

# RIPPED FREAK 12 week challenge

## Phase 1 - Weeks 1 - 4

### Workout 1: Quads & Calves

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Squats	4	10/ 6/ 6/ 8	Warm up
Leg Extensions	4	8/ 8/ 10/ 15	
Leg Press	4	8/ 8/ 10/ 15	
Dumbbell Lunges onto Step	2	10/ 10	
Standing Calf Raises	3	10/ 10/ 10	
Leg Press Calf Raises	3	10/ 10/ 10	
Stairclimber		5 minutes	Intense

### Workout 2: Shoulders & Triceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Seated Smith Machine Shoulder Press	3	6/ 6/ 8	Warm up
Side Raises	3	8/ 8/ 10	
Uncrossovers	3	8/ 8/ 10	
Seated Dumbbell Shrugs	2	8/ 10	
Narrow Bench Press	3	12/ 10/ 8	Warm up
Weighted Bench Dips	2	8/ 8	
Tricep Pushdowns	2	15/ 20	
Tricep Kickbacks	2	10/ 10	

### Workout 3: Back & Hamstrings

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Deadlifts	4	10/ 6/ 6/ 8	Warm up
Hamstring Leg Press	3	6/ 6/ 8	
Lying Leg Curl	3	8/ 10/ 15	
Smith Machine Lunges	2	10/ 10	
Bent over Barbell Row	3	10/ 8/ 6	Warm up
T-Bar Rows	3	10/ 15/ 20	
Front Lat Pulldowns	3	8/ 8/ 10	
Pullovers	3	10/ 10/ 12	
Stairclimber		5 minutes	Intense

### Workout 4: Chest & Biceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Low Incline Dumbbell Press	4	10/ 6/ 6/ 8	Warm up
Incline Push-ups	4	Limit	
Incline Smith Machine Bench Press	2	10/ 10	
Cable Crossover	2	15/ 20	
Incline Dumbbell Curl	4	10/ 6/ 6/ 8	Warm up
Pull-ups	3	Limit	
EZ Bar Curls	3	6/ 8/ 10	
Cable Curls	2	15/ 20	

# RIPPED FREAKING 12 week challenge

## Workout Schedule

Monday: Workout 1

Tuesday: Workout 2

Wednesday: Cardio Routine 1 and Ab Routine

Thursday: Workout 3

Friday: Workout 4

Saturday: Cardio Routine 2 and Calf Routine

Sunday: Rest

## Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

**Superset** - Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

## Ab Routine

EXERCISE	SETS	REPS
Pullover Crunch on Exercise Ball	3	10
Reverse Crunch on Exercise Ball	3	10
Exercise Ball Transfer Crunch	3	10
Hanging Knee Raises	3	10
Knee Raises Off Bench	3	10

## Calf Routine

EXERCISE	SETS	REPS
Standing Calf Raises	3	12
Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10

## Cardio Routine

**Routine 1:** 5 minute warm up followed by 20 minutes of continuous cardiovascular exercise, then a 5 minute cool down.

Treadmill (*no running*)

Warm up + cool down = **Fast flat walking**

The 20 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 15 minutes of sprint intervals (10 cycles in total) – sprint for 30 seconds, moderate to recover for 1 minute, repeat. Cool down for 5 minutes.

To be done on the Bicycle

# RIPPED FREAK™

## 12 week challenge

### Phase 2 - Weeks 5 - 8

#### Workout 1: Quads & Calves

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Squats	4	10/ 6/ 6/ 8	Warm up
SS Leg Extensions	4	8/ 8/ 10/ 15	
SS Leg Press	4	8/ 8/ 10/ 15	
Dumbbell Lunges onto Step	2	10/ 10	
SS Standing Calf Raises	3	10/ 10/ 10	
SS Leg Press Calf Raises	3	10/ 10/ 10	
Stairclimber		5 minutes	Intense

#### Workout 2: Shoulders & Triceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Seated Dumbbell Press	3	6/ 6/ 8	Warm up
SS Side Raises	3	8/ 8/ 10	
SS Uncrossovers	3	8/ 8/ 10	
Upright Row	2	8/ 10	
Seated Dumbbell Shrugs	2	8/ 10	
Skull Crushers	3	12/ 10/ 8	Warm up
SS Weighted Bench Dips	2	8/ 8	
SS Tricep Pushdowns	2	15/ 20	
Overhead Tricep Extensions	2	10/ 10	

#### Workout 3: Back & Hamstrings

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Deadlifts	4	10/ 6/ 6/ 8	Warm up
SS Hamstring Leg Press	3	6/ 6/ 8	
SS Seated Leg Curl	3	8/ 10/ 15	
Glute Ham Raises	2	10/ 10	
Bent over Barbell Row	3	10/ 8/ 6	Warm up
T-Bar Rows	3	10/ 15/ 20	
SS Front Lat Pulldowns	3	8/ 8/ 10	
SS Pullovers	3	10/ 10/ 12	
Stairclimber		5 minutes	Intense

#### Workout 4: Chest & Biceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Low Incline Dumbbell Press	4	10/ 6/ 6/ 8	Warm up
SS Incline Push-ups	4	Limit	
SS High Cable Flyes	2	10/ 10	
Incline Smith Machine Bench Press	2	10/ 10	
Flat Bench Flyes ( <i>bottom range only</i> )	2	10/ 10	
Cable Crossover	2	15/ 20	
Incline Dumbbell Curl	4	10/ 6/ 6/ 8	Warm up
SS Pull-ups	3	Limit	
SS EZ Bar Curls	3	6/ 8/ 10	
Cable Curls	2	15/ 20	

# RIPPED FREAK<sup>®</sup> 12 week challenge

## Workout Schedule

Monday: Workout 1

Tuesday: Workout 2

Wednesday: Cardio Routine 1 and Ab Routine

Thursday: Workout 3

Friday: Workout 4

Saturday: Cardio Routine 2 and Calf Routine

Sunday: Rest

## Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

**Superset** - Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

## Ab Routine

EXERCISE	SETS	REPS
Pullover Crunch on Exercise Ball	3	10
Reverse Crunch on Exercise Ball	3	10
Exercise Ball Transfer Crunch	3	10
Hanging Knee Raises	3	10
Knee Raises Off Bench	3	10

## Calf Routine

EXERCISE	SETS	REPS
Standing Calf Raises	3	12
Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10

## Cardio Routine

**Routine 1:** 5 minute warm up followed by 30 minutes of continuous cardiovascular exercise, then a 5 minute cool down.

Treadmill (*no running*)

Warm up + cool down = **Fast flat walking**

The 20 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 25 minutes of sprint intervals (15 cycles in total) – sprint for 30 seconds, moderate to recover for 1 minute, repeat. Cool down for 5 minutes.

To be done on the Bicycle

# RIPPED FREAK

## 12 week challenge

### Phase 3 - Weeks 9 - 12

#### Workout 1: Quads & Calves

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Squats	4	5 - 8	Warm up
Leg Press	4	8 - 10	
SS Leg Extensions	4	10 - 12	
Dumbbell Lunges onto Step	2	15	
SS Standing Calf Raises	3	12 - 15	
Leg Press Calf Raises	3	12 - 15	
Stairclimber		5 minutes	Intense

#### Workout 2: Shoulders & Triceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Seated Dumbbell Press	3	6	Warm up
SS Side Raises	3	10 - 12	
Uncrossovers	3	10 - 12	
Upright Row	2	10 - 12	
Seated Dumbbell Shrugs	2	6 - 8	
Skull Crushers	3	6 - 8	Warm up
Weighted Bench Dips	2	6	
SS Tricep Pushdowns	2	10 - 12	
Overhead Tricep Extensions	2	10 - 12	

#### Workout 3: Back & Hamstrings

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Hamstring Leg Press	3	8 - 10	
SS Seated Leg Curl	3	12 - 15	
Glute Ham Raises	3	10	
Deadlifts	4	4 - 6	Warm up
Bent over Barbell Row	3	8 - 10	
T-Bar Rows	3	8 - 10	
SS Front Lat Pulldowns	3	10	
Pullovers	3	10	
Stairclimber		5 minutes	Intense

#### Workout 4: Chest & Biceps

EXERCISE	SETS	REPS	Note
Cycle		5 minutes	Moderate
Low Incline Dumbbell Press	4	6 - 8	Warm up
SS Incline Push-ups	4	Limit	
High Cable Flyes	4	12	
Incline Smith Machine Bench Press	3	8 - 10	
Flat Bench Flyes ( <i>bottom range only</i> )	2	12	
Cable Crossover	2	12 - 15	
SS Barbell Curl	4	6 - 8	Warm up
Incline Dumbbell Curl	3	Limit	
Pull-ups	3	6/ 8/ 10	
SS Cable Curls	2	15/ 20	

# RIPPED FREAK

## 12 week challenge

### Workout Schedule

Monday: Workout 1

Tuesday: Workout 2

Wednesday: Cardio Routine 1 and Ab Routine

Thursday: Workout 3

Friday: Workout 4

Saturday: Cardio Routine 2 and Calf Routine

Sunday: Rest

### Tips & Guidelines

**Warm up:** Perform 2 sets with 50% of your work weight for 20 reps before beginning your worksets. **After your warm up sets - for most bodyparts - choose a weight that allows you to reach the target rep range at muscle failure.**

**Superset** - Do two exercises back to back with no rest.

**Rest for about 1 to 2 minutes between work sets. Do not cut your rest time shorter than that or you will not recover enough to move the heavy weights this program requires, on the other hand, do not rest for more than 3 minutes between sets or you will lose your intensity and muscle pump.**

### Ab Routine

EXERCISE	SETS	REPS
Pullover Crunch on Exercise Ball	3	10
Reverse Crunch on Exercise Ball	3	10
Exercise Ball Transfer Crunch	3	10
Hanging Knee Raises	3	10
Knee Raises Off Bench	3	10

### Calf Routine

EXERCISE	SETS	REPS
Standing Calf Raises	3	12
Seated Calf Raises	3	20/ 20/ 30
Donkey Calf Raises	3	10

### Cardio Routine

**Routine 1:** 5 minute warm up followed by 35 minutes of continuous cardiovascular exercise, then a 5 minute cool down.

Warm up + cool down = **Fast flat walking**

The 35 minutes = **Fast inclined walking**

**Routine 2:** 5 minute warm up followed by 30 minutes of sprint intervals (18 cycles in total) – sprint for 30 seconds, moderate to recover for 1 minute, repeat. Cool down for 5 minutes.