



16 Weeks to a Big New Year

After each training session, you will perform a short, high-intensity cardio conditioning session. Use your choice of exercises, such as elliptical, treadmill, bike, or running (sprints). Do 15 to 20 minutes of alternating between one minute of low intensity, and one minute of high intensity.

Weeks 1-4

Perform each training day once per week on nonconsecutive days, such as Monday, Wednesday, and Friday. On two of your non-training days, perform at least 30 minutes of moderate activity such as a recreational sport, low-impact cardio, or another mode of enjoyable exercise.

Day 1	Warm-up sets	Working sets	Rest (in seconds)
Barbell back squat	2 x 12	4 x 10-12	60
Standing calf raise	1 x 12	4 x 10-12	60
Incline dumbbell press	2 x 12	4 x 10-12	60
Bent-over barbell row	2 x 12	4 x 10-12	60
Dumbbell upright row	-	4 x 10-12	60
Floor crunch	-	3 x 20	30
Lying leg lift	-	3 x 20	30

Day 2	Warm-up sets	Working sets	Rest (in seconds)
Barbell Romanian deadlift	2 x 12	4 x 10-12	60
Dumbbell reverse lunge	1 x 12	4 x 10-12	60
Close-grip pull-up	1 x 12 (pulldowns)	4 x 10-12	60
Weighted dip	1 x 12	4 x 10-12	60
Barbell curl	1 x 12	4 x 10-12	60
Standing barbell shoulder press	1 x 12	4 x 10-12	60
Plank	-	3 x 20-30 seconds	30

Day 3	Warm-up sets	Working sets	Rest (in seconds)
Bulgarian split squat	2 x 12	4 x 10-12	60
Seated calf raise	1 x 12	4 x 10-12	60
Flat bench dumbbell press	2 x 12	4 x 10-12	60
Wide-grip pull-up	2 x 12 (pulldowns)	4 x 10-12	60
Rope pull	-	4 x 10-12	60
Bicycle crunch	-	3 x 20	30

Weeks 5-8

Perform each training day once per week on nonconsecutive days, such as Monday, Wednesday, and Friday. On two of your non-training days, perform at least 30 minutes of moderate activity.

Day 1	Warm-up sets	Working sets	Rest (in seconds)
Barbell back squat	2 x 12	4 x 6-8	60
Standing calf raise	1 x 12	4 x 6-8	60
Incline dumbbell press	2 x 12	4 x 6-8	60
Bent-over barbell row	2 x 12	4 x 6-8	60
Dumbbell upright row	-	4 x 6-8	60
Floor crunch	-	3 x 20	30
Lying leg lift	-	3 x 20	30

Day 2	Warm-up sets	Working sets	Rest (in seconds)
Barbell Romanian deadlift	2 x 12	4 x 6-8	60
Dumbbell reverse lunge	1 x 12	4 x 6-8	60
Close-grip pull-up	1 x 12 (pulldowns)	4 x 6-8	60
Weighted dip	1 x 12	4 x 6-8	60
Barbell curl	1 x 12	4 x 6-8	60
Standing barbell shoulder press	1 x 12	4 x 6-8	60
Plank	-	3 x 20-30 seconds	30

Day 3	Warm-up sets	Working sets	Rest (in seconds)
Bulgarian split squat	2 x 12	4 x 6-8	60
Seated calf raise	1 x 12	4 x 6-8	60
Flat bench dumbbell press	2 x 12	4 x 6-8	60
Wide-grip pull-up	2 x 12 (pulldowns)	4 x 6-8	60
Rope pull	-	4 x 6-8	60
Bicycle crunch	-	3 x 20	30

Weeks 9-12

Perform each training day once per week with distributed rest days, such as Monday, Tuesday, Thursday and Friday. On one or two of your non-training days, perform at least 30 minutes of moderate activity.

Day 1	Warm-up sets	Working sets	Rest (in seconds)
Incline bench barbell press	2 x 12	4 x 10-12	60
Flat bench dumbbell press	1 x 12	4 x 10-12	60
Reverse-grip pull-up	2 x 12 (pulldowns)	4 x 10-12	60
Bent-over barbell row	1 x 12	4 x 10-12	60
Seated dumbbell side lateral raise	-	3 x 10-12	60
Seated dumbbell shoulder press	-	3 x 10-12	60
Incline 3-way sit-up	-	3 x 20	30

Day 2	Warm-up sets	Working sets	Rest (in seconds)
Standing 1-leg calf raise	1 x 12	4 x 10-12	30
Bulgarian split squat	2 x 12	4 x 10-12	30
Lying leg curl	1 x 12	4 x 10-12	60
Dumbbell curl	1 x 12	4 x 10-12	60
Close-grip bench press	1 x 12	4 x 10-12	60
Lying leg lift	-	3 x 20	30

Day 3	Warm-up sets	Working sets	Rest (in seconds)
Incline dumbbell press	2 x 12	4 x 10-12	60
Flat bench barbell press	1 x 12	4 x 10-12	60
T-bar row	2 x 12 (pulldowns)	4 x 10-12	60
Wide-grip pull-up	1 x 12	4 x 10-12	60
Wide-grip barbell press	-	3 x 10-12	60
Front plate raise	-	3 x 10-12	60
Floor crunch	-	3 x 20	30

Day 4	Warm-up sets	Working sets	Rest (in seconds)
Seated calf raise	1 x 12	4 x 10-12	30
Barbell back squat	2 x 12	4 x 10-12	60
Barbell Romanian deadlift	1 x 12	4 x 10-12	60
Barbell curl	1 x 12	4 x 10-12	60
Weighted dip	1 x 12	4 x 10-12	60
Hanging leg lift	-	3 x 20	30

Weeks 13-16

Perform each training day once per week with distributed rest days, such as Monday, Tuesday, Thursday and Friday. On one or two of your non-training days, perform at least 30 minutes of moderate activity.

Day 1	Warm-up sets	Working sets	Rest (in seconds)
Incline bench barbell press	2 x 12	4 x 6-8	60
Flat bench dumbbell press	1 x 12	4 x 6-8	60
Reverse-grip pull-up	2 x 12 (pulldowns)	4 x 6-8	60
Bent-over barbell row	1 x 12	4 x 6-8	60
Seated dumbbell side lateral raise	-	3 x 6-8	60
Seated dumbbell shoulder press	-	3 x 6-8	60
Incline 3-way sit-up	-	3 x 20	30

Day 2	Warm-up sets	Working sets	Rest (in seconds)
Standing 1-leg calf raise	1 x 12	4 x 6-8	30
Bulgarian split squat	2 x 12	4 x 6-8	30
Lying leg curl	1 x 12	4 x 6-8	60
Dumbbell curl	1 x 12	4 x 6-8	60
Close-grip bench press	1 x 12	4 x 6-8	60
Lying leg lift	-	3 x 20	30

Day 3	Warm-up sets	Working sets	Rest (in seconds)
Incline dumbbell press	2 x 12	4 x 6-8	60
Flat bench barbell press	1 x 12	4 x 6-8	60
T-bar row	2 x 12 (pulldowns)	4 x 6-8	60
Wide-grip pull-up	1 x 12	4 x 6-8	60
Wide-grip barbell press	-	3 x 6-8	60
Front plate raise	-	3 x 6-8	60
Floor crunch	-	3 x 20	30

Day 4	Warm-up sets	Working sets	Rest (in seconds)
Seated calf raise	1 x 12	4 x 6-8	30
Barbell back squat	2 x 12	4 x 6-8	60
Barbell Romanian deadlift	1 x 12	4 x 6-8	60
Barbell curl	1 x 12	4 x 6-8	60
Weighted dip	1 x 12	4 x 6-8	60
Hanging leg lift	-	3 x 20	30