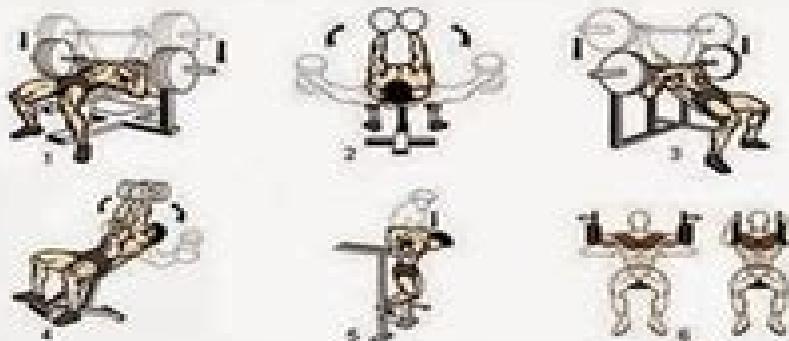


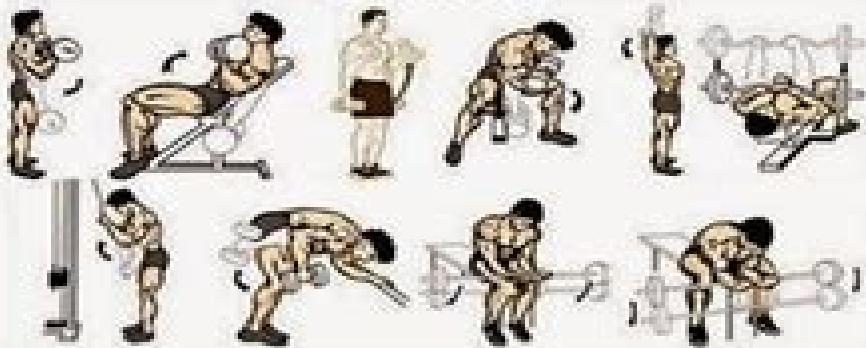
FIRST DAY



FIFTH DAY



DAY TWO



SIXTH DAY



THIRD DAY



SEVENTH DAY

- 1 30 bicycle crunches
- 2 30 second plank
- 3 40 mountain climbers
- 4 30 seated knee crunches
- 5 30 Russian twists
- 6 12 push-ups at a time

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Mark R. Hailey

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people the thought of getting into shape or just the act of exercising for that matter is like throwing a speeding locomotive into reverse An enormous amount of energy has to come to a loud grinding halt in a short period of time and then slowly begin to move in the opposite direction Getting into shape biologically is a relatively easy process the hard part more often than not is simply getting started Being physically fit takes commitment discipline concentration and an overall desire to succeed Making the commitment to physical fitness in many ways presents a greater challenge than the weights and workout routines that will follow and in the beginning many people make the mistake of training too hard and too fast causing soreness frustration and discouragement Walking blindly into a gym and grabbing a piece of equipment in the hopes that something will happen will never work To achieve your fitness goals you need to plan your work and work your plan

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Gold's Gym Mass Building, Training, and Nutrition System Ed Connors,1992 Bodybuilders

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Joe Weider's Ultimate Bodybuilding Joe Weider,1999

Max Contraction Training John R. Little,2004 The breakthrough new fitness program

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Men's Health ,2006 Building

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