

**SEXY AS F\*CK!**  
8 WEEK TRANSFORMATION

# Men's Workout Routines

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Welcome to your **Sexy As F\*ck** workout programs. We have included THREE workout programs for you and before you get started we want to make sure you understand how to use these programs effectively.

Before starting each workout, we recommend you start with a dynamic warm up followed by some foam rolling. This will help activate your nervous system, warm up your body and prepare it for intense exercise.

These workouts have been put together for Men with two things in mind:

- Shape and build muscle
- Lose fat at the same time!

When performing these workouts, INTENSITY is the KEY. Train heavy, train hard and push yourself to get that extra rep or to add 5-10 more pounds from last time.

We have included some videos in the SAF Membership Section. There are some great resources on how to perform some of the leg exercises properly, and also things like how to foam roll before or after your workouts which we recommend you do! We have also hyperlinked some of the exercises we thought you might not be familiar with.

Also, with fat loss being the focus, we recommend walking everyday for at least 30 minutes along with performing post workout cardio for 15-30 minutes. If you have been training for a few months you can also incorporate the HIIT Cardio Protocols as outlined in your Advanced Cardio Regime 2 times per week.

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## **Phase One: 6, 12, 24** **Week 1, 2 & 3**

For the first three weeks you will be incorporating the 6-12-24 routine. The routine has you performing **3 back-to-back-to-back exercises for the SAME muscle group**. This routine not only focuses on strength and size, but also ensures you've exhausted and tapped into as many muscle fibers as possible!

Your first exercise will focus on a main compound lift. Using a heavy weight, one that barely allows you to perform 6 strict reps, perform each rep with a slow 4 second eccentric with an explosive concentric movement. As soon as you are done you will be moving right away into your second exercise. This exercise will be done with a weight that you can barely perform 12 reps on, with a 2 second eccentric and an explosive concentric movement. With a massive pump, you will be moving into your third exercise for that muscle group. This exercise will be done for 24 reps and will be done with a light weight with a high speed for both the eccentric and concentric movement. This process will be repeated 4 times with a 3 minute rest between each set. The key is to make sure you find a weight that you fail on for 6 reps and for 12 reps. The weight has to be challenging enough to elicit a hypertrophy response!

**WARNING:** This routine is MUCH more deceiving than it looks but will leave you with an incredible pump along with some aching muscles excited to grow.

**\*depending on the layout of your gym, you can change up the exercises to suit what you have available and what's close together.**

### **Day One: Chest**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Flat Bench 3 warm up sets				
B1 Flat Bench 4 x 6				
B2 Incline DB 4 x 12				
B3 Cable Cross Over or DB Flat Bench 4 x 24				
<i>rest 3 minutes between sets</i>				
C1 Dips with forward lean 4 x 6				
C2 Overhead Rope Extensions 4 x 12				
C2 Cable Rope Extensions 4 x 24				
<i>rest 2-3 minutes between sets</i>				

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## **Day Two: Quads and Hams**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Warm-up the Quads and Hams				
B1 Leg Press or Front Squat 4 x 6				
B2 <a href="#">DB Bulgarian Split Squat</a> 4 x 12				
B3 Jump Squats 4 x 24				
<i>rest 2-3 minutes between sets</i>				
C1 <a href="#">RDL's</a> 4 x 6				
C2 <a href="#">BB Hip Thrust</a> or Glute Ham Raise 4 x 12				
C2 Lying Leg Curls 4 x 24				
<i>rest 2-3 minutes between sets</i>				

## **Day Three: Back**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Pull downs 3 warm up sets				
B1 Pull ups 4 x 6				
B2 <a href="#">Cable Pullovers</a> 4 x 12				
B3 Pull downs 4 x 24				
<i>rest 2-3 minutes between sets</i>				
C1 Wide Bent Over Row 4 x 6				
C2 Bent Over DB Row 4 x 12				
C2 Seated Cable Rows 4 x 24				
<i>rest 2-3 minutes between sets</i>				
C1 BB Shrugs 4 x 6				
C2 <a href="#">Overhead DB Shrug</a> 4 x 12				
C2 DB Shrugs 4 x 24				
<i>rest 2-3 minutes between sets</i>				

**Day Four: Shoulders and Arms**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Warm-up the shoulders and arms				
B1 Military Press 4 x 6				
B2 DB lateral raises 4 x 12				
B3 Seated DB press 4 x 24				
<i>rest 2-3 minutes between sets</i>				
C1 Incline DB Curls 4 x 6				
C2 Preacher or BB Curls 4 x 12				
C2 Cable Hammer Curls 4 x 24				
<i>rest 2-3 minutes between sets</i>				
C1 <a href="#">JM Presses</a> 4 x 6				
C2 Overhead Cable Rope Extensions or Overhead DB Extensions 4 x 12				
C2 Rope Extensions 4 x 24				
<i>rest 2-3 minutes between sets</i>				



## Phase Two: Week 4 & 5

Drop sets are a forgotten gem when it comes to hypertrophy and fat loss training. In this method we are going to be focusing on straight sets of 8-10 reps and using drop sets (denoted in your program wherever you see an asterisk (\*)). The drop set is designed to extend your set, increasing your time under tension, and recruiting more muscle fibers per set.

**COACHES TIP:** When dropping the weight on your set, aim for a 10-15% reduction in your weight. You should be able to perform at least 4-6 reps when you drop the weight. You can aim for 1-2 drop sets

### Day One: Chest and Triceps

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 Flat DB Bench 4x 10					
A2 Close Grip Push ups 4 x 15-20					
<i>rest 2 minutes between sets</i>					
B1 Flat Bench Press 15, 12, 10*, 10*, 8*					
<i>rest 2 minutes between sets</i>					
C1 Incline DB Press 15, 12, 10, 10*, 8*					
<i>rest 2 minutes between sets</i>					
D1 Dips 12, 10, 10, 8, 8					
D2 Under hand Cable Extensions 15, 12, 10, 10*, 8*					
<i>rest 90 seconds between sets</i>					

**Day Two: Back and Hamstrings/Glutes**

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 <a href="#">Cable Pullover</a> 12, 10*, 10*					
A2 <a href="#">Rope Row to neck</a> 12, 10*, 10*					
<i>rest 2 minutes between sets</i>					
B1 Sumo Deadlift 15, 12, 8, 6*, 6*					
<i>rest 2-3 minutes between sets</i>					
C1 1-arm DB Row 15, 12, 8*, 8*					
<i>rest 2-3 minutes between sets</i>					
D1 Pull ups 4 x max					
D1 BB Glute Bridge 10, 8, 8*, 6*					
<i>rest 2-3 minutes between sets</i>					
E1 Ham Curls with Bands 3 x 10					
E2 <a href="#">Cable Split Squats</a> 8, 8*, 8*					
<i>rest 90 seconds between sets</i>					

**Day Three: Quads**

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 Step ups 3 x 10					
A2 Reverse Lunges 3 x 12 per leg					
<i>rest 2 minutes between sets</i>					
B1 Front Squats 10, 10, 8*, 8*					
<i>rest 2-3 minutes between sets</i>					
C1 <a href="#">Cable Belt Squats</a> 15, 12, 10, 10*, 8*					
<i>rest 2-3 minutes between sets</i>					
D1 Front Loaded DB Bulgarians 10, 10*, 8*, 8*					
D2 Leg Extensions 15, 15*, 15*, 15*					
<i>rest 90 seconds between sets</i>					

**Day Two: Shoulder and Biceps**

Exercise	Set One	Set Two	Set Three	Set Four	Set Five
A1 <a href="#">30 degree lateral raise</a> 3 x 10					
A2 <a href="#">Powell Raise</a> 3 x 10					
<i>rest 2 minutes between sets</i>					
B1 Standing Military Press 12, 8, 8*, 8*					
<i>rest 2-3 minutes between sets</i>					
C1 DB Shoulder Press 15, 12, 8*, 8*					
<i>rest 2-3 minutes between sets</i>					
D1 <a href="#">Leaning Lateral Raise</a> 12, 10, 8*, 8*					
D1 <a href="#">High Pulls</a> 10, 8, 8*, 6*					
<i>rest 2-3 minutes between sets</i>					
E1 Preacher Curls 12, 12*, 10*					
E2 Hammer Curls 8, 8*, 8*					
<i>rest 90 seconds between sets</i>					
F1 <a href="#">Wall Curls</a> 12, 12*, 10*					
E2 <a href="#">Zottman Curls</a> 8, 8*, 8*					
<i>rest 90 seconds between sets</i>					





## Phase Two: Week 6, 7 & 8

Bodybuilders will be the first tell you that it's NOT how much weight you lift but rather HOW you lift it that provides results. In this routine you will be throwing ego out the window and focusing on maximizing optimal recruitment and fatiguing the muscle as much as possible. This method is BY FAR MY FAVORITE AND GO TO METHOD when I want the fastest results with clients!

The F.P.S. method stands for Full Range – Partial Range – Squeeze

The first exercise will be a full range motion exercise, followed immediately by a partial range of motion exercise for the same muscle group, followed by a 10-15 second squeeze of that muscle!

### Day One: Chest and Biceps

Exercise	Set One	Set Two	Set Three	Set Four
A1 Incline Barbell 12, 10, 8, 8				
A2 Bottom Half BB Bench 4 x 10				
A3 Hands High Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 Flat DB Press 12, 10, 8, 8				
B2 Bottom Half Push ups 4 x max				
B3 Hands Low Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 Incline DB Curls 12, 10, 8, 8				
B2 Top Half BB Curl 4 x 10				
B3 Bicep Squeeze 15s				
<i>rest 3 minutes between sets</i>				

### Day Two: Legs

Exercise	Set One	Set Two	Set Three	Set Four
A1 DB Bulgarians 12, 10, 8, 8				
A2 Partial KB Hack Squats 4 x 10				
A3 Quad Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 RDL 12, 10, 8, 8				
B2 Top Half Hamstring Curl 4 x max				
B3 Hamstring Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 Cable Split Squat 12, 10, 8, 8				
B2 Partial Hip Thrust 4 x 10-15				
B3 Glute/Ham Squeeze 15s				
<i>rest 3 minutes between sets</i>				

**Day Three: Back and Trap**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Cable pullover 12, 10, 8, 8				
A2 Bottom Half Pulldowns 4 x 10				
A3 Lat Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 DB Row 12, 10, 8, 8				
B2 Top Half Pull-ups 4 x max				
B3 Lat Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 Overhead DB Shrug 4 x 12-15				
B2 Top Half DB Shrug 4 x 10				
B3 Trap Squeeze 15s				
<i>rest 3 minutes between sets</i>				

**Day Four: Shoulders and Triceps**

Exercise	Set One	Set Two	Set Three	Set Four
A1 Military Press 12, 10, 8, 8				
A2 Bottom Half DB Press 4 x 10				
A3 Shoulder Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 <a href="#">Grappler Press</a> 12, 10, 8, 8				
B2 Top Half Lateral Raise 4 x max				
B3 Shoulder Squeeze 15s				
<i>rest 3 minutes between sets</i>				
B1 Lying Skull Crushers 12, 10, 8, 8				
B2 Bottom Half Tricep Extensions 4 x 10-15				
B3 Tricep Squeeze 15s				
<i>rest 3 minutes between sets</i>				