



Body By Bells

Following this 16-Week Bodybuilding Program to Gain Incredible Strength and Sculpt the Body of Your Dreams!

Phase I

Jeff McDaniel

Jeff McDaniel, **Body By Bells**, www.fastfit.club

Pre/Post Workout Routine

Pre-Workout Phase

- **Pre-Workout Nutrition**

- Get 25 - 35g of high grade protein before the workout ideally within 90 minutes of the workout. Our FastFit Protein Powder is stevia-sweetened and highly recommended.
- Eat enough carbohydrates to fuel your workout based on your body type.
- Drink lots of water.

- **Pre-Workout Routine**

- Perform 5 minute of self-massage on your tightest muscle groups prioritizing the areas you will train in the workout.
- Perform 5 minutes of mobility/activation exercises such as Spider-man Lunges, Inch Worms, Bootstrappers and Front/Side Planks.

- **Movement Prep**

- Perform 2-3 light sets of each exercise to properly stimulate your nervous system and prep the body for the workout.

Post-Workout Phase

- **Post-Workout Nutrition**

- Get 25-35 g of high grade protein following your ideally within 30 minutes of the areas of the workout.
- Drink lots of water.
- Time your higher carb meal following your workout based on your body type.

- **Post-Workout Routine**

- Perform 5 minutes of self-massage on your tightest muscle groups prioritizing the areas you trained that day prior to bed.

Workout A - Chest, Shoulders, Abs

Station #1: Barbell Bench Press

- Perform four straight sets of BB Bench Press with :90 rest between sets.
- Keep reps between 5-8.
- Make it easier by using a pair of light dumbbells.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete four total rounds before moving on to the next station.

Station #2: DB Overhead Press + DB Incline Bench Press Superset

- Alternate between DB Overhead Press and DB Incline Bench Press resting :60 between exercises.
- Keep reps between 6-10.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete three total rounds before moving on to the next station.

Station #3: Barbell Incline Bench Press + DB Rear Delt Raises

- Alternate between DB Overhead Press and DB Incline Bench Press resting :60 between exercises.
- Keep reps between 8-12.
- Make it easier by using a pair of light dumbbells.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete three total rounds before moving on to the next station.

Station #4: Hanging Crunches OR Lying Bench Crunches

- Perform straight sets of either Hanging Crunches or Lying Bench Crunches
- Keep reps between 6-10
- Make the Lying Bench Crunch harder by adding a medicine ball.
- Make the Hanging Crunch harder by adding a weight plate.
- Complete all three sets to finish the workout.

Workout B - Quads and Calves

Station #1: Barbell Squat

- Perform four straights of the BB Back Squat resting :90 between sets.
- Keep reps between 6-10.
- Make it easier by using the Kettlebell Goblet Squat.
- Make it harder by increasing the weight.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete all four sets before moving on to the next station

Station #2: KB Bulgarian Split Squat

- Perform 3 sets of 12 reps alternating between left side and right side with :30 rest in between each.
- Make it easier by performing just Split Squats or using the TRX.
- Make it harder by increasing the weight.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete all three rounds before moving on to the next station

Station #3: BB Standing Calf Raises + Walking Lunges

- Perform 12 reps of BB Standing Calf Raises followed by 12 steps of Walking Lunges with :30 rest in between each
- Make the walking lunges easier by performing alternating reverse lunges.
- Make the walking lunges harder by adding a kettlebell
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete three sets of each to finish your workout.

Workout C - Back & Hamstrings

Station #1: Trap Bar Deadlift

- Perform four straight sets of Trap Bar Deadlifts with :90 rest in between sets.
- Keep reps between 4 - 6.
- Once you can perform 6 reps of that weight for each set bump your weight up 5 lbs. or 5% to work up in weight gradually.
- For beginners begin with a single 10 lb. Plate on each side
- Complete all four sets before moving on to the next station.

Station #2: Band Assisted Chin-up + KB Romanian Deadlift

- Perform four supersets of Band Assisted Chin-ups followed by KB Romanian Deadlifts.
- Keep reps between 5 - 8.
- Make the Chin-ups easier by increasing the band assistance or moving to the TRX Low Row
- Make the Chin-ups harder by decreasing the band resistance, going bodyweight only or adding a weight plate
- Rest :60 in between sets.
- Once you can complete the maximum number of reps for each set decrease band resistance or bump the weight up 5 lbs. or 5%.
- Complete all three rounds of each before moving on to the final station.

Station #3: Kettlebell 1-Arm Row Superset

- Perform three sets of the KB 1-Arm Row using a weight bench or box.
- Alternate between sides beginning with your weakest side first
- Keep reps between 8 - 12.
- Rest :30 between sets.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%

Workout D - Biceps & Triceps

Station #1: DB Cross Body Hammer Curl + BB Close Grip Bench Press

- Perform four sets of Hammer Curls and Close Grip Bench Press
- Keep reps between 6-10.
- Rest :30 between exercises.
- Complete all three rounds before moving on to the next station.

Station #2: BB Bicep Curl + DB Skull Crusher

- Perform three sets of each exercise alternating between each with :30 rest in between.
- Keep reps between 6-10.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete all three rounds before moving on to the next station.

Station #3: Seated DB Curl + Parallel Dips

- Perform three sets of each exercise alternating between each with :30 rest in between.
- Keep reps between 6-10.
- Make the Parallel Dips easier by using a split squat stance and using more leg assistance.
- Make the Parallel Dips hard by going bodyweight or adding a weight plate
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete all three rounds to finish the workout.