

## Build Phase, June – December 2014



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[GetFitGoFigure.com](http://GetFitGoFigure.com)

I wrote these workout plans specifically for me considering my weaknesses that needed attention as well as available equipment. There are many, many types of programs written taking abilities, health, lifestyle and goals into consideration. This is not a substitution for an in person consultation with a qualified person. Please see a physician before starting any workout program.

### **The Plan #1: June 2014 – August 2014**

The month immediately after my last show, throughout the summer, I did a push pull, 2x per week plan. I really enjoyed this workout and saw great gains in this time frame. I incorporated isometric lifting and focused on the eccentric (the downward) portion of the lift. I would switch out exercises to keep things exciting and incorporate drop sets. A drop set is the very last set you do immediately after the prescribed number of sets for an exercise, no rest. Drop the amount of weight (20-30%ish) and do as many reps as you can- feel the burn!

Drop set example:

Do 5 sets of barbell rows at 95 pounds in the 8-12 rep range. Immediately after set 5, do not rest but quickly and safely, take off 30lb from the barbell and do one more set with 65 pounds for as many as you can do.

Rep ranges also matter as they will produce different results.

### **Rep Ranges:**

In general, the number of reps per set will achieve different results:

- 1-5 reps = Strength
- 6-12 = Hypertrophy (size)
- 12+ = Endurance
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### **How much rest between sets?**

- Lifting for Strength: 1-5 min rest
- Lifting for size and endurance: 30-90 seconds rest

These are, of course, general guidelines.

Also, [click here to check out a great article on cardio and how to use it.](#)

### **The Push / Pull Plan:**

**Push/ Day 1:** Heavy Chest, Shoulders, Triceps, 6-10 rep range.

**Pull/ Day 2:** Heavy Back and Biceps, 6-10 rep range.

**Lower Body Day 3:** Heavy Legs and Abs, 6-10 rep range

**Push/ Day 4:** Higher Rep Chest, Shoulders, Triceps, 6-10 rep range.

**Pull/ Day 5:** Higher Rep Back and Biceps, 6-10 rep range.

**Lower Body Day 6:** Higher Rep Legs and Abs, 6-10 rep range

**Day 7:** Off

The following workout is how it appears in my spread sheet as I like to keep track of progress.

DB= Dumbbell

BB= Barbell

/x = the x denotes the number of reps for the drop set after the forward slash.

<b>Push, Heavy: Chest, Shoulders, Triceps 1 PUSH day</b>		
<b>Shoulders</b>	<b>Sets</b>	<b>Reps</b>
Dumbbell or barbell military Press	5	10,8,6,6,6/8*
Bent over lateral raises or cable cross over	3	10,10,10/10*
Arnold Press		10,8,6,6,6/8*
Dumbbell Shrugs + hand stand push ups	5	10,8,6,6,6/8*
Side Raises	3**	10,10,10/10*
Front Raises	3	10,10,10/10*
<b>Chest</b>		
Flat Bench Press	5	10,8,6,6,6/8*
Incline dumbbell press	5	10,8,6,6,6/8*
Peck Deck Flys	3**	10,10,10/10*
Push-ups or 1 arm push ups	3	To Failure
<b>Triceps</b>		
Dips (with weights, or dip machine)	4	10,8,8,8/8*
Dumbbell overhead extensions	4	10,8,8,8/8*
Triceps cable extensions		10,8,8,8/8*
Underhand cable ext		10,8,8,8/8*
* immediately reduce weight by 30% and do a drop set.		
**Superset w/ exercise below		
<b>Push, High Rep: Chest, Shoulders, Triceps</b>		
<b>Shoulders</b>	<b>Sets</b>	<b>Reps</b>
Dumbbell or barbell military Press	4	12,12,12,12/12*
Bent over lateral raises or cable cross over	3	12,12,12
Arnold Press		12,12,12,12/12*
Dumbbell Shrugs + hand stand push ups	4	12,12,12,12
Side Raises	3	12,12,12
Front Raises	3	12,12,12
<b>Chest</b>		
Flat Bench Press	4	12,12,12,12/12*
Incline dumbbell press	4	12,12,12,12/12*
Peck Deck Flys	3**	12,12,12
Push-ups or 1 arm push ups	3	To Failure
<b>Triceps</b>		
French press	4	To Failure
Triceps cable extensions	3	12,12,12
1 arm kickbacks		12,12,12
<b>Pull, Heavy: Back, Lats, Biceps</b>		
<b>Back</b>	<b>Sets</b>	<b>Reps</b>
Bent over rows- barbell wide	5*	10,8,6,6,6/8*
Under-grip seated row or reverse grip bent over row	5	10,8,6,6,6/8*
Lat pull downs	5	10,8,6,6,6/8*

1 arm dumbbell row/ or cable	3	12,12,12
<b>Biceps</b>		
Standing EZ bar curls	4	12,6,6,6/8*
Dumbbell hammer heads	3	8,8,8/8*
1 arm dumbbell preacher curls	3	10,10,10/10*
Cable bicep curl		10,10,10/10
* immediately reduce weight by 30% and do a drop set.		
**Superset w/ exercise below		
<b>Pull, High Rep Back, Lats, Biceps</b>		
<b>Back</b>		<b>Reps</b>
	<b>Sets</b>	
Reverse grip bent over row		12,12,12,12/12*
Seated cable row, wide grip	4	12,12,12,12/12*
Pull ups (wide and regular grip- palms facing away)	4	To Failure
Incline dumbbell row	3	12,12,12
<b>Biceps</b>		
Concentration curls	4	12,12,12,12
1 arm incline dumbbell curls	3	12,12,12
Cable preacher curls	3	12,12,12
<b>Heavy: Legs and Abs 8-10 rep range</b>		
<b>Legs</b>		
Squats	5	10,8,6,6,6/8*
Leg press or leg extensions	3	10,10,10/10*
Dead lifts	4	10,8,6,6 /8*
<b>Hams</b>		
Cable leg extensions	3	10,10,10/10*
Walking/smith lunges with BB or DB		10,10,10/10*
<b>Abs</b>		
Reverse crunch (similar)		superset 3
ball crunch		
supine bicycle crunches		
or		
knee raises		
Mountain climber with Swiss ball		
Floor crunch		
or		
Weighted floor crunch		
Vertical leg lifts		
Planks		
<b>High Rep: Legs and Abs 12-15 rep range</b>		
<b>Legs</b>		
Leg Squats	4	12,12,12,12/12*
Leg press or extensions	3	12,12,12

Dead lifts		12,12,12,12/12*
Pistol Squats		
<b>Hams</b>		
Cable extensions or		12,12,12
Walking lunges with barbell or dumbbells		12,12,12,12/12*
<b>Abs</b>		
Reverse crunch with dumbbell on bench		
Ball crunch		
Supine bicycle crunches		
or		
Knee raises		
Mountain climber with Swiss ball		
Floor crunch		
or		
Decline weighted sit up		
V-sit		
Planks		

## **The Plan #2: September – December 2014**

After 8 weeks of doing “The Plan #1”, I took a de-load week and then started the following program. This was a rough set of months due to being in physical therapy for a minor shoulder impingement. The majority of the time, Day #4 was a grab bag. I would work on whatever I could do. Since my shoulders need to increase in size, I would do whatever I could without pain. If I couldn’t, I would do lower body stuff, focus on the glutes and do plyometrics.

### **3-5 exercises for 3-4 sets in the 8-12 rep range**

- Day 1: Shoulders (heavy)
- Day 2: Legs and abs (quads/ hams/ calves)
- Day 3: Triceps + Biceps
- Day 4: 3 sets, 12-15 reps Shoulders (High Rep) Or lower body
- Day 5: Back and yoga
- Day 6: Chest and abs
- Day 7: off

The muscle groups are worked in the above order to allow for ample recovery time. There are three weeks worth of exercises below. I go through and do weeks 1-3, then at week at 4 I will start over on week 1’s exercises and try to improve by either resting less, increasing weight or increasing reps. Small changes are big changes! If I can do reps that are out of the allotted range, I increase weight.

Shoulder exercises I had to avoid for 2 months because they caused pain: upright rows, front raises, barbell shoulder press/ military press. Instead I would do DB shoulder presses because that was somehow fine and for a front raises, I would take a 10# plate and hold it out in front as an isometric exercise.

I also super set muscle groups as well. Keeps the heart rate up and the workout moving along. For example, I like to super set back and biceps or chest and triceps. Depending on your program, another good pair are biceps and triceps.

**Super set:** do two exercises back to back no rest. Rest. Repeat.

10 Bicep curls then 10 triceps extensions. Rest. Repeat 3 times.

X set/ drop = do X amount of sets and then a drop set

DB= Dumbbell

BB= Barbell

## **Shoulders**

High rep day shoulder circuit

4 x 20 Giant Set

Seated military press

Upright barbell rows

Double-arm lateral raises with dumbbells

Standing rear delt-dumbbell flys

### Week 1

4 sets/ drop Military press

3 sets/ drop DB rear delt raises

3 sets/ drop One arm cable lateral raise

3 sets/ drop Front dumbbell raises

3 sets high side lateral raises

### Week 2

4 sets/ drop Dumbbell Press

3 sets/ drop Cable cross rear delt

3 sets/ drop DB lateral raise

3 sets/ drop Low cable front raise

3 sets/ drop DB shrugs

Shoulder continued...

Week 3

4 sets/ drop Arnold Press  
3 x 10 Rear delt on pec deck  
3 sets/ drop DB lateral raise  
3 sets/ drop 3 x 15 front plate raises  
Hand stand push ups-strenght

**Leg and Abs**

Add pistol squats

Week 1

Quads

5 sets/ drop, Squats  
3 sets/ drop, Leg Press (also do one leg at a time)

Hams

5 sets/ drop, Straight Leg Dead lifts  
4 sets Natural Glut Ham raise or static lunges with back leg up on the bench

Calves

3 sets/ drop

ABS

Kneeling cable crunch  
Ball crunch  
Supine bicycle crunch

Week 2

Quads

5 sets/ drop, Narrow Squats  
4 sets/ drop, 1 Legged leg Extensions

Hams

4 sets/ drop, Smith Lunges  
3 sets/ drop, Seated leg Curls or Cable leg curl extensions

Calves

3 sets/ drop

ABS

DB weighted reverse crunch on bench  
Vertical leg Crunch  
Planks or swiss ball pike

## Legs Continued...

### Week 3

#### Quads

5 sets/ drop Front squat

4 sets/ drop Narrow leg press

#### Hams

5 sets/ drop Straight leg dead lifts

3 sets/ drop Reverse Lunges (DB or BB) or walking lunges

#### Calves

3 sets/ drop

#### ABS

3 sets [dragon flag](#)

Cross climber with feet on swiss ball

Floor crunches or an ab machine

## **Triceps and Biceps**

### Week 1

#### Biceps

4 sets plus isometric hold- Chin ups

3 sets/ drop DB curls (isometrics)

3 sets/ drop Rope cable curls

#### Triceps

4 sets/ drop Skull crushers (laying down)

3 sets/ drop Cable tricep pushdown

3 sets/ drop Seated overhead DB extensions (1 arm)

### Week 2

#### Biceps

5 sets/ drop Concentration curl (with isometric)

3 sets/ drop EZ bar curl

3 sets/ drop Seated incline BD curls

#### Triceps

4 sets/ drop Triceps Dips

3 sets/ drop Overhead triceps rope cable extension

3 sets/ drop Straight arm DB kickbacks



Biceps/Triceps continued...

Week 3

Biceps

5 sets/ drop Cable preacher curls (with isometrics)

3 sets/ drop DB hammer heads

3 sets/ drop Barbell curls or close grip reverse grip (palms up) pulldown on lat machine

Triceps

4 sets/ drop Close grip bench press

3 sets/ drop French Press (sitting up)

3 sets/ drop Reverse grip cable push down (palm up)

**Back**

Week 1

5 sets/ drop Reverse grip Bent over row

4 sets Wide grip pull ups

4 sets/ drop One arm DB rows

4 sets Seated Cable incline pushdown or standing cable pushdown

3 sets T-Bar Row

Week 2

5 sets/ drop Dead Lift 4-6 reps

4 sets/ drop Horizontal pull-ups

4 sets/ drop Reverse grip bent over row

4 sets/ drop Close grip lat pull down

3 sets/ drop Incline DB Rows

Week 3

5 sets/ drop bent over row

3 sets/ drop Regular grip or towel pull-ups

4 sets/ drop Wide grip Lat Pull downs

4 sets/ drop Seated Row (machine or cable)

3 sets weighted Hyperextensions

**Chest and Abs**

add 1 arm push ups

Week 1

BB Flat Bench

Cable cross overs

Chest continued...

Week 2

Incline Bench  
DB bench

Week 3

DB Flat Bench  
Peck Dec fly  
\*\*Pushup to failure

Abs

Lying cable crunch  
Scissor to a crunch  
Decline crunch twist