



Body By Bells

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

Phase II

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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 - Quads, Hamstrings & Calves

Station #1: Kettlebell Front Squat - 4 x 15

- Perform four straight sets of BB Front Squat with :60 rest between sets.
- Shoot for 15 reps for each set
- Make it easier by using a pair of DB's or KB's.
- Once you can complete 15 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: Barbell Stiff-Legged Deadlift + Kettlebell Walking Lunges - 4 x 10

- Alternate between BB Stiff-Legged Deadlifts and KB walking lunges resting :60 between exercises.
- Shoot for 10 reps for each set and only count the left leg on the lunges.
- Once you can complete 10 reps for each set bump the weight up 5 lbs. or 5%
- Complete four total rounds before moving on to the next station.

Station #3: Barbell Reverse Lunge + Glute Ham Raises

- Perform four sets of 12 of each exercise with :30 rest in between each exercise.
- For the Reverse Lunge, make it easier by going with the short barbell or doing just bodyweight.
- Make it harder by increasing the weight on the bar.
- Reverse Lunges are 12 steps.
- Complete all three rounds.

Workout B - Chest, Shoulders and Triceps

Station #1: Standing BB Military Press - 4 x 6

- Perform four straight sets of 6 reps with :90 rest in between.
- Once you can complete 4 x 6 bump the weight by 5 lbs or 5%.
- For Shoulder Pain use the BB Bench Press as an alternative.
- Complete all four sets before moving on to the next station

Station #2: DB Bench Press + DB Incline Fly - 4 x 10

- Perform four sets of 10 reps for each exercise alternating between the two with :60 rest in between.
- For shoulder pain in the fly substitute wide grip push-ups.
- Once you can complete the maximum number of reps for each set bump the weight up 5 lbs. or 5%
- Complete all four rounds of each before moving on to the next station

Station #3: BB Reverse Grip Bench Press + Parallel Dip - 4 x 10

- Perform four sets of 10 reps of each exercise alternating between the two with :30 rest in between each
- 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, Traps, Biceps, Abs

Station #1: Barbell Sumo Deadlift

- Perform four straight sets of 8 reps with :90 rest in between.
- Once you can complete 4 x 8 bump the weight by 5 lbs or 5%.
- For knee pain substitute with the romanian deadlift (RDL)
- Complete all four sets before moving on to the next station

Station #2: Bar Inverted Row + Neutral Grip Pull-up

- Perform four sets of 8 of each exercise with :60 rest in between.
- Once you can complete 4 x 8 make the exercise harder
- Make the neutral grip pull-up easier by adding an extra band or substituting with the TRX Low Row.
- Complete all four supersets before moving on to the next station

Station #3: DB Incline Hammer Curl + Barbell Reverse Curl

- Perform three sets of 10 reps of each exercise with :30 rest between exercises.
- Once you can complete 3 x 10 bump up the weight 5 lbs. or 5%
- Make the Barbell Rev. Curl easier by using the short bar v. The Olympic Bar
- Complete all three sets.

Station #4: Ab Wheel Rollout

- Perform three sets of 12 reps with as little rest as possible.
- Make it easier by decreasing the distance you rollout.
- Make it harder by increasing the distance you rollout.
- IMPORTANT: You should NOT feel this in the back otherwise you are extending too far.