WEEKS TO GETTING Ripped



Welcome to Level I! By now you've already familiarized yourself with the pullup, squat, push-up and plank involved in the test, and those will be the "Power 4" exercises that we'll build upon by using different grips, variations and more complex moves. Make no mistake about it—these four simple moves will absolutely shred your body when built into a structured workout that contains variations to mix it up. Turn to Part III to familiarize yourself with the exercises for each workout before starting. If Day 1 of the workout is too easy for you, please just stick with it for the first week. If you overdo it, you'll miss workouts and it'll be more difficult to get back on track. If you find the workouts still too easy during Week 2, repeat the first set for that day.

Note: Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116-25 for ideas.

Le	vell					
We	ek 1	Rest 2 minutes after every set (longer if required)				
Mon	set 1	5 Chin-Ups	10 Squats	10 Push-Ups	:30 Plank	
	set 2	4 Pull-Ups	10 Lunges per leg	9 Narrow Push- Ups	5 V-Sits	
	set 3	5 Narrow Chin-Ups	10 Squats	7 Push-Ups	10 In & Outs	
	cardio	10 minutes cardio/game				
Tue		Rest				
Wed	set 1	6 Pull-Ups	12 Squats	10 Push-Ups	:35 Plank	
	set 2	5 Chin-Ups	10 Lunges per leg	7 Diamond Push-Ups	16 Supermans	
	set 3	5 Narrow Pull-Ups	12 Squats	10 Push-Ups	20 Mason Twists	
	cardio	10 minutes cardio/game				
Thu		Rest				
Fri	set 1	6 Chin-Ups	12 Squats	12 Push-Ups	:40 Plank	
	set 2	6 Pull-Ups	11 Lunges per leg	10 Narrow Push-Ups	7 Hanging Leg Raises	
	set 3	6 Narrow Chin-Ups	12 Squats	12 Push-Ups	10 In & Outs	
	cardio	10 minutes cardio/game				
Sat		Rest				
Sun		Rest				

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Le	vell						
We	ek 2	Rest 2 minutes after every set (longer if required)					
Mon	set 1	7 Pull-Ups	12 Squats	12 Push-Ups	:45 Plank		
	set 2	7 Chin-Ups	12 Lunges per leg	10 Narrow Push-Ups	7 Supermans		
	set 3	7 Narrow Chin-Ups	12 Squats	10 Push-Ups	8 Hanging Leg Raises		
	cardio	12 minutes cardio/game					
Tue		Rest					
Wed	set 1	7 Chin-Ups	12 Squats	13 Push-Ups	10 Hanging Leg Raises		
	set 2	7 Pull-Ups	10 Wood Chops	10 Push-Ups	20 Mason Twists		
	set 3	6 Pull-Ups	12 Lunges per leg	12 Push-Ups	7 V-Sits		
	cardio	12 minutes cardio/game					
Thu		Rest					
Fri	set 1	9 Chin-Ups	12 Lunges per leg	12 Push-Ups	12 Hanging Leg Raises		
	set 2	8 Pull-Ups	12 Wood Chops	10 Diamond Push-Ups	18 Supermans		
	set 3	8 Chin-Ups	14 Squats	10 Push-Ups	:30 Side Plank per side		
	cardio	12 minutes cardio/game					
Sat		Rest					
Sun		Rest					

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Note: Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116-25 for ideas.

Level I							
We	ek 3	Rest 2 minutes after every set (longer if required)					
Mon	set 1	10 Pull-Ups	15 Squats	14 Push-Ups	14 Hanging Leg Raises		
	set 2	11 Chin-Ups	13 Lunges per leg	15 Push-Ups	1:00 Plank		
	set 3	8 Pull-Ups	12 Squats	12 Narrow Pull- Ups	24 Mason Twists		
	cardio	14 minutes cardio/game					
Tue		Rest					
Wed	set 1	11 Chin-Ups	13 Lunges per leg	15 Push-Ups	1:00 Plank		
	set 2	10 Pull-Ups	16 Squats	12 Push-Ups	15 Hanging Leg Raises		
	set 3	10 Chin-Ups	12 Lunges per leg	10 Diamond Push-Ups	24 Mason Twists		
	cardio	14 minutes cardio/game					
Thu		Rest					
Fri	set 1	10 Pull-Ups	17 Squats	16 Push-Ups	15 Hanging Leg Raises		
	set 2	10 Burpees	:30 rest	10 Narrow Push-Ups	1:00 Plank		
	set 3	9 Pull-Ups	20 Wood Chops	12 Push-Ups	15 In & Outs		
	cardio	14 minutes cardio/game					
Sat		Rest					
Sun		Rest					

Level I Test

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Congratulations on completing Level I! You've done some fantastic work to get to this point! Now is a great time to test your progress. Take at least two full days of rest and then take the "Power 4" test again:

 MAX NUMBER OF PULL-UPS (2:00 rest, write down your results)

- MAX NUMBER OF SQUATS (2:00 rest, write down your results)
- MAX NUMBER OF PUSH-UPS (2:00 rest, write down your results)
- MAX TIME HOLDING A PLANK (write down your results)

Catch your breath, hydrate and relax. Check your results to see if you should retake Level I or advance to Level II. How far have you come since your first test? Check out the results on paper—or, better yet, check 'em out in the mirror! 150

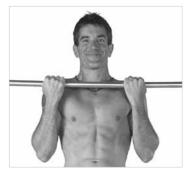
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Brett Stewart is a National Council for Certified Personal Trainers (NCCPT)-certified personal trainer, a running and triathlon coach and an endurance athlete who currently



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