

All About Health

Two Week Blitzkrieg Program

Monday, Thursday: Chest and Back

Smith Machine Incline Bench:

Warm Up 10-20 reps

1st set 10 reps

2nd set 10 reps

3rd set 8 reps

4th set 4-6 reps

Flys:

1st set 10-12 reps

2nd set 10-12 reps

3rd set 10-12 reps

4th set 10-12 reps

Incline Dumbbell Press:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 8 reps

Dumbbell Rows:

3 sets of 10

Seated Cable Row:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

Lat Pull to the Rear:

3 sets of 10 reps

Tuesday, Friday: Shoulders and Arms:

Behind the Neck Press:

Warm Up Set 12 reps

1st set 10 reps

2nd set 10 reps

3rd set 8-10 reps

4th set 4-6 reps

All About Health

Two Week Blitzkrieg Program

Reverse Pec Deck:

4 sets of 15 reps

Cable Laterals:

4 sets of 10-12 reps

Upright Rows:

4 sets of 12 reps

EZ Bar Curls:

1st set 8 reps

2nd set 8 reps

3rd set 6 reps

4th set 6 reps

Preacher Curls:

1st set 10-12 reps

2nd set 10 reps

3rd set 8 reps

4th set 8 reps

Dumbbell Tricep Extensions:

4 sets of 10 reps

Pushdowns:

1st set 12 reps

2nd set 12 reps

3rd set 10 reps

4th set 10 reps

Wednesday: Legs:

Leg Extensions:

6 sets of 20 reps

Leg Curls:

4 sets of 10-12 reps

Calf Raises:

1st set 12 reps

2nd set 12 reps

3rd set 10 reps

4th set 10 reps

All About Health

Two Week Blitzkrieg Program

Leg Blaster or Squats:
4 sets of 10 reps

Leg Press:
4 sets of 20 reps

Meal Plan:

Use in conjunction with the Get Huge Meal Plan

Suggested Supplements:

Cytogainer: This is a blend of complex carbohydrates and high quality protein. Each serving supplies 500 to 1000 calories with only 5 grams of sugar. With a low amount of sugar one does not have to worry about adding body fat. This product will ensure you that you are getting enough calories to recover.

Vitargo Creatine: A product on the cutting edge of technology. It allows the user to spike their insulin without the use of sugar. This lets one capitalize on creatine's size and strength gains without all the water retention. Combine these three supplements and watch the muscle pile on.

D-Drol: The next generation in testosterone precursors. This compound gives the user extreme weight and strength gains while at the same time hardening the muscle. This product will help your muscles recover faster while your training volume is increased.