

REV. OKE'S CUSTOMIZED 14-WEEK INSTONE TRAINING PROGRAM

Week 1:	Arms Workout 1, Aerobics, Abs 1
Week 2:	Arms Workout 1, Aerobics, Abs 1
Week 3:	Rotation Workout (complete circuit), Cardio 1, Abs 1
Week 4:	Rotation Workout (complete circuit), Cardio 1, Abs 1
Week 5:	Rotation Workout (complete circuit), Cardio 2, Abs 2
Week 6:	Rotation Workout (complete circuit), Cardio 2, Abs 2
Week 7:	Arms Workout 2, Aerobics, Abs 2
Week 8:	Arms Workout 2, Aerobics, Abs 2
Week 9:	Rotation Workout (complete circuit), Cardio 1, Abs 3
Week 10:	Rotation Workout (complete circuit), Cardio 1, Abs 3
Week 11:	Rotation Workout (complete circuit), Cardio 2, Abs 3
Week 12:	Rotation Workout (complete circuit), Cardio 2, Abs 3
Week 13:	Arms Workout 3, Aerobics, Abs (*Instone)
Week 14:	Arms Workout 3, Aerobics, Abs (*Instone)

ABDOMINAL WORKOUT (see attached sheet for workout details)

Abs are trained in the morning on lifting days.

+ Sunday, Tuesday, and Thursday during Arms weeks

+ Sunday, Monday, Wednesday, and Thursday during Rotation weeks

* for last two weeks of program, Abs training will use the 6 exercises outlined on the following DVD:

Core Training: Stallone/Instone LifeChange Series, Volume 1 DVD, 2004.

AEROBIC WORKOUT

30-minutes on non-lifting days

featuring 3 x 10-minute workout splits primarily targeting legs for a cardio-like burn

ARMS WORKOUT (see attached sheet for workout details)

Training Split: Afternoons/Evenings on Sundays, Tuesdays, and Thursdays

CARDIO WORKOUT (see attached sheet for workout details)

Cardio is performed on non-lifting days.

Workout 1: 20-minutes -- Intensity Peak-Building Program (mid-to-peak rotation 4 times)

Workout 2: 21-minutes: 2 minutes moderate, 1 minute maximum speed (repeat rotation 7 times)

ROTATION WORKOUT (see attached sheet for workout details)

Training Split: Afternoons/Evenings on Sundays, Mondays, Wednesdays, and Thursdays

MEAL PLAN

6 small meals a day, each with equal portions of Carbs and Proteins (about the size of your closed fist).

Total daily calories on lifting days: approximately 3000-3200

Total daily calories on non-lifting days: approximately 2500-3000

Supplements: Used primarily following exercise. Sample Products: Stallone Pudding, Instone Performance Shake

Note: Calories may be adjusted up or down during the 14-week training cycle (depends on results).

FREE DAY/DAY OFF: Saturday

ABDOMINAL WORKOUT ^[1]

(Beginning, Intermediate, and Advanced Sessions)

Abs Workout 1: Beginner

EXERCISE	SETS	REPS
1. Reverse Crunch	2	20
2. Crossover Crunch	2	20
3. Crunch	2	20

Rest 30-45 seconds between sets.

Abs Workout 2: Intermediate – Circuit (3 passes)

EXERCISE	SETS	REPS*
1. Reverse Crunch	1	25
2. Oblique Crunch	1	25 (per side)
3. Straight-Leg Crunch	1	25

Do all three exercises as a circuit with no rest between movements.

After you finish the circuit, rest 30 seconds and repeat two more times.

Abs Workout 3: Advanced

EXERCISE	SETS	REPS*
1. Hip Thrust	3	20
2. Reverse Crunch	2	20
3. Oblique Crunch	3	20
4. Straight-Leg Crunch	3	20
5. Crunch	2	20

Rest 20-30 seconds between sets

- * Since these are all body weight exercises, it may be difficult to reach fatigue at the suggested rep count provided, especially if you're trying to build thicker abs. In that case, go for the more-advanced variation, shorten your rest period between sets, hold the peak contraction for a second, and/or slow down your cadence. If you still need more burn, try adding in the additional exercise below to your circuit or routine.

Abs Additional Exercise: (Intermediate – Advanced) ^[2]

EXERCISE	SETS	REPS*
1. V-Up	Int: 1 / Adv: 2	25 / 20

REFERENCES (the “Abdominal Workout” is a version of the program [1] with [2] added):

[1] Geiger, Bill. “5 Minute Abs”. *Muscle and Fitness*. Apr 2004, pp. 134-140

[2] Yessis, Michael. “V-Up: Training Notebook – Abs #1”. *Muscle and Fitness*. Apr 2004, pp. The M&F Pullout

ARMS WORKOUT ^[1]

(A 6-Week Routine; can be broken up and mixed with other workouts in 2-week intervals)

Arms Workout 1: Duration - Two Weeks

EXERCISE	SETS	REPS (MON)	REPS (WED) less lbs.	REPS (FRI)
1. Preacher Curl	3	8	12	8
2. Alternating Standing Hammer Curl	3	8	12	8
3. Alternating Incline Dumbbell Curl with supination (twist)	3	8	12	8
4. Close-Grip Bench Press	3	8	12	8
5. Dips (chair/machine)	3	8	12	8
6. Cable Press Down	3	12	12	12

Arms Workout 2: Duration - Two Weeks

EXERCISE	SETS	REPS (MON)	REPS (WED) less lbs.	REPS (FRI)
1. Standing Barbell Curl	3	8	12	8
2. Standing EZ-Bar Curl	3	8	12	8
3. Seated Concentration Curl	3	8	12	8
4. Regular-Grip Bench Press	3	8	12	8
5. Seated Overhead Dumbbell Extension	3	8	12	8
6. Dumbbell Kickback	3	12	12	12

Arms Workout 3: Duration - Two Weeks

EXERCISE	SETS	REPS (MON)	REPS (WED)	REPS (FRI)
1. Straight-Bar Curl	3	8	10	10
2. Straight-Bar Curl (reverse grip)	3	8	10	10
3. Alternating Seated Dumbbell Curl with supination	3	8	10	10
4. Regular-Grip Bench Press	3	8	10	10
5. Close-Grip Push-Up	2	20	20	20
6. Wrist Curl	2	12	12	12
7. Reverse Wrist Curl	2	12	12	12

REFERENCE (the “Arms Workout” is a slightly modified version of the following program):

- [1] Weede, Tom, William J. Krammer, and Chris Aceto. “Build Big Arms in Six Weeks”.
Muscle and Fitness. Sep 2002, pp. 120-130 (includes insert “Blueprint for Arms”).

CARDIO WORKOUT

(Use an Exercise Bike, Treadmill, Elliptical, or your favorite cardio method)

Cardio Workout 1: ^[1]

20-minutes -- Intensity Peak-Building Program (mid-to-peak rotation 4 times)

MM:SS - MM:SS	Intensity	Speed*	.
00:00 - 01:59	5	13 (Warm Up)	.
02:00 - 02:59	6	14	.
03:00 - 03:59	7	15	.
04:00 - 04:59	8	16	.
05:00 - 05:59	9	17	.
06:00 - 06:59	6	14	.
07:00 - 07:59	7	15	.
08:00 - 08:59	8	16	.
09:00 - 09:59	9	17	.
10:00 - 10:59	6	14	.
11:00 - 11:59	7	15	.
12:00 - 12:59	8	16	.
13:00 - 13:59	9	17	.
14:00 - 14:59	6	14	.
15:00 - 15:59	7	15	.
16:00 - 16:59	8	16	.
17:00 - 17:59	9	17	.
18:00 - 18:59	10	18+ (Maximum Intensity)	.
19:00 - 20:00	5	13 (Cool Down)	.

* *Note:* Speed will vary based on the machine or method that you use.
Speed listed is for a magnetic recumbent exercise bike.

Cardio Workout 2: ^[2]

21-minutes: 2 minutes moderate, 1 minute maximum speed (repeat rotation 7 times)

MM:SS - MM:SS	Intensity	Speed*	.
00:00 - 01:59	6	14-15 (Warm Up)	.
02:00 - 02:59	10	18+ (Max)	.
03:00 - 04:59	6	14-15	.
05:00 - 05:59	10	18+ (Max)	.
06:00 - 07:59	6	14-15	.
08:00 - 08:59	10	18+ (Max)	.
09:00 - 10:59	6	14-15	.
11:00 - 11:59	10	18+ (Max)	.
12:00 - 13:59	6	14-15	.
14:00 - 14:59	10	18+ (Max)	.
15:00 - 16:59	6	14-15	.
17:00 - 17:59	10	18+ (Max)	.
18:00 - 19:59	9	14-15	.
20:00 - 21:00	6	18+ (Max)	.
21:01 -	5	13 (Cool Down)	.

* *Note:* Speed will vary based on the machine or method that you use.
Speed listed is for a magnetic recumbent exercise bike.

REFERENCES (the "Cardio Workouts" are modified version of the following)

- [1] Phillips, Bill. "The 20-Minute Aerobics Solution". *Body for Life*. Harper Collins. 1999, pp. 64-67.
- [2] Casselman, Mark. "The 2003 M&F Rock-Hard Challenge: Cardio Key – Interval Training I". *Muscle and Fitness*. Apr 2003, p. 139.

ROTATION WORKOUT ^[1] - (Weekly Routine: 1, 2, Rest, 3, 4, Rest, Rest)

Rotation Workout 1: Chest, Delts, Arms

MUSCLE GROUP	EXERCISE	SETS	REPS
Chest Compound Set	Barbell Bench Press Incline Dumbbell Fly	4	8-10
Delts Compound Set	Seated Barbell Press Dumbbell Lateral Raise	4	8-10
Triceps Compound Set	Lying French Press Dumbbell Kickback with a Twist*	4	8-10
Biceps Compound Set	Standing Barbell Curl Dumbbell Hammer Curl	4	8-10

Rotation Workout 2: Back, Legs

MUSCLE GROUP	EXERCISE	SETS	REPS
Back Compound Set	Pulldown to Front Alternating One-Armed Row	4	8-10
Legs Tri-Set	Leg Extension Squat (optional)** Dumbbell Lunge (optional)**	4	8-10
Legs/Calves Superset	Seated Leg Curl Standing Calf Raise	4	8-10

Rotation Workout 3: Chest, Triceps, Back/Traps

MUSCLE GROUP	EXERCISE	SETS	REPS
Chest Compound Set	Incline Bench Press Decline Dumbbell Fly	4	8-10
Triceps Compound Set	Triceps Dip Cable Pressdown	4	8-10
Back/Traps Compound Set	Modified Pull-Up (using lat tower) Barbell Shrug	4	8-10

Rotation Workout 4: Delts, Biceps, Legs

MUSCLE GROUP	EXERCISE	SETS	REPS
Delts Compound Set	“W” Dumbbell Press Bent-Over Dumbbell Lateral Raise	4	8-10
Biceps Compound Set	Dumbbell (or EZ-bar) Curl (palms up) Reverse Barbell Curl	4	8-10
Legs Tri-Set	Dumbbell Lunge** Squat** Lying Leg Curl	4	8-10

REFERENCE (the “Rotation Workout” is a slightly modified version of the following program):

[1] Stiefel, Steve. “’Tis the Season to Get Huge”. *Muscle and Fitness*. Jan 2004, pp. 112-119, 207.

NOTES:

* For two sets, twist wrists out at the top; for the next two, twist wrists in.

** depends on health/condition of knees at time of lifting (weight can be adjusted as necessary).