



AGR Training Program

Category 3 - 12-Week Program
Primary Goal Muscle Building & Fat Loss

by John Barban

ADONIS GOLDEN RATIO TRAINING SYSTEMS

**Category 3 – Primary Goal Balanced
Muscle Gain & Fat Loss**

**12 Week Periodized Program For:
Symmetrical Muscle Mass
Fat Burning Definition**

By John Barban

Muscle Building & Fat Loss

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Week 1

Week 1 Day 1

Exercise	Sets	Reps	Rest
Cable Curls	2	13	60 secs.
Standing Dumbbell Curls	2	13	60 secs.
Incline Dumbbell Curls	2	8	90 secs.
Barbell Curls	2	8	90 secs.
Curl & Press	3	8	90 secs.
Seated Shoulder Press	5	8	90 secs.
Wide Grip Pulldowns	3	13	60 secs.
Standing Lateral Raise	2	13	60 secs.

Notes:

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Week 1

Week 1 Day 2

Exercise	Sets	Reps	Rest
Step Ups	2	13	60 secs.
Reverse Lunge	2	13	60 secs.
Dumbbell Squat	2	8	90 secs.
Stiff Leg Deadlift	2	8	90 secs.
Squat & Press	3	8	90 secs.
Incline Dumbbell Press	5	8	90 secs.
High Pull	3	13	60 secs.
Shrugs	2	13	60 secs.

Notes:

Week 1

Week 1 Day 3

Exercise	Sets	Reps	Rest
Tricep Rope Pushdowns	2	13	60 secs.
Close Hands Push ups	2	13	60 secs.
Incline Tricep extension (barbell)	2	8	90 secs.
Tate Press	2	8	90 secs.
Pulldown & Pressdown	3	8	90 secs.
Standing Dumbbell Press	5	8	90 secs.
Dumbbell Upright Row	3	13	60 secs.
Bent Dumbbell Row	2	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 1

Week 1 Day 4

Exercise	Sets	Reps	Rest
Seated Calf Raises	3	13	60 secs.
Calf Press	3	13	60 secs.
One Leg Calf Raise (dumbbell)	2	8	90 secs.
Cable Face Pulls	3	13	90 secs.
Low Pulley Row Wide Grip	5	8	90 secs.
Curl & Press	2	8	60 secs.
Seated Lateral Raises	3	13	60 secs.

Notes:

Week 2

Week 2 Day 1

Exercise	Sets	Reps	Rest
Incline Tricep Extensions (dumbbell)	2	13	60 secs.
Rope Pushdowns	2	13	60 secs.
Tate Press	2	8	90 secs.
One Hand Push ups	2	8	90 secs.
Pulldown & Pressdown	3	8	90 secs.
High Pull	5	8	90 secs.
Wide Grip Pulldown	3	13	60 secs.
Front Raise Plate	2	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 2

Week 2 Day 2

Exercise	Sets	Reps	Rest
Reverse Lunge	2	13	60 secs.
Dumbbell Squat	2	13	60 secs.
Stiff Leg Deadlift	2	8	90 secs.
Step Ups	2	8	90 secs.
Squat & Press	3	8	90 secs.
Alternate Incline Dumbbell Press	5	8	90 secs.
Low Pulley Row Wide Grip	3	13	60 secs.
Bent Lateral Raise	2	13	60 secs.

Notes:

Week 2

Week 2 Day 3

Exercise	Sets	Reps	Rest
Calf Press	3	13	60 secs.
Standing Calf Raises	3	13	60 secs.
One Leg Calf Raise (dumbbell)	2	8	90 secs.
Pulldown & Pressdown	3	8	90 secs.
High Pull	5	8	90 secs.
Seated Lateral Raises	3	13	90 secs.
Shrugs	2	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 2

Week 2 Day 4

Exercise	Sets	Reps	Rest
Hammer Curl	2	13	60 secs.
Standing Dumbbell Curl	2	13	60 secs.
Seated Dumbbell Curl	2	8	90 secs.
Barbell Curls	2	13	90 secs.
Bent Dumbbell Row	3	8	90 secs.
Standing Dumbbell Press	5	8	60 secs.
Incline Dumbbell Press	3	13	60 secs.
Standing Lateral Raise	2	13	60 secs.

Notes:

Week 3

Week 3 Day 1

Exercise	Sets	Reps	Rest
Reverse Curls	2	13	60 secs.
Incline Dumbbell Curls	2	13	60 secs.
Standing Dumbbell Curls	2	8	90 secs.
Rope Curls	2	8	90 secs.
Pullovers	3	8	90 secs.
Seated Shoulder Press	5	8	90 secs.
Wide Grip Pulldowns	3	13	60 secs.
Front Raise Dumbbell Two Hands	2	13	90 secs.

Notes:

Muscle Building & Fat Loss

Week 3

Week 3 Day 2

Exercise	Sets	Reps	Rest
Dumbbell Squat	2	13	60 secs.
Reverse Lunge	2	13	60 secs.
Step Up	2	8	90 secs.
Get ups	2	13	90 secs.
Squat & Press	3	8	90 secs.
Incline Dumbbell Press	5	8	60 secs.
High Pull	3	13	60 secs.
Seated Lateral Raise	2	13	60 secs.

Notes:

Week 3

Week 3 Day 3

Exercise	Sets	Reps	Rest
Offset Push Ups	2	13	60 secs.
Tate Press	2	13	60 secs.
One Hand Pushups	2	8	90 secs.
Incline Tricep Extension (dumbbell)	2	8	90 secs.
Pulldown & Pressdown	3	8	90 secs.
One Arm Dumbbell Row Lateral	5	8	90 secs.
Dumbbell Upright Row	3	13	60 secs.
Reverse Grip Pulldown	2	13	90 secs.

Notes:

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Week 3

Week 3 Day 4

Exercise	Sets	Reps	Rest
One Leg calf Raise (dumbbell)	3	13	60 secs.
Calf Press	3	13	60 secs.
Seated Calf Raise	2	8	90 secs.
Pullovers	3	8	90 secs.
Alternate Incline Press	5	8	90 secs.
Cable Cross Over (high)	3	13	60 secs.
Incline Dumbbell Flyes	2	13	60 secs.

Notes:

Week 4

Week 4 Day 1

Exercise	Sets	Reps	Rest
Tate Press	2	13	60 secs.
Rope Pushdowns	2	13	60 secs.
Incline Tricep Extensions (dumbbell)	2	8	90 secs.
Push ups (Spiderman)	2	8	90 secs.
High Pull	3	8	90 secs.
Reverse Grip Pulldown	5	8	90 secs.
Pulldown & Pressdown	3	13	60 secs.
Bent Dumbbell Row	2	13	90 secs.

Notes:

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Week 4

Week 4 Day 2

Exercise	Sets	Reps	Rest
Reverse Lunge	2	13	60 secs.
Dumbbell Squat	2	13	60 secs.
Stiff Leg Deadlift	2	8	90 secs.
One Leg Deadlift	2	8	90 secs.
Squat & Press	3	8	90 secs.
Alternate Incline Dumbbell Press	5	8	90 secs.
Cable Cross Over (mid)	3	13	60 secs.
Front Raise (plate)	2	13	90 secs.

Notes:

Week 4

Week 4 Day 3

Exercise	Sets	Reps	Rest
Calf Press	2	13	60 secs.
Seated Calf Raises	3	13	60 secs.
One Leg Calf Raise (dumbbell)	3	8	90 secs.
Pulldown & Pressdown	3	8	90 secs.
High Pull	5	8	90 secs.
Standing Lateral Raise	3	8	60 secs.
Curl & Press	2	13	60 secs.

Notes:

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Week 4

Week 4 Day 4

Exercise	Sets	Reps	Rest
One Arm Dumbbell Row	2	13	60 secs.
Standing Dumbbell Curl	2	13	60 secs.
Barbell Curls	2	8	90 secs.
Seated Dumbbell Curl	2	8	90 secs.
Bent Dumbbell Row	2	8	90 secs.
Low Pulley Row Wide Grip	5	8	90 secs.
Incline Dumbbell Flye	3	13	60 secs.
Incline Dumbbell Press	3	13	60 secs.

Notes:

Week 5

Week 5 Day 1

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

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Week 5

Week 5 Day 1 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Tate Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 5

Week 5 Day 1 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Standing Calf Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Standing Lateral Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

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Week 5

Week 5 Day 2

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 5

Week 5 Day 2 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Lying Tricep Extensions (dumbbell)	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 5

Week 5 Day 2 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Calf Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Dumbbell Upright Row	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 5

Week 5 Day 3

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Wide Grip Pulldown	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Wide Grip Pulldown	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 5

Week 5 Day 3 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Tricep Rope Pushdowns	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

CATEGORY 3: TRAINING SYSTEMS

Week 5

Week 5 Day 3 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Stiff Leg Deadlift	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Bent Lateral Raise	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 6

Week 6 Day 1

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 6

Week 6 Day 1 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Lying Triceps Extension Barbell	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 6

Week 6 Day 1 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Seated Calf Raise	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Alternate Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

CATEGORY 3: TRAINING SYSTEMS

Week 6

Week 6 Day 2

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 6

Week 6 Day 2 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
High Pull	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Seated Curl & Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

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CATEGORY 3: TRAINING SYSTEMS

Week 6

Week 6 Day 2 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Standing Calf Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Shrugs	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 6

Week 6 Day 3

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Low Pulley Row Wide Grip	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Low Pulley Row Wide Grip	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 6

Week 6 Day 3 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Tate Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 6

Week 6 Day 3 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Barbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Front Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

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CATEGORY 3: TRAINING SYSTEMS

Week 7

Week 7 Day 1

Strength

Exercise	Sets	Reps	Rest
Dumbbell Curls	3	13	60 secs.
Incline Dumbbell Curls	3	8	90 secs.
Barbell Curls	2	5	120 secs.
Curl & Press	3	5	120 secs.
Seated Shoulder Press	5	8	90 secs.
Wide Grip Pulldown	5	13	60 secs.

Notes:

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Week 7

Week 7 Day 2

Strength

Exercise	Sets	Reps	Rest
Step Ups	3	13	60 secs.
Reverse Lunge	3	8	90 secs.
Dumbbell Squat	2	5	120 secs.
Squat & Press	3	5	120 secs.
High Pull	5	8	90 secs.
Incline Dumbbell Press	5	13	60 secs.

Notes:

Week 7

Week 7 Day 3

Exercise	Sets	Reps	Rest
One Hand Push ups	3	13	60 secs.
Offset Push Ups	3	8	90 secs.
Tricep Rope Pushdowns	2	5	120 secs.
Pulldown & Pressdown	5	5	120 secs.
Standing Dumbbell Press	5	8	90 secs.
Dumbbell Upright Row	3	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 7

Week 7 Day 4

Exercise	Sets	Reps	Rest
One Leg Calf Raise (dumbbell)	5	13	60 secs.
Calf Press	3	13	60 secs.
Low Pulley Row Wide Grip	5	13	60 secs.
One Arm Dumbbell Row	5	8	90 secs.
Curl & Press	3	5	120 secs.

Notes:

Week 8

Week 8 Day 1

Exercise	Sets	Reps	Rest
Tricep Extensions (dumbbell)	2	13	60 secs.
Tricep Rope Pushdowns	3	8	90 secs.
Tate Press	2	5	120 secs.
Pulldown & Pressdown	3	5	120 secs.
High Pull	5	8	90 secs.
Wide Grip Pulldown	5	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 8

Week 8 Day 2

Exercise	Sets	Reps	Rest
Reverse Lunge	3	13	60 secs.
Dumbbell Squat	3	8	90 secs.
Stiff Leg Deadlift	2	5	120 secs.
Squat & Press	3	5	120 secs.
Incline Dumbbell Press	5	8	90 secs.
Low Pulley Row Wide Grip	5	13	60 secs.

Notes:

Week 8

Week 8 Day 3

Exercise	Sets	Reps	Rest
Standing Calf Raises	5	13	60 secs.
Seated Calf Raise	3	13	60 secs.
Pulldown & Pressdown	5	13	60 secs.
High Pull	5	5	90 secs.
Shrugs	3	8	120 secs.

Notes:

Muscle Building & Fat Loss

Week 8

Week 8 Day 4

Exercise	Sets	Reps	Rest
Barbell Curl	2	13	60 secs.
Standing Dumbbell Curls	3	8	90 secs.
Seated Dumbbell Curl	2	5	120 secs.
Bent Dumbbell Row	3	5	120 secs.
Curl & Press	5	8	90 secs.
Dumbbell Upright Row	5	13	60 secs.

Notes:

Week 9

Week 9 Day 1

Exercise	Sets	Reps	Rest
Incline Dumbbell Curls	3	13	60 secs.
Standing Dumbbell Curls	3	8	90 secs.
Barbell Curls	2	5	120 secs.
Seated Shoulder Press	3	5	120 secs.
Wide Grip Pulldowns	5	8	90 secs.
Curl & Press	5	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 9

Week 9 Day 2

Exercise	Sets	Reps	Rest
Dumbbell Squat	3	13	60 secs.
Reverse Lunge	2	8	90 secs.
Step Ups	3	5	120 secs.
Squat & Press	5	5	120 secs.
Incline Dumbbell Press	5	8	90 secs.
High Pull	3	13	60 secs.

Notes:

Week 9

Week 9 Day 3

Exercise	Sets	Reps	Rest
Offset Push ups	3	13	60 secs.
One Arm Push ups	2	8	90 secs.
Tricep Bar Pushdowns	3	5	120 secs.
Pulldown & Pressdown	5	5	120 secs.
Dumbbell Upright Row	5	8	90 secs.
Standing Dumbbell Press	3	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 9

Week 9 Day 4

Exercise	Sets	Reps	Rest
Calf Press	5	13	60 secs.
One leg calf Raise (dumbbell)	3	8	120 secs.
Low Pulley Row Wide Grip	5	5	120 secs.
Curl & Press	5	5	90 secs.
One Arm Dumbbell Row	3	8	60 secs.

Notes:

Week 10

Week 10 Day 1

Exercise	Sets	Reps	Rest
Tate Press	3	13	60 secs.
Tricep Rope Pushdowns	3	8	90 secs.
Incline Tricep Extensions (dumbbell)	2	5	120 secs.
High Pull	5	5	120 secs.
Wide Grip Pulldowns	3	8	90 secs.
Pulldown & Pressdown	5	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 10

Week 10 Day 2

Exercise	Sets	Reps	Rest
Reverse Lunge	3	13	60 secs.
Dumbbell Squat	3	8	90 secs.
Stiff Leg Deadlift	2	5	120 secs.
Squat & Press	3	5	120 secs.
Alternate Incline Dumbbell Press	5	8	90 secs.
Low Pulley Row Wide Grip	3	13	60 secs.

Notes:

Week 10

Week 10 Day 3

Exercise	Sets	Reps	Rest
Calf Press	2	13	60 secs.
Seated Calf Raise	3	8	90 secs.
One Leg Calf Raise (dumbbell)	3	5	120 secs.
Pulldown & Pressdown	5	5	120 secs.
High Pull	5	8	90 secs.
Shrugs	3	13	60 secs.

Notes:

Muscle Building & Fat Loss

Week 10

Week 10 Day 4

Exercise	Sets	Reps	Rest
Standing Dumbbell Curl	2	13	60 secs.
Seated Dumbbell Curl	3	8	90 secs.
Barbell Curl	3	5	120 secs.
Bent Dumbbell Row	3	5	120 secs.
Curl & Press	5	8	90 secs.
Dumbbell Upright Row	5	13	60 secs.

Notes:

Week 11

Week 11 Day 1

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 11

Week 11 Day 1 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Tate Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

CATEGORY 3: TRAINING SYSTEMS

Week 11

Week 11 Day 1 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Standing Calf Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Standing Lateral Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 11

Week 11 Day 2

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 11

Week 11 Day 2 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Lying Tricep Extensions (dumbbell)	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 11

Week 11 Day 2 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Calf Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Dumbbell Upright Row	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 11

Week 11 Day 3

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Wide Grip Pulldown	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Wide Grip Pulldown	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 11

Week 11 Day 3 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Tricep Rope Pushdowns	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

CATEGORY 3: TRAINING SYSTEMS

Week 11

Week 11 Day 3 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Stiff Leg Deadlift	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Bent Lateral Raise	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 12

Week 12 Day 1

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Seated Shoulder Press	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 12

Week 12 Day 1 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Lying Triceps Extension Barbell	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Curls	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 12

Week 12 Day 1 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Seated Calf Raise	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Alternate Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 12

Week 12 Day 2

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Dumbbell Squat	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Muscle Building & Fat Loss

Week 12

Week 12 Day 2 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
High Pull	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Seated Curl & Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Week 12

Week 12 Day 2 cont.

Fibonacci Pyramid Set # 5

Exercise	Weight	Sets	Reps	Rest
Standing Calf Raises	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 6

Exercise	Weight	Sets	Reps	Rest
Shrugs	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Notes:

Muscle Building & Fat Loss

Week 12

Week 12 Day 3

Fibonacci Pyramid Set # 1

Exercise	Weight	Sets	Reps	Rest
Low Pulley Row Wide Grip	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 2

Exercise	Weight	Sets	Reps	Rest
Low Pulley Row Wide Grip	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.

Notes:

Week 12

Week 12 Day 3 cont.

Fibonacci Pyramid Set # 3

Exercise	Weight	Sets	Reps	Rest
Incline Dumbbell Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.

Fibonacci Pyramid Set # 4

Exercise	Weight	Sets	Reps	Rest
Tate Press	Light	1	21	30 sec.
	Moderate	1	13	30 sec.
	Moderate/heavy	1	8	45 sec.
	Heavy	1	5	45 sec.
	Moderate/heavy	1	8	45 sec.
	Moderate	1	13	30 sec.
	Light	1	21	30 sec.
	Light	1	21	30 sec.

Notes: