triceps	Exercise	Reps	Rest (Sec)
	Rope Push Down	13	45
	Incline Tate Press	13	45
	Dips	13	45
	Seated Overhead Tricep Extension	13	45
	Tricep Kickback	13	45
Giant Set #6-Triceps	Exercise	Reps	Rest (Sec)
	Rope Push Down	8	60
	Incline Tate Press	8	60
	Dips	8	60
	Seated Overhead Tricep Extension	8	60
	Tricep Kickback	8	60
Giant Set #7-Triceps	Exercise	Reps	Rest (Sec)
	Rope Push Down	5	90
	Incline Tate Press	5	90
	Dips	5	90
	Seated Overhead Tricep Extension	5	90
	Tricep Kickback	5	90
Giant Set #8-Triceps	Exercise	Reps	Rest (Sec)
	Rope Push Down	21	30
	Incline Tate Press	21	30
	Dips	21	30
	Seated Overhead Tricep Extension	21	30
	Tricep Kickback	21	30

AIG WEEK 3 DAY 4

GIANT WAVE SETS

Week 3 Day 4 - Giant Wave Sets Muscle Group - Shoulders/Calves			
Giant Set #1-Shoulders	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	13	45
	Barbell Upright Rows	13	45
	Seated Lateral Raise	13	45
	Full Front Dumbbell Raise	13	45
	Modified Upright Row	13	45
Giant Set #2-Shoulders	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	8	60
	Barbell Upright Rows	8	60
	Seated Lateral Raise	8	60
	Full Front Dumbbell Raise	8	60
	Modified Upright Row	8	60
Giant Set #3-Shoulders	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	5	90
	Barbell Upright Rows	5	90
	Seated Lateral Raise	5	90
	Full Front Dumbbell Raise	5	90
	Modified Upright Row	5	90
Giant Set #4-Shoulders	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press	21	30
	Barbell Upright Rows	21	30
	Seated Lateral Raise	21	30
	Full Front Dumbbell Raise	21	30
	Modified Upright Row	21	30

AIG WEEK 3 DAY 4

GIANT WAVE SETS

Giant Set #5-Calves	Exercise	Reps	Rest (Sec)
	Standing One Leg Calf Raise	13	45
	Smith Machine Calf Press (Toes-In)	13	45
	Smith Machine Calf Press (Toes-Out)	13	45
	Calf Press on Leg press Machine	13	45
	Seated Calf Raise	13	45
Giant Set #6-Calves	Exercise	Reps	Rest (Sec)
	Standing One Leg Calf Raise	8	60
	Smith Machine Calf Press (Toes-In)	8	60
	Smith Machine Calf Press (Toes-Out)	8	60
	Calf Press on Leg press Machine	8	60
	Seated Calf Raise	8	60
Giant Set #7-Calves	Exercise	Reps	Rest (Sec)
	Standing One Leg Calf Raise	5	90
	Smith Machine Calf Press (Toes-In)	5	90
	Smith Machine Calf Press (Toes-Out)	5	90
	Calf Press on Leg press Machine	5	90
	Seated Calf Raise	5	90
Giant Set #8-Calves	Exercise	Reps	Rest (Sec)
	Standing One Leg Calf Raise	21	30
	Smith Machine Calf Press (Toes-In)	21	30
	Smith Machine Calf Press (Toes-Out)	21	30
	Calf Press on Leg press Machine	21	30
	Seated Calf Raise	21	30

AIG WEEK 4 DAY 1

GIANT WAVE SETS

Week 4 Day 1 - Giant Wave Sets			
Muscle Group - Hamstring/Back			
Giant Set #1- Hamstring	Exercise	Reps	Rest (Sec)
	T-Bend	13	45
	Lying Alternate Hamstring Curl	13	45
	T-Bend	13	45
	Lying Hamstring Curl	13	45
	Stiff Leg Deadlift	13	45
Giant Set #2- Hamstring	Exercise	Reps	Rest (Sec)
	T-Bend	8	60
	Lying Alternate Hamstring Curl	8	60
	T-Bend	8	60
	Lying Hamstring Curl	8	60
	Stiff Leg Deadlift	8	60
Giant Set #3- Hamstring	Exercise	Reps	Rest (Sec)
	T-Bend	5	90
	Lying Alternate Hamstring Curl	5	90
	T-Bend	5	90
	Lying Hamstring Curl	5	90
	Stiff Leg Deadlift	5	90
Transition Exercise	Exercise	Reps	Rest (Sec)
	Adonis Row- Palms Up	21	30
		13	60
		8	90

AIG WEEK 4 DAY 1

GIANT WAVE SETS

Giant Set #4-Back	Exercise	Reps	Rest (Sec)
	Reverse Grip Pulldown	13	45
	One Arm Dumbbell Row (Regular)	13	45
	Low Pulley Row Wide Grip	13	45
	Inverted Row	13	45
	Adonis Row Wide Grip	13	45
Giant Set #5-Back	Exercise	Reps	Rest (Sec)
	Reverse Grip Pulldown	8	60
	One Arm Dumbbell Row (Regular)	8	60
	Low Pulley Row Wide Grip	8	60
	Inverted Row	8	60
	Adonis Row Wide Grip	8	60
Giant Set #6-Back	Exercise	Reps	Rest (Sec)
	Reverse Grip Pulldown	5	90
	One Arm Dumbbell Row (Regular)	5	90
	Low Pulley Row Wide Grip	5	90
	Inverted Row	5	90
	Adonis Row Wide Grip	5	90

AIG WEEK 4 DAY 2

GIANT WAVE SETS

	Week 4 Day 2 - Giant Wave Sets Muscle Group - Quad/Chest		
Giant Set #1-Quad	Exercise	Reps	Rest (Sec)
	Dumbbell Step Ups	13	45
	Dumbbell Reverse Lunge	13	45
	Barbell Squat (Wide Stance)	13	45
	Dumbbell Squat	13	45
	Frog Squat	13	45
Giant Set #2-Quad	Exercise	Reps	Rest (Sec)
	Dumbbell Step Ups	8	60
	Dumbbell Reverse Lunge	8	60
	Barbell Squat (Wide Stance)	8	60
	Dumbbell Squat	8	60
	Frog Squat	8	60
Giant Set #3-Quad	Exercise	Reps	Rest (Sec)
	Dumbbell Step Ups	5	90
	Dumbbell Reverse Lunge	5	90
	Barbell Squat (Wide Stance)	5	90
	Dumbbell Squat	5	90
	Frog Squat	5	90
Transition Exercise	Exercise	Reps	Rest (Sec)
	Squat & Squeeze Raise	21	30
		13	60
		8	90

AIG WEEK 4 DAY 2

GIANT WAVE SETS

Giant Set #4-Chest	Exercise	Reps	Rest (Sec)
	<u>Dips</u>	13	45
	<u>Pullover</u>	13	45
	<u>Low Cable Cross Over</u>	13	45
	<u>Flat Bench Dumbbell Flye</u>	13	45
	<u>Incline Barbell Press</u>	13	45
Giant Set #5-Chest	Exercise	Reps	Rest (Sec)
	<u>Weighted Dips</u>	8	60
	<u>Pullover</u>	8	60
	<u>Low Cable Cross Over</u>	8	60
	<u>Flat Bench Dumbbell Flye</u>	8	60
	<u>Incline Barbell Press</u>	8	60
Giant Set #6-Chest	Exercise	Reps	Rest (Sec)
	<u>Weighted Dips</u>	5	90
	<u>Pullover</u>	5	90
	<u>Low Cable Cross Over</u>	5	90
	<u>Flat Bench Dumbbell Flye</u>	5	90
	<u>Incline Barbell Press</u>	5	90

AIG WEEK 4 DAY 3

GIANT WAVE SETS

Week 4 Day 3 - Giant Wave Sets			
Muscle Group - Calves/Shoulders			
Giant Set #1-Calves	Exercise	Reps	Rest (Sec)
	Dumbbell Standing One Leg Calf Raise	13	45
	Smith Machine Calf Raise	13	45
	One-Leg Seated Calf Raise	13	45
	One-Leg Calf Press	13	45
	Standing Calf Raise	13	45
Giant Set #2-Calves	Exercise	Reps	Rest (Sec)
	Dumbbell Standing One Leg Calf Raise	8	60
	Smith Machine Calf Raise	8	60
	One-Leg Seated Calf Raise	8	60
	One-Leg Calf Press	8	60
	Standing Calf Raise	8	60
Giant Set #3-Calves	Exercise	Reps	Rest (Sec)
	Dumbbell Standing One Leg Calf Raise	5	90
	Smith Machine Calf Raise	5	90
	One-Leg Seated Calf Raise	5	90
	One-Leg Calf Press	5	90
	Standing Calf Raise	5	90
Giant Set #4-Calves	Exercise	Reps	Rest (Sec)
	Dumbbell Standing One Leg Calf Raise	21	30
	Smith Machine Calf Raise	21	30
	One-Leg Seated Calf Raise	21	30
	One-Leg Calf Press	21	30
	Standing Calf Raise	21	30
Transition Exercise	Exercise	Reps	Rest (Sec)
	Push Press	21	30
		13	60
		8	90

AIG WEEK 4 DAY 3

GIANT WAVE SETS

Giant Set #5-Shoulders	Exercise	Reps	Rest (Sec)
	Full Front Dumbbell Raise	13	45
	Standing Lateral Raise	13	45
	Bentover Lateral Raise	13	45
	High Pull	13	45
	Seated Alternate Dumbbell Press	13	45
Giant Set #6-Shoulders	Exercise	Reps	Rest (Sec)
	Full Front Dumbbell Raise	8	60
	Standing Lateral Raise	8	60
	Bentover Lateral Raise	8	60
	High Pull	8	60
	Seated Alternate Dumbbell Press	8	60
Giant Set #7-Shoulders	Exercise	Reps	Rest (Sec)
	Full Front Dumbbell Raise	5	90
	Standing Lateral Raise	5	90
	Bentover Lateral Raise	5	90
	High Pull	5	90
	Seated Alternate Dumbbell Press	5	90
Giant Set #8-Shoulders	Exercise	Reps	Rest (Sec)
	Full Front Dumbbell Raise	21	30
	Standing Lateral Raise	21	30
	Bentover Lateral Raise	21	30
	High Pull	21	30
	Seated Alternate Dumbbell Press	21	30

AIG WEEK 4 DAY 4

GIANT WAVE SETS

Week 4 Day 4 - Giant Wave Sets			
Muscle Group - Tricep/Bicep			
Giant Set #1-Tricep	Exercise	Reps	Rest (Sec)
	Dips	13	45
	One-Arm Push-Ups	13	45
	V-Bar Push Downs	13	45
	Lying Tricep Extension	13	45
	Cannonball Press	13	45
Giant Set #2-Tricep	Exercise	Reps	Rest (Sec)
	Dips	8	60
	One-Arm Push-Ups	8	60
	V-Bar Push Downs	8	60
	Lying Tricep Extension	8	60
	Cannonball Press	8	60
Giant Set #3-Tricep	Exercise	Reps	Rest (Sec)
	Weighted Dips	5	90
	One-Arm Push-Ups	5	90
	V-Bar Push Downs	5	90
	Lying Tricep Extension	5	90
	Cannonball Press	5	90
Giant Set #4-Tricep	Exercise	Reps	Rest (Sec)
	Weighted Dips	21	30
	One-Arm Push-Ups	21	30
	V-Bar Push Downs	21	30
	Lying Tricep Extension	21	30
	Cannonball Press	21	30

AIG WEEK 4 DAY 4

GIANT WAVE SETS

Giant Set #5-Bicep	Exercise	Reps	Rest (Sec)
	Barbell Reverse Curl	13	45
	Barbell Curl	13	45
	Crossbody Hammer Curls	13	45
	Incline Curl	13	45
	Zottman Curl	13	45
Giant Set #6-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Reverse Curl	8	60
	Barbell Curl	8	60
	Crossbody Hammer Curls	8	60
	Incline Curl	8	60
	Zottman Curl	8	60
Giant Set #7-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Reverse Curl	5	90
	Barbell Curl	5	90
	Crossbody Hammer Curls	5	90
	Incline Curl	5	90
	Zottman Curl	5	90
Giant Set #8-Biceps	Exercise	Reps	Rest (Sec)
	Barbell Reverse Curl	21	30
	Barbell Curl	21	30
	Crossbody Hammer Curls	21	30
	Incline Curl	21	30
	Zottman Curl	21	30

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 3: Mini-X Sets

2 Week Module (weeks 5-6 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 3: Mini-X Sets

- Sampled from the IXP workout, Mini-X Sets are sub-groups of “X-Sets” performed on each muscle group per workout
- At the completion of week 6 you are halfway through the gauntlet and six weeks closer to your contest or photo shoot
- There’s no turning back; the downhill sprint of madness has begun

AIG WEEK 5 DAY 1

MINI-X SETS

Week 5 Day 1 - Mini X Set Muscle Group - Shoulder + Biceps			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Curl & Press	21 13	30 30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Seated Shoulder Press + Standing Alternate Dumbbell Curl	13+8	60
	Seated Shoulder Press + Standing Alternate Dumbbell Curl	8+13	60
	X-SET		
	Standing Alternate Dumbbell Curl + Seated Shoulder Press	13+8	60
	Standing Alternate Dumbbell Curl + Seated Shoulder Press	8+13	120
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Standing Lateral Raise + Concentration Curl	13+8	60
	Standing Lateral Raise + Concentration Curl	8+13	60
	X-SET		
	Concentration Curl + Standing Lateral Raise	13+8	60
	Concentration Curl + Standing Lateral Raise	8+13	120
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Modified Upright Row + Barbell Curl	13+8	60
	Modified Upright Row + Barbell Curl	8+13	60
	X-SET		
	Barbell Curl + Modified Upright Row	13+8	60
	Barbell Curl + Modified Upright Row	8+13	120

AIG WEEK 5 DAY 2

MINI-X SETS

Week 5 Day 2 - Mini X Set			
Muscle Group - Back + Hamstrings			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift & Modified Upright Row	21	30
	Stiff Leg Deadlift & Modified Upright Row	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Low Pulley Row Wide Grip + Stiff Leg Deadlift	13+8	60
	Low Pulley Row Wide Grip + Stiff Leg Deadlift	8+13	60
	X-SET		
	Stiff Leg Deadlift + Low Pulley Row Wide Grip	13+8	60
	Stiff Leg Deadlift + Low Pulley Row Wide Grip	8+13	120
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	One Arm Dumbbell Row (Regular) + Lying Hamstring Curl	13+8	60
	One Arm Dumbbell Row (Regular) + Lying Hamstring Curl	8+13	60
	X-SET		
	Lying Hamstring Curl + One Arm Dumbbell Row (Regular)	13+8	60
	Lying Hamstring Curl + One Arm Dumbbell Row (Regular)	8+13	120
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Wide Grip Pulldown + T-Bend	13+8	60
	Wide Grip Pulldown + T-Bend	8+13	60
	X-SET		
	T-Bend + Wide Grip Pulldown	13+8	60
	T-Bend + Wide Grip Pulldown	8+13	120

AIG WEEK 5 DAY 3

MINI-X SETS

Week 5 Day 3 - Mini X Set			
Muscle Group - Chest + Triceps			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Alternate Incline Dumbbell Press	21	30
	Alternate Incline Dumbbell Press	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Incline Tate Press + Incline Dumbbell Press	13+8	60
	Incline Tate Press + Incline Dumbbell Press	8+13	60
	X-SET		
	Incline Dumbbell Press + Incline Tate Press	13+8	60
	Incline Dumbbell Press + Incline Tate Press	8+13	120
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Close Grip Barbell Press + Dips	13+8	60
	Close Grip Barbell Press + Dips	8+13	60
	X-SET		
	Dips + Close Grip Barbell Press	13+8	60
	Dips + Close Grip Barbell Press	8+13	120
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Incline Dumbbell Flye + Incline Triceps Extension- Dumbbell	13+8	60
	Incline Dumbbell Flye + Incline Triceps Extension- Dumbbell	8+13	60
	X-SET		
	Incline Triceps Extension- Dumbbell + Incline Dumbbell Flye	13+8	60
	Incline Triceps Extension- Dumbbell + Incline Dumbbell Flye	8+13	120

AIG WEEK 5 DAY 4

MINI-X SETS

Week 5 Day 4 - Mini X Set Muscle Group - Quad + Calves			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Step Up	21	30
	Reverse Lunge & One-Leg Calf Raise [Bodyweight]	21	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Dumbbell Reverse Lunge + One Leg Dumbbell Calf Raise	13+8	60
	Dumbbell Reverse Lunge + One Leg Dumbbell Calf Raise	8+13	60
	X-SET		
	One Leg Dumbbell Calf Raise + Dumbbell Reverse Lunge	13+8	60
	One Leg Dumbbell Calf Raise + Dumbbell Reverse Lunge	8+13	120
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Dumbbell Step Ups + Smith Machine Calf Raise	13+8	60
	Dumbbell Step Ups + Smith Machine Calf Raise	8+13	60
	X-SET		
	Smith Machine Calf Raise + Dumbbell Step Ups	13+8	60
	Smith Machine Calf Raise + Dumbbell Step Ups	8+13	120
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Barbell Squat + Standing Calf Raise	13+8	60
	Barbell Squat + Standing Calf Raise	8+13	60
	X-SET		
	Standing Calf Raise + Barbell Squat	13+8	60
	Standing Calf Raise + Barbell Squat	8+13	120

AIG WEEK 6 DAY 1

MINI-X SETS

Week 6 Day 1 - Mini X Set			
Muscle Group - Chest + Tricep			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Alternate Incline Dumbbell Press	21	30
	Alternate Incline Dumbbell Press	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Flat Dumbbell Press + Standing Overhead Dumbbell Extension	8+5	90
	Flat Dumbbell Press + Standing Overhead Dumbbell Extension	5+8	90
	X-SET		
	Standing Overhead Dumbbell Extension + Flat Dumbbell Press	8+5	90
	Standing Overhead Dumbbell Extension + Flat Dumbbell Press	5+8	180
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Incline Dumbbell Press + Incline Triceps Extension- Dumbbell	8+5	90
	Incline Dumbbell Press + Incline Triceps Extension- Dumbbell	5+8	90
	X-SET		
	Incline Triceps Extension- Dumbbell + Incline Dumbbell Press	8+5	90
	Incline Triceps Extension- Dumbbell + Incline Dumbbell Press	5+8	180
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Weighted Dips + Tate Press	8+5	90
	Weighted Dips + Tate Press	5+8	90
	X-SET		
	Tate Press + Weighted Dips	8+5	90
	Tate Press + Weighted Dips	5+8	180

AIG WEEK 6 DAY 2

MINI-X SETS

Week 6 Day 2 - Mini X Set Muscle Group - Quad + Calves			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Dumbbell Squat + Calf Press on Leg press Machine	21	30
	Dumbbell Squat + Calf Press on Leg press Machine	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	Dumbbell Squat + Calf Press on Leg press Machine	8+5	90
	Dumbbell Squat + Calf Press on Leg press Machine	5+8	90
	X-SET		
	Calf Press on Leg press Machine + Dumbbell Squat	8+5	90
	Calf Press on Leg press Machine + Dumbbell Squat	5+8	180
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Barbell Squat + Standing Calf Raise	8+5	90
	Barbell Squat + Standing Calf Raise	5+8	90
	X-SET		
	Standing Calf Raise + Barbell Squat	8+5	90
	Standing Calf Raise + Barbell Squat	5+8	180
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Dumbbell Bench Squat + Seated Calf Raise	8+5	90
	Dumbbell Bench Squat + Seated Calf Raise	5+8	90
	X-SET		
	Seated Calf Raise + Dumbbell Bench Squat	8+5	90
	Seated Calf Raise + Dumbbell Bench Squat	5+8	180

AIG WEEK 6 DAY 3

MINI-X SETS

Week 6 Day 3- Mini X Set			
Muscle Group - Back + Hamstrings			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift & Modified Upright Row	21	30
	Stiff Leg Deadlift & Modified Upright Row	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	One-Arm Dumbbell Row (Lateral) + Lying Hamstring Curl	8+5	90
	One-Arm Dumbbell Row (Lateral) + Lying Hamstring Curl	5+8	90
	X-SET		
	Lying Hamstring Curl + One-Arm Dumbbell Row (Lateral)	8+5	90
	Lying Hamstring Curl + One-Arm Dumbbell Row (Lateral)	5+8	180
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Reverse Grip Pulldown + T-Bend	8+5	90
	Reverse Grip Pulldown + T-Bend	5+8	180
	X-SET		
	T-Bend + Reverse Grip Pulldown	8+5	90
	T-Bend + Reverse Grip Pulldown	5+8	180
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift + Bent Barbell Row	8+5	90
	Bent Barbell Row + Stiff Leg Deadlift	5+8	90
	X-SET		
	Stiff Leg Deadlift + Bent Barbell Row	8+5	90
	Stiff Leg Deadlift + Bent Barbell Row	5+8	180

AIG WEEK 6 DAY 4

MINI-X SETS

Week 6 Day 4 - Mini X Set			
Muscle Group - Shoulder + Bicep			
Warm Up Set	Exercise	Reps	Rest (Sec)
	Curl & Press	21	30
	Curl & Press	13	30
Mini X-Set #1	Exercise	Reps	Rest (Sec)
	High Pull + Hammer Curl	8+5	90
	High Pull + Hammer Curl	5+8	90
	X-SET		
	Hammer Curl + High Pull	8+5	90
	Hammer Curl + High Pull	5+8	180
Mini X-Set #2	Exercise	Reps	Rest (Sec)
	Modified Upright Row + Zottman Curl	8+5	90
	Modified Upright Row + Zottman Curl	5+8	90
	X-SET		
	Zottman Curl + Modified Upright Row	8+5	90
	Zottman Curl + Modified Upright Row	5+8	180
Mini X-Set #3	Exercise	Reps	Rest (Sec)
	Military Press + Barbell Curl	8+5	90
	Military Press + Barbell Curl	5+8	90
	X-SET		
	Barbell Curl + Military Press	8+5	90
	Barbell Curl + Military Press	5+8	180

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 4: Tri-Phase Sets

2 Week Module (weeks 7-8 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 4: Tri-Phase Sets

- A three-part workout which cycles through: Conditioning Giant Sets, Supersets, and Straight Sets
- Active Recovery Set (ARS)- A style of “superset” training that allows you to actively train a secondary muscle group while your main muscle group recovers
- Your rest period begins immediately after completing the first exercise of the superset--With no rest immediately begin the second exercise to complete the superset

NOTE: The second exercise of the superset should be performed at 60% of weight normally used.

AIG WEEK 7 DAY 1

TRI-PHASE SETS

Week 7 Day 1 - Tri Phase Set				
Muscle Group - Quad/Chest				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Dumbbell Step Ups	1	21	30
	Flat Dumbbell Press	1	21	30
	Dumbbell Step Ups	2	13	60
	Flat Dumbbell Press	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Dumbbell Squat + Incline Dumbbell Press	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Cable Cross Over High Finish	1	21	45
	Cable Cross Over Mid Finish	1	21	45
	Cable Cross Over Low Finish	1	21	45
Active Recovery Set (ARS)	Exercise	Sets	Reps	Rest (Sec)
	Bulgarian Split Squat + Push Up (ARS)	5	13	ARS - 90

AIG WEEK 7 DAY 2

TRI-PHASE SETS

Week 7 Day 2 - Tri Phase Set				
Muscle Group - Hamstrings/Biceps				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Lying Hamstring Curl	1	21	30
	Barbell Curl	1	21	30
	Lying Hamstring Curl	2	13	60
	Standing Alternate Dumbbell Curl	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Stiff Leg Deadlift + Barbell Reverse Curl	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	T-Bend	3	13	60
	Concentration Curl	3	13	60

AIG WEEK 7 DAY 3

TRI-PHASE SETS

Week 7 Day 3 - Tri Phase Set				
Muscle Group - Back/Triceps				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Wide Grip Pulldown	1	21	30
	V-Bar Push Downs	1	21	30
	Wide Grip Pulldown	2	13	60
	V-Bar Push Downs	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Bent Dumbbell Row + Incline Tate Press	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Adonis Row- Palms Down	3	13	60
	Lying Tricep Extension - Barbell	3	13	60
Active Recovery Set (ARS)	Bent Barbell Row + Standing Overhead Dumbbell Extension (ARS)	5	13	ARS - 90

AIG WEEK 7 DAY 4

TRI-PHASE SETS

Week 7 Day 4 - Tri Phase Set				
Muscle Group - Shoulders/Chest				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Flat Bench Press	1	21	30
	Standing Lateral Raise	1	21	30
	Flat Bench Press	2	13	60
	Standing Lateral Raise	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Modified Upright Row + Incline Dumbbell Flye	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Dips	3	13	60
	Seated Bentover Lateral Raise	3	13	60

AIG WEEK 8 DAY 1

TRI-PHASE SETS

Week 8 Day 1 - Tri Phase Set				
Muscle Group - Shoulders/Chest				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Barbell Upright Rows	1	21	30
	Incline Dumbbell Press	1	21	30
	Barbell Upright Rows	2	13	60
	Incline Dumbbell Press	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Seated Shoulder Press + Dips	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Bentover Lateral Raise	3	13	45
	Cable Cross Over Mid Finish	3	13	45
Active Recovery Set	Exercise	Sets	Reps	Rest (Sec)
	Military Press + Push Up (ARS)	5	13	ARS - 90

AIG WEEK 8 DAY 2

TRI-PHASE SETS

Week 8 Day 2 - Tri Phase Set				
Muscle Group - Hamstrings/Biceps				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	T-Bend	1	21	30
	Seated Hammer Curl	1	21	30
	T-Bend	2	13	60
	Seated Hammer Curl	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Stiff Leg Deadlift + Concentration Curl	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Lying Hamstring Curl	3	13	45
	Incline Curl	3	13	45

AIG WEEK 8 DAY 3

TRI-PHASE SETS

Week 8 Day 3 - Tri Phase Set Muscle Group - Quads/Chest				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Dumbbell Reverse Lunge	1	21	30
	Pullover	1	21	30
	Dumbbell Reverse Lunge	2	13	60
	Pullover	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Machine Leg Extension [1-S-2]	3	13+13	60
	& Flat Bench Dumbbell Flye			
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	Cable Cross Over Low Finish	1	21	45
	Cable Cross Over Mid Finish	1	21	45
	Cable Cross Over High Finish	1	21	45
Active Recovery Set	Dumbbell Step Ups + Dips (ARS)	5	13	ARS - 90

AIG WEEK 8 DAY 4

TRI-PHASE SETS

Week 8 Day 4 - Tri Phase Set				
Muscle Group - Back/Triceps				
Conditioning Giant Set	Exercise	Sets	Reps	Rest (Sec)
	Reverse Grip Pulldown	1	21	30
	Rope Push Down	1	21	30
	Reverse Grip Pulldown	2	13	60
	Rope Push Down	2	13	60
Supersets	Exercise	Sets	Reps	Rest (Sec)
	Bent Barbell Row + Close Grip Barbell Press	3	13+13	60
Straight Sets	Exercise	Sets	Reps	Rest (Sec)
	One Arm Dumbbell Row (Regular)	3	13	45
	Tate Press	3	13	45

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 5: Power Giant Sets

2 Week Module (weeks 9-10 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 5: Power Giant Sets

- Power Giant Sets leverage principles from Brad Pilon's Anabolic Again workout
- In a split-style fashion, both Upper and Lower muscle groups are trained within Giant Sets during each workout
- A transition set is placed between upper & lower muscle groups to complete this full-body workout
- Nearing the end of the gauntlet, this module will be your last opportunity to train for power
- Safety is of the utmost importance; enlist the help of a partner if necessary

AIG WEEK 9 DAY 1

POWER GIANT SETS

Week 9 Day 1 - Power Giant Sets Muscle Group - Quad/Shoulders			
Giant Set #1-Quad	Exercise	Reps	Rest (Sec)
	Dumbbell Squat	8	60
	Barbell Squat	5	60
	Reverse Lunge	8	60
	Dumbbell Step Ups	5	60
	Bulgarian Split Squat	8	60
	REPEAT 3X		
Transition Set	Exercise	Reps	Rest (Sec)
	Squat & Press	21	30
		13	60
		8	90
Giant Set #2-Shoulder	Exercise	Reps	Rest (Sec)
	Military Press	8	60
	Seated Alternate Dumbbell Press	5	60
	Standing Lateral Raise	8	60
	Modified Upright Row	5	60
	High Pull	8	60
	REPEAT 3X		

AIG WEEK 9 DAY 2

POWER GIANT SETS

Week 9 Day 2 - Power Giant Sets			
Muscle Group - Calf/Chest			
Giant Set #1- Calf	Exercise	Reps	Rest (Sec)
	Dumbbell Standing One Leg Calf Raise	8	60
	Smith Machine Calf Press (Toes-Neutral)	5	60
	Seated Calf Raise	8	60
	Calf Press on Leg press Machine	5	60
	One-Leg Calf Press	8	60
	REPEAT 3X		
Transition Set	Exercise	Reps	Rest (Sec)
	Push Up & Heel Touch	21	30
		13	60
		8	90
Giant Set #2- Chest	Exercise	Reps	Rest (Sec)
	Incline Dumbbell Flye	8	60
	Flat Bench Press	5	60
	Incline Dumbbell Press	8	60
	Weighted Dips	5	60
	Cable Cross Over Mid Finish	8	60
	REPEAT 3X		

AIG WEEK 9 DAY 3

POWER GIANT SETS

Week 9 Day 3 - Power Giant Sets			
Muscle Group - Hamstring/Back			
Giant Set #1- Hamstring	Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift	8	60
	Lying Hamstring Curl	5	60
	T-Bend	8	60
	Lying Hamstring Curl	5	60
	T-Bend	8	60
	REPEAT 3X		
Transition Set	Exercise	Reps	Rest (Sec)
	Adonis Row- Dumbbell Palms Down	21	30
	Adonis Row- Dumbbell Palms Up	13	60
	Adonis Row- Dumbbell Palms Down	8	90
Giant Set #2- Back	Exercise	Reps	Rest (Sec)
	Reverse Grip Pulldown	8	60
	One-Arm Dumbbell Row (Lateral)	5	60
	Low Pulley Row Close Grip	8	60
	Bent Barbell Row	5	60
	One-Arm Dumbbell Row (Close)	8	60
	REPEAT 3X		

AIG WEEK 9 DAY 4

POWER GIANT SETS

Week 9 Day 4 - Power Giant Sets			
Muscle Group - Bicep/Tricep			
Giant Set #1- Bicep	Exercise	Reps	Rest (Sec)
	Standing Alternate Dumbbell Curl	8	60
	Barbell Curl	5	60
	Barbell Reverse Curl	8	60
	Crossbody Hammer Curls	5	60
	Concentration Curl	8	60
	REPEAT 3X		
Transition Set	Exercise	Reps	Rest (Sec)
	Incline Curl & Tate Press	21	30
	Incline Curl & Tate Press	13	60
	Incline Curl & Tate Press	8	90
Giant Set #2- Tricep	Exercise	Reps	Rest (Sec)
	Tate Press	8	60
	Close Grip Barbell Press	5	60
	Cannonball Press	8	60
	Standing Overhead Dumbbell Extension	5	60
	Lying Tricep Extension - Barbell	8	60
	REPEAT 3X		

AIG WEEK 10 DAY 1

POWER GIANT SETS

Week 10 Day 1 - Power Giant Sets			
Muscle Group - Quad/Shoulders			
Giant Set #1- Quad	Exercise	Reps	Rest (Sec)
	Dumbbell Squat	13	60
	Barbell Squat	8	60
	Reverse Lunge	13	60
	Dumbbell Step Ups	8	60
	Bulgarian Split Squat	13	60
	REPEAT 3X		
Transition Set	Exercise	Reps	Rest (Sec)
	Squat & Press	21	30
		13	60
		8	90
Giant Set #2- Shoulders	Exercise	Reps	Rest (Sec)
	Military Press	13	60
	Standing Dumbbell Shoulder Press	8	60
	Seated Lateral Raise	13	60
	Barbell Upright Rows	8	60
	Bentover Lateral Raise	13	60
	REPEAT 3X		

AIG WEEK 10 DAY 2

POWER GIANT SETS

Week 10 Day 2 - Power Giant Sets			
Muscle Group - Hamstring/Back			
Giant Set #1- Hamstring	Exercise	Reps	Rest (Sec)
	Lying Hamstring Curl	13	60
	Stiff Leg Deadlift	8	60
	T-Bend	13	60
	T-Bend	8	60
	Lying One Leg Hamstring Curl	13	60
	REPEAT 3X		
	Transition Exercise	Reps	Rest (Sec)
	Stiff Leg Deadlift & Row	21	30
	Stiff Leg Deadlift & Row	13	60
	Stiff Leg Deadlift & Row	8	90
Giant Set #2- Back	Exercise	Reps	Rest (Sec)
	Inverted Row	13	60
	One Arm Dumbbell Row (Narrow)	8	60
	Wide Grip Pulldown	13	60
	Bent Barbell Row	8	60
	Adonis Row- Palms Down	13	60
	REPEAT 3X		

AIG WEEK 10 DAY 3

POWER GIANT SETS

Week 10 Day 3 - Power Giant Sets			
Muscle Group - Chest/Calf			
Giant Set #1- Chest	Exercise	Reps	Rest (Sec)
	Flat Bench Dumbbell Flye	13	60
	Incline Barbell Press	8	60
	Incline Dumbbell Flye	13	60
	Alternate Incline Dumbbell Press	8	60
	Pullover	13	60
	REPEAT 3X		
	Transition Exercise	Reps	Rest (Sec)
	Push Up & Heel Touch	21	30
	Push Up & Heel Touch	13	60
	Push Up & Heel Touch	8	90
Giant Set #2- Calf	Exercise	Reps	Rest (Sec)
	Smith Machine Calf Press (Toes-In)	13	60
	Standing One Leg Calf Raise	8	60
	Smith Machine Calf Press (Toes-Out)	13	60
	Standing One Leg Calf Raise	8	60
	Smith Machine Calf Press (Toes-Neutral)	13	60
	REPEAT 3X		

AIG WEEK 10 DAY 4

POWER GIANT SETS

Week 10 Day 4- Power Giant Sets			
Muscle Group - Tricep/Bicep			
Giant Set #1- Tricep	Exercise	Reps	Rest (Sec)
	Tricep Kickback	13	60
	Seated Overhead Tricep Extension	8	60
	Dips	13	60
	Tate Press	8	60
	Lying Tricep Extension - Barbell	13	60
REPEAT 3X			
Transition Set	Exercise	Reps	Rest (Sec)
	Hammer Curl to Hammer Press	21	30
		13	60
		8	90
Giant Set #2- Bicep	Exercise	Reps	Rest (Sec)
	Incline Curl	13	60
	Barbell Curl	8	60
	Prone Dumbbell Curl	13	60
	Standing Alternate Dumbbell Curl	8	60
	Barbell Reverse Curl	13	60
REPEAT 3X			

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 6: Touch Up & Peak Week

2 Week Module (weeks 11-12 of 12 weeks)

THE ADONIS INDEX GAUNTLET (AIG)



MODULE 6: Touch Up & Peak Week

- The last two weeks of AIG converge towards the final preparation needed to become: “photo shoot or contest ready”
- These workouts primarily focus on sculpting & shaping to ensure you attain “Peak Muscular Conditioning”
- While performing these “High-Volume” workouts train with about 60-70% of your normal weight but focus on keeping your intensity elevated as you are putting the final touches on your physique--You are approaching the end of the gauntlet; The finish line is now in sight!

AIG WEEK 11 DAY 1

TOUCH UP SETS

Week 11 Day 1 - Touch Ups				
Muscle Group - Shoulders/Chest				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Seated Shoulder Press	1	21	30
	Seated Shoulder Press	1	13	60
	Flat Dumbbell Press	1	21	30
	Flat Dumbbell Press	1	13	60
	Seated Shoulder Press	3	8	90
	Flat Dumbbell Press	3	8	90
AI Specialization	Exercise	Sets	Reps	Rest (Sec)
	Standing Lateral Raise	3	13	60
	Low Cable Cross Over	3	13	60
	Barbell Upright Rows	3	13	60
	Alternate Incline Dumbbell Press	3	13	60

AIG WEEK 11 DAY 2

TOUCH UP SETS

Week 11 Day 2				
Muscle Group - Hamstrings/Back				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Stiff Leg Deadlift	3	8	90
	Low Pulley Row Close Grip	3	8	90
AI Specialization	Exercise	Sets	Reps	Rest (Sec)
	Stiff Leg Deadlift	3	13	60
	Wide Grip Pulldown	3	13	60
	Lying Hamstring Curl	3	13	60
	Low Pulley Row Wide Grip	3	13	60

AIG WEEK 11 DAY 3

TOUCH UP SETS

Week 11 Day 3				
Muscle Group - Biceps/Triceps				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Hammer Curl to Hammer Press	3	8	60
	Incline Curl & Tate Press	3	8	60
AI Specialization	Exercise	Sets	Reps	Rest (Sec)
	Standing Alternate Dumbbell Curl	3	13	60
	Lying Tricep Extension - Barbell	3	13	60
	Cable Curl	3	13	60
	Rope Push Down	3	13	60

AIG WEEK 11 DAY 4

TOUCH UP SETS

Week 11 Day 4				
Muscle Group - Quads/Chest				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Barbell Squat	3	8	60
	Incline Dumbbell Press	3	8	60
AI Specialization	Exercise	Sets	Reps	Rest (Sec)
	Reverse Lunge	3	13	60
	Flat Dumbbell Press	3	13	60
	Dumbbell Squat	3	13	60
	Dips	3	13	60

AIG WEEK 12 DAY 1

PEAK WEEK

Week 12 Day 1				
Muscle Group - Quad/Calf				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Dumbbell Squat	3	13	60
	Dumbbell Step Ups	3	13	60
Quad Specialization	Exercise	Sets	Reps	Rest (Sec)
	Leg Press (Narrow)	3	21	30
	Smith Machine Calf Press (Toes-In)	3	21	30
	Machine Leg Extension [1-S-2]	3	21	30
Inner/Outer Quad Specialization	Exercise	Sets	Reps	Rest (Sec)
	Wide Stance Bowler Squat	3	21	30
	Lying Lateral Leg Raises	3	21	30
Calf Specialization	Exercise	Super Sets	Reps	Rest (Sec)
	Calf Press Toes Neutral Toes Out Toes In	3	21 + 21 + 21	30

AIG WEEK 12 DAY 2

PEAK WEEK

Week 12 Day 2				
Muscle Group - Hamstrings/Glutes				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Reverse Lunge	3	13	60
	Stiff Leg Deadlift	3	13	60
Hamstrings/Glute Specialization	Exercise	Sets	Reps	Rest (Sec)
	Lying Hamstring Curl	3	21	30
	Box Step Up	3	21	30
	Barbell Squat (Wide Stance)	3	21	30

AIG WEEK 12 DAY 3

PEAK WEEK

Week 12 Day 3				
Muscle Group - Back				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Wide Grip Pulldown	3	13	60
	Reverse Grip Pulldown	3	13	60
Back Specialization	Exercise	Sets	Reps	Rest (Sec)
	One-Arm Dumbbell Row (Lateral)	3	21	30
	Low Pulley Row Close Grip	3	21	30
	Deadlift	3	21	30

AIG WEEK 12 DAY 4

PEAK WEEK

Week 12 Day 4 Muscle Group - Chest/Calf				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Incline Dumbbell Press	3	13	60
	Dips	3	13	60
Chest/Calf Specialization	Exercise	Sets	Reps	Rest (Sec)
	Incline Dumbbell Flye	3	21	30
	Flat Dumbbell Press	3	21	30
	Pullover + Flat Bench Dumbbell Flye	3	21	30
	Low Cable Cross Over	3	21	30
Calf Specialization	Exercise	Super Sets	Reps	Rest (Sec)
	Calf Press Toes Neutral Toes Out Toes In	3	21 + 21 + 21	30

AIG WEEK 12 DAY 5

PEAK WEEK

Week 12 Day 5 Muscle Group- Shoulders				
AI Physique Booster	Exercise	Sets	Reps	Rest (Sec)
	Standing Lateral Raise	3	13	60
	Wide Grip Upright Row	3	21	30
	Standing Dumbbell Shoulder Press	3	13	60
	Dumbbell Upright Row	3	21	30
Shoulder Specialization	Exercise	Sets	Reps	Rest (Sec)
	Bentover Lateral Raise	3	13	60
	Bent Dumbbell Row	3	21	30
	Front Raise Plate	3	13	60
	One Arm Cable Laterals	3	21	30

AIG WEEK 12 DAY 6

PEAK WEEK

Week 12 Day 6				
Muscle Group Bicep/Tricep				
Bicep Specialization	Exercise	Sets	Reps	Rest (Sec)
	Barbell Curl	3	13	60
	Incline Curl	3	21	30
	Concentration Curl	3	13	60
	Hammer Curl	3	21	30
Tricep Specialization	Exercise	Sets	Reps	Rest (Sec)
	Rope Push Down	3	13	60
	Tricep Kickback	3	21	30
	Tate Press	3	13	60
	Push Up	3	21	30

THE ADONIS INDEX GAUNTLET (AIG)



- Congratulations! You've successfully completed The Adonis Index Gauntlet (AIG)
- Reverse Game-planning: Use this 12 Week Peak Muscular Conditioning Program any time you wish to prepare for your next photo shoot or contest
- If time is limited you may begin your preparation at Week 7 of AIG



THE ADONIS INDEX GAUNTLET (AIG)
12 WEEK PEAK MUSCULAR CONDITIONING PROGRAM