

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

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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

This packet is for informational purposes only. Please consult your physician before beginning any exercise program.

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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.

VPX N.O. Synthesize: a post workout recovery drink that contains amino acids, beta alanine, creatine, and 20g of protein.

Dimethabolin: a Massive Strength Agent! While using this dymethazine clone, Dimethabolin, you will notice that you are able to lift more weight and that your workouts will be longer and more intense. Dimethabolin's strength increase will enable you to bulk up or cut depending on your specific desires.